OCTOBER 2026 PALMER Greater Springfield Senior Services, Inc. Community Dining Menu Updated 09/04/2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested voluntary donation $3/meal **Menu subject to change without notice.** **Key for Symbols:** Na= Sodium *Sodium content(>500mg) Cal= Calories Sodium (mg)	**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.**	**1**	**2** Swedish Turkey Meatballs(480) Roasted Potatoes(85) Broccoli(38) Whole Grain Cornbread(180) Fresh Fruit(1)
				Cal:783 Carb:104 Na:919
5 Chicken Pot Pie(213) Green Beans & Peppers(21) Buttermilk Biscuit(370) Applesauce(2)	**6**	**7** Roast Turkey w/Gravy*(580) Mashed Potatoes(23) Carrots(56) Wheat Roll(150) Shortbread Cookie(150)	**8**	**9** Pork w/Apple Cranberry Chutney(85) Mashed Sweet Potatoes(20) Vegetable Medley(54) Wheat Roll(150) Mandarin Oranges(5)
Cal:769 Carb:76 Na:741		Cal:732 Carb:87 Na:1124		Cal:798 Carb:91 Na:691
12 **CLOSED - NO MEALS**	**13**	**14** Meatloaf w/Gravy*(546) Garlic Mashed Potatoes(23) Carrots(56) Wheat Bread(65) Fresh Fruit(1)	**15**	**16** Beef Stroganoff(201) Egg Noodles(7) Broccoli(38) Whole Grain Cornbread(180) Vanilla Pudding(130)
		Cal: 750 Carb:92 Na:826		Cal: 917 Carb:91 Na:691
19 French Onion Chicken(420) Mashed Potatoes(23) California Blend Veg(34) Dinner Roll(100) Chocolate Pudding(135)	**20**	**21** Maple Bacon Glazed Chicken(162) Mashed Butternut Squash(12) Mixed Vegetables(51) Dinner Roll(100) Mandarin Oranges(5)	**22**	**23** White Fish Florentine(297) Rice Pilaf(49) Brussels Sprouts(26) Wheat Bread(65) Oatmeal Cookie(90)
Cal:715 Carb:80 Na:847		Cal:792 Carb:107 Na:826		Cal:702 Carb:86 Na:632
26 Sausage w/Abruzzi Sauce*(650) Egg Noodles(7) Tuscan Blend Vegetables(26) Wheat Roll(150) Chilled Peaches(5)	**27**	**28** Shrimp Alfredo*(655) Whole Grain Pasta(4) Broccoli(38) Dinner Roll(100) Pound Cake w/Blueberries(240)	**29**	**30** Chicken Carbonara w/Ham*(633) Whole Grain Pasta(4) California Blend Vegetables(34) Dinner Roll(100) Chilled Pears(0)
Cal:698 Carb:73 Na:973		Cal:759 Carb:94 Na:1172		Cal:697 Carb:80 Na:906