

January 2025

PALMER

Greater Springfield Senior Services, Inc.

Community Dining Menu UPDATED 11/27/2024

For Reservations or Cancellations call by 11:30 a.m. the day before at the site you attend. *Effective January 1, 2025, the suggested donation amount per meal will be increased to \$3. Please note that this is not a mandatory fee, and donations are voluntary. All donations are handled confidentially and will not impact the type of meal provided

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu subject to change without notice. Suggested voluntary donation *\$3/meal Key for Symbols: Na: Sodium *Higher sodium item(>500mg) Cal= Calories Sodium (mg) Carb= Carbs/Carbs with Low Carb Dessert	If you have a special concern regarding sodium, call GSSSI 781-8806 X 1136 for more information	1 HOLIDAY- NO MEALS	2	3 Hot Dog w/Bun*(750) Potato Salad(214) Baked Beans(140) Ketchup(82) Reg(53)/Diet Jello(35) w/Topping(12) Cal:835 Carb:72/70 Na:1456
6 Breakfast Sausage(367) Scrambled Eggs(223) Potatoes O’Brien(29) Cranberry Snack Loaf(120) Spiced Apples (20) Cal:587 Carb:59 Na:904		7 Total Sodium & Calories include regular dessert, milk(100mg Na) & margarine (15mg Na).	8 SOUP & SANDWICH/HIGH SODIUM DAY Ham & Swiss (407) Mayo (100) Coleslaw (122) Chicken Vegetable Soup (163) Club Roll (340) Mixed Fruit (4) Cal: 743 Carb:87 Na:1277	9
13 Mac & Cheese (280) Stewed Tomatoes(221) Whole Wheat Bread (150) Cranberry Juice (3) Reg(53)/Diet Jello(35)w/Topping(12) Cal:566 Carb:71/69 Na:824	14	15 Crab Cake*(600) w/tartar(130) Steamed Corn(4) Coleslaw(122) Whole Wheat Bread(150) Chilled Peaches(6) Cal:670 Carb:94 Na:1152	16	17 Chicken Marsala(528) Tossed Salad w/Italian(123) Penne Noodles(4) Garlic Bread(210) Mixed Fruit(5) Cal:644 Carb:75 Na:1037
20 HOLIDAY – NO MEALS	21	22 Shepherd’s Pie(215) Steamed Peas(97) Mashed Potato Topping 12 Grain Bread(200) Spiced Peaches(5) Cal:730 Carb:86 Na:643	23	24 BIRTHDAY MEAL BBQ Pulled Pork(365) Broccoli Slaw(117) ½ Baked Sweet Potato(22) WW Burger Bun(160) Birthday Cake (215) Cal:788 Carb:82 Na:1021
27 Beef Stew(100) With Carrots and Peas Mashed Potatoes(46) Wheat Roll(210) Reg(53)/Diet Jello(35)w/Topping(12) Cal:777 Carb:80/78 Na:312	28	29 Jamaican Jerk Chicken(489) Collard Greens(245) Coconut Rice(171) Oatnut Bread(150) Mixed Fruit(5) Cal:805 Carb:95 Na:1090	30	31 Beef Stroganoff(230) Brussels Sprouts(15) Egg Noodles(5) Italian Bread(230) Reg(70)/Diet Cookie(70) Cal:616 Carb:84 Na:691

