

May 2026

PALMER

Greater Springfield Senior Services, Inc.

Community Dining Updated 04/08/2026

For Reservations or Cancellations call by 11:30 a.m. the day before at the site you attend.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested voluntary donation \$3 Menu subject to change without notice.</p>	<p>Key for Symbols: Cal= Calories Na= Sodium Carb= Carbohydrates *Sodium Content(>500mg) Carbs listed for both reg/diet desserts</p>	<p>If you have a special concern regarding the sodium, contact the Dietitian. Call GSSSI 781-8800 X 1136 for more information.</p>	<p>Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine(15mg Na).</p>	<p>1 Beef Stew(129) Mashed Potatoes(118) Whole Wheat Roll(210) Fresh Fruit(1) Cal:751 Carb:89 Na:599</p>
<p>4 Jamaican Jerk Style Chicken(489) Collard Greens(135) Coconut Rice(171) Oatnut Bread(150) Fresh Fruit(2) Cal:845 Carb:106 Na:1087</p>	<p>5</p>	<p>6 COLD PLATE/HIGH SODIUM DAY Chef Salad w/Ham & Turkey*(817) Macaroni Salad(294) Whole Wheat Bread(150) Reg(17)/Diet Jello w/Whip(12) Cal:786 Carb:54 Na:1430</p>	<p>7</p>	<p>8 MOTHER'S DAY MEAL Lemon Chicken(305) Steamed Asparagus(9) Mashed Potatoes(118) Multigrain Bread(200) Cherry Cheesecake(307)/Pound Cake(240) Cal:858 Carb:113/92 Na:1072</p>
<p>11 Chicken Pesto Alfredo *(835) w/Broccoli Garlic Bread(210) Orange Juice(0) Chilled Peaches(6) Cal:800 Carb:86 Na:1198</p>	<p>12</p>	<p>13 BIRTHDAY/HIGH SODIUM DAY Chicken Cordon Bleu*(684) Parslied Carrots(62) Rice Pilaf(39) Whole What Bread(150) Chocolate Cake(330) Cal:948 Carb:114 Na:1469</p>	<p>14</p>	<p>15 BBQ Pulled Pork(365) Coleslaw(122) Baked Beans(291) Wheat Burger Bun(160) Fresh Fruit(1) Cal:668 Carb:76 Na:1070</p>
<p>18 COLD PLATE Classic Chicken Salad(90) Broccoli Slaw(119) Barley Raisin Salad(164) Whole Wheat Roll(210) Mixed Fruit(5) Cal:704 Carb:93 Na:728</p>	<p>19</p>	<p>20 Spaghetti & Meatballs(338) Tossed Salad w/Italian(106) Garlic Toast(210) Reg(17)/Diet Jello w/Whip(12) Cal:673 Carb:87 Na:828</p>	<p>21</p>	<p>22 Mediterranean Turkey(436) Marinated Cucumber Salad(46) Couscous(8) Oatnut Bread(150) Apple Crisp(65) Whip[(12) Cal:821 Carb:111 Na:858</p>
<p>25 HOLIDAY- NO MEALS</p>	<p>26</p>	<p>27 Lemon Dill Salmon(145) Steamed Broccoli(9) Couscous(8) Whole Wheat Bread(150) Reg(85)/Diet Cookie(85) Cal:629 Carb:81 Na:557</p>	<p>28</p>	<p>29 Turkey w/Gravy*(549) Green Beans(5) Mashed Potatoes(26) Whole Wheat Bread(150) Applesauce(14) Cal:630 Carb:81 Na: 884</p>