

NOVEMBER 2025

PALMER

Greater Springfield Senior Services, Inc.

Community Dining Menu

UPDATED 09/10/2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 SOUP AND SANDWICH Turkey(319) & Provolone Cheese (174) Celery Salad(75) Tomato Soup(152) Hamburger Bun(230) Applesauce(14) Cal:600 Carb:60 Na:1090	4	5 HIGH SODIUM DAY Hot Dog w/Bun*(750) Broccoli Slaw(119) Baked Beans(140) Mixed Fruit(5) Ketchup(82)/Mustard(55) Cal:759 Carb:79 Na:1412	6	7 Crab Cake*(600) w/tartar(130) Coleslaw(122) Steamed Corn(4) Whole Wheat Bread(150) Jello(35)w/Topping(12) Cal:623 Carb:79 Na:1148
10 Ham w/Pineapple(426) Steamed Peas(97) Baked Sweet Potato(22) Whole Wheat Bread(150) Mandarin Oranges(7) Cal:562 Carb:91 Na:902	11	12 Beef Taco Bowl(156) Tossed Salad(12) w/Ranch(110) Yellow Rice(97) Tortilla Chips(46) Cookies(70) Cal:622 Carb:53 Na:632	13	14 Butter Crumb Fish(296) Parslied Carrots(62) Tartar(130) Roasted Red Potatoes(22) Whole Wheat Bread(150) Pudding(246) w/Topping(12) Cal:708 Carb:82/78 Na:1021
17 Chicken Pot Pie(269) California Blend Veg(17) Biscuit Topping(188) Apple Crisp(58) Cal:643 Carb:63 Na:830		19 THANKSGIVING/HIGH SODIUM MEAL Turkey w/Gravy*(721) Green Beans(5) Mashed Potatoes(118) Cranberry Stuffing(167) Pumpkin Pie (437) Cal:910 Carb:120 Na:1288	20	21 Turkey Breakfast Sausage(367) Spiced Apples(20) Potatoes O’Brien(29) French Toast*(600) w/ Syrup(23) Fresh Fruit(2) Orange Juice(26) Cal:794 Carb:130 Na:872
24 Shrimp Scampi(520) Steamed Broccoli(9) Penne Noodles(11) Italian Bread(210) Fresh Fruit(1) Cal:749 Carb:96 Na:934	25	26 BIRTHDAY MEAL Spaghetti & Meatballs(244) Tossed Salad w/Italian(123) Garlic Bread(230) Birthday Cake(215) Cal:811 Carb:102 Na:1241	27 HOLIDAY- NO MEALS	28
	Key for Symbols: Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)	Suggested voluntary donation \$3/meal Menu subject to change without notice.	Total Sodium & Calories include regular dessert, milk(100mg Na) &margarine(15mg Na).	If you have a special concern regarding the sodium, contact the Nutritionist. Call GSSSI 781-8806 X 1136 for more information.