April 2024 PALMER Greater Springfield Senior Services, Inc. Community Dining Menu 02/21/2024

For Reservations or Cancellations call (413) 283-2670 by 11:30 a.m. one business day in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Breakfast Sausage(390) Spiced Apples(24) Syrup(23) Potatoes O'Brien(34) Mini Maple Chip Waffles(170) Fresh Fruit(2)	**2**	**3** Butter Chicken(457) Steamed Spinach (188) White Rice(4) Buttermilk Biscuit(298) Mandarin Oranges(7)	**4**	**5** Shrimp Scampi*(520) Steamed Broccoli(9) Spaghetti Noodles(1) Whole Wheat Roll(210) Reg(53)/Diet Jello(35)w/Topping(12)
Cal:656 Carb:101 Na:783		Cal:786 Carb:91 Na:1093		Cal:738 Carb:88/73 Na:946
8 Soup & Sandwich Traditional Egg Salad(388) Broccoli Slaw(117) Creamy Tomato Soup(152) LS Wheat Bread(80) Raisins(4)	**9**	**10** Crab Cake*(720) w/tartar(130) Steamed Corn(4) Coleslaw(118) Whole Wheat Bread(150) Fresh Fruit(1)	**11**	**12 APRIL BIRTHDAY MEAL** Ham w/Pineapple(425) Herbed Green Beans(5) Au Gratin Potatoes(195) Whole Wheat Dinner Roll(210) Birthday Cake(235)
Cal:980 Carb:111 Na:831		Cal:591 Carb:97 Na:1137		Cal:797 Carb:114 Na:1193
15 **HOLDAY- NO MEALS**	**16**	**17** Chicken Pesto Pasta*(608) Steamed Spinach(188) Cranberry Juice(26) Whole Wheat Roll(210) Chilled Pineapple(1)	**18**	**19** Crispy Fish Sandwich w/ Cheese(499) Coleslaw(122) Steamed Corn(1) Hamburger Bun(230) Applesauce(14) Tartar Sauce(130)
		Cal:770 Carb:98 Na:1149		Cal:712 Carb:102 Na: 1121
22 American Chop Suey(211) Roman Blend Veg(13) Wheat Roll(210) Rice Krispie Treat(88)	**23**	**24 Soup & Sandwich** Ham & Swiss (475) Citrus Carrot Salad(36) Chicken Vegetable Soup(163) Hamburger Bun(230) Fresh Fruit(2)	**25**	**26** Pasta Primavera(314) Orange Juice(0) Tossed Salad w/Italian(121) Garlic Bread(210) Reg(53)/Diet(35) Jello w/Topping(12)
Cal:685 Carb:94 Na:662		Cal:724 Carb:84 Na:969		Cal:929 Carb:118/103 Na:847
29 Shepherd's Pie(209) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Spiced Peaches(5)	**30**	**Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na).** **Suggested voluntary donation $2/meal** **Menu subject to change without notice.**		**If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X1136 for more information.** **Key for Symbols:** Carb= Carbohydrate Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)
Cal:670 Carb:85 Na:650				