

October 2025

PALMER

Greater Springfield Senior Services, Inc.

Community Dining Menu 09/03/2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na). Suggested voluntary donation \$3/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)	1 Rosé Chicken(556) Tossed Salad w/Ranch(122) Penne Pasta(22) Garlic Toast(210) Reg/Diet Cookie(70) Cal:713 Carb:81 Na:1120	2	3 Shepherd’s Pie(161) Steamed Peas(97) Mashed Potato Topping Whole Wheat Bread(150) Apple Crisp(46) Cal:689 Carb:78 Na:613
6 Mac & Cheese(296) Stewed Tomatoes(205) Whole Wheat Bread(150) Cranberry Juice (3) Reg/Diet Jello(53) w/Topping(12) Cal:568 Carb:70/69 Na:840	7	8 Turkey Taco Bowl(156) Tossed Salad(12) w/Ranch(110) Yellow Rice(97) Tortilla Chips(46) Reg/Diet Cookies(70) Cal:860 Carb:96 Na:1114	9	10 Pot Roast w/Gravy (126) Steamed Peas(97) Mashed Potatoes(118) Whole Wheat Bread(150) Mixed Fruit(5) Cal:725 Carb:85 Na:626
13 HOLIDAY- NO MEALS	14	15 Butter Crumb Fish(296) Parslied Carrots Rice Pilaf(11) Whole Wheat Bread(150) Mandarin Oranges(7) Tartar(130) Cal:592 Carb:71 Na:806	16	17 Chicken Fajitas(491) Fajita Blend Vegetables(3) Yellow Rice(20) Sour Cream(9) Wheat Tortilla(170) Fresh Fruit(1) Cal:505 Carb:60 Na:896
20 Turkey Chili(335) Sour Cream(9) Mixed Vegetables(53) White Rice(4) Italian Bread(230) Chilled Pineapple(1) Cal:744 Carb:107 Na:773	21	22 BIRTHDAY MEAL BBQ Pulled Pork(365) Green Beans(5) Mashed Potatoes(104) WW Burger Bun(160) Birthday Cake(215) Cal:821 Carb:91 Na:989	23	24 Cranberry Apple Chicken(278) Steamed Peas(97) Roasted Red Potatoes(22) Multigrain Bread(200) Reg(53)/Diet Jello(35)w/Topping(12) Cal:689 Carb:82/80 Na:766
27 Chicken & Dumplings*(541) Mashed Butternut Squash (3) Multigrain Bread(200) Apple Crisp(65) Cal:779 Carb:105 Na:1053	28	29 Crab Cake*(600) w/tartar(130) Steamed Corn(4) Coleslaw(122) Whole Wheat Bread(150) Chilled Pineapple(9) Cal:674 Carb:96 Na:1138	30	31 HAPPY HALLOWEEN Meatloaf w/Mushroom Gravy(304) Steamed Peas(97) Mashed Potatoes(26) Whole Wheat Bread(115) Chocolate Cake(330) Cal:864 Carb:106 Na:1048