

July 2026

PALMER

Greater Springfield Senior Services, Inc.

Community Dining 06/05/2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Total Sodium & Calories include regular dessert, milk(125mg Na) & margarine(15mg Na). Suggested voluntary donation \$3/meal Menu subject to change without notice.</p>		<p>1 COLD PLATE Turkey(358) & Provolone(174) Celery Salad(75) Mayo (100) Macaroni Salad(294) Flour Tortilla(170) Chilled Pineapple(1) Cal: 752 Carb:72 Na:1314</p>	<p>2</p>	<p>3 HIGH SODIUM DAY Hot Dog w/Bun*(750) Potato Salad(215) Baked Beans(219) Fresh Fruit(1) Ketchup(82)/Mustard(55) Cal:839 Carb:83 Na:1432</p>
	<p>6 HOLIDAY- NO MEALS</p>	<p>7 Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg) Carb= Carbohydrate</p>	<p>8 COLD PLATE Chef Salad w/Ham & Turkey*(532) Bowtie Pasta Salad(64) Whole Wheat Bread(150) Reg(17)/Diet Jello(0) w/Whip(12) Ranch Dressing(110) Cal:672 Carb:57 Na:1025</p>	<p>9</p>
<p>13 COLD PLATE Egg Salad(369) Broccoli Slaw(119) Three Bean Salad(119) Club Roll(340) Reg(17)/Diet Jello(0)w/Whip(12) Cal:1019 Carb:78/75 Na:1101</p>	<p>14</p>	<p>15 Mediterranean Turkey(436) Marinated Cucumber Salad(46) Couscous(8) Oatnut Bread(150) Blueberry Crisp(56) Cal:793 Carb:112 Na:836</p>	<p>16</p>	<p>17 HIGH SODIUM DAY BBQ Pulled Pork(365) Potato Salad(215) Baked Beans(291) Wheat Burger Bun(227) Applesauce(14) Cal:799 Carb:80 Na:1252</p>
<p>20 White Bean Turkey Chili(335) Parslied Carrots(62) Baked Potato(9) Cornbread Muffin(180) Reg(85)/Diet Cookie(85) Cal:793 Carb:119 Na:811</p>	<p>21</p>	<p>22 BIRTHDAY MEAL Spaghetti & Meatballs*(531) Steamed Broccoli(9) Wheat Roll(210) Sheet Cake(200) Cal:758 Carb:96 Na:1056</p>	<p>23</p>	<p>24 Bruschetta Chicken*(273) Tossed Salad w/Italian(106) Garlic Toast(210) Chilled Pineapple(1) Cal:682 Carb:61 Na:716</p>
<p>27 COLD PLATE Ham & Swiss (336) Carrot Raisin Salad(179) English Pea Salad(183) Wheat Burger Bun(227) Fresh Fruit(0) Mustard(55) Cal:799 Carb:85 Na:1121</p>	<p>28</p>	<p>29 Beef Taco Bowl(156) Tossed Salad(12) w/Ranch(110) Yellow Rice(192) Tortilla Chips(46) Applesauce(14) Cal:576 Carb:47 Na:671</p>	<p>30</p>	<p>31 Crab Cake*(600) w/tartar(130) Coleslaw(112) Steamed Corn(1) Whole Wheat Bread(150) Mixed Fruit(5) Cal:665 Carb:93 Na:1139</p>