

December 2025

PALMER

Greater Springfield Senior Services, Inc.

Community Dining Menu 11/04/2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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	2	3 Chicken Marsala(298) Cucumber Salad(46) Penne Noodles(4) Garlic Bread(210) Fresh Fruit(1) Cal:666 Carb:80 Na:718	4	5 BIRTHDAY MEAL Turkey Taco Bowl(413) Tossed Salad(12) w/Ranch(110) Yellow Rice(97) Tortilla Chips(46) Birthday Cake(215) Cal:849 Carb:82 Na:1104
8 Jamaican Jerk Style Chicken(489) Collard Greens(135) Coconut Rice(171) Oatnut Bread(150) Fresh Fruit(2) Cal:845 Carb:106 Na:1087	9	10 SOUP & SANDWICH DAY Classic Chicken Salad (90) Coleslaw(122) Creamy Tomato Soup(204) Club Roll(340) Mandarin Oranges(7) Cal:594 Carb:71 Na:879	11	12 Eggplant Parmesan*(659) Tossed Salad w/Italian(137) Penne w/Sauce(95) Garlic Bread(110) Chilled Peaches(1) Cal:826 Carb:104 Na:1168
15 Beef Chili(335) Sour Cream(9) Mixed Vegetables(53) Baked Potato(9) Italian Bread(230) Chilled Pineapple(1) Cal:767 Carb:118 Na:777	16	17 WINTER HOLIDAY MEAL Ham with Pineapple(426) Green Beans(3) Au Gratin Potatoes(166) Dinner Roll(210) Chocolate Mousse w/Topping(222) Cal:900 Carb:115 Na:1167	18	19 Turkey w/Gravy(424) Steamed Peas(97) Mashed Potatoes(118) Cranberry Stuffing(167) Cookie(70) Cal:687 Carb:93 Na:1013
22 Ravioli w/Meat Sauce(557) Steamed Broccoli(9) Italian Bread(150) Fresh Fruit(1) Cal:577 Carb:76 Na:937	23	24 NO MEAL SERVICE	25 HOLIDAY	26 Crab Cake*(600) w/tartar(130) Coleslaw(122) Steamed Corn(4) Whole Wheat Bread(150) Cookies(70) Cal:674 Carb:96 Na:1138
29 Shepherd’s Pie(215) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Apple Crisp(65) Cal:592 Carb:65 Na:553	30	31 HAPPY NEW YEAR Chicken Cordon Bleu*(684) Steamed Broccoli (9) ½ Sweet Potato(43) Dinner Roll(150) Fudge Round Cookie(80) Cal:780 Carb:96 Na:1106		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)