

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	GG DR		GG DR		GG DR	1 HOT: Roast Turkey w/ Jardinière Gravy, * Red Bliss Potatoes, Mixed Vegetables, Cranberry Sauce, Low Sodium Wheat Bread Chocolate Pudding w/Topping COLD: Tuna Salad, Lettuce Leaf, Macaroni Salad, Riviera Salad, Multigrain Bread, Peaches	GG DR	2 HOT: Chicken Stir Fry, Rice Pilaf, Low Sodium Multigrain Bread, Mandarin Oranges COLD: Turkey, Swiss Cheese, Lettuce Leaf, Carrot Pineapple Salad, Barley Raisin Salad, Mustard, Cracked Wheat Multi Oat Top Bread, Fruit Mix	GG DR
5 LABOR DAY HOLIDAY NO MEAL DELIVERY	GG DR	6 Minestrone Soup w/Crackers HOT: Alaskan Breaded Pollack, Lemon Wedge, Whipped Sweet Potatoes, Green Beans, Wheat Dinner Roll, Pears COLD: Chicken Salad, Italian Pasta Salad, Summer Squash Salad, Low Sodium Wheat Bread, Lorna Doones	GG DR	7 HOT: Lasagna, Tomato Sauce, * Chicken Meatball, Zucchini & Red Pepper, Tossed Garden Salad, Multigrain Bread, Oatmeal Raisin Cookie COLD: Turkey, Swiss Cheese, Lettuce Leaf, Carrot Raisin Salad, Orzo Vegetable Salad, Cracked Wheat Multi Oat Top Bread, Lite Mayonnaise, Mixed Fruit	GG DR	8 Labor Day Special HOT: Hamburger, Cheese Slice, Lettuce & Tomato Slice, Italian Roasted White Potatoes, Jardinière Vegetables, Ketchup, Hamburger Roll, Boston Cream Cup COLD: Egg Salad, Lettuce Leaf, Potato Salad, Cucumber, Feta Onion Salad, Low Sodium Wheat Bread, Peaches	GG DR	9 HOT: Aloha Chicken, Rice Pilaf, Spinach, Low Sodium Multigrain Bread, Mandarin Oranges COLD: Tuna Salad, Lettuce Leaf, Macaroni Salad, Riviera Salad, Multigrain Bread, Pears	GG DR
12 HOT: Lentil Stew, Green Beans, Low Sodium Wheat Bread, Pears COLD: Egg Salad, Orzo Vegetable Salad, Carrot Pineapple Salad, Cracked Wheat Multi Oat Top Bread, Diet Chocolate Pudding w/Topping	GG DR	13 * Vegetable Soup w/Chicken & Crackers HOT: Chicken Cacciatore Over Buttered Noodles, Spinach, Low Sodium Wheat Bread, Fiqu Bar COLD: Tuna Salad, Lettuce Leaf, Potato Salad, Squash, Red Onion, Zucchini Salad, Low Sodium Multigrain Bread, Fresh Fruit Orange	GG DR	14 HOT: Breaded Alaskan Pollock, Tartar Sauce, Fresh Butternut Squash, Mixed Vegetables, Low Sodium Wheat Bread, Pumpkin Pudding w/Topping COLD: California Chicken Salad, Lettuce Leaf, Mediterranean Salad, Quinoa Salad, Cracked Wheat Multi Oat Top Bread, Tropical Mix Fruit	GG DR	15 HOT: Crumb Topped Macaroni & Cheese, * Fresh Broccoli, Low Sodium Multigrain Bread, Peaches COLD: Turkey, Swiss Cheese, Lettuce Leaf, Balsamic Pasta Salad, Cole Slaw, Lite Mayonnaise, Low Sodium Wheat Bread, Lorna Doones	GG DR	16 HOT: Meatloaf, Mushroom Gravy, Mashed Potatoes, Beets, Low Sodium Wheat Bread, Fresh Fruit COLD: Vegetarian Chef Salad, Italian Dressing, Macaroni Salad, Snack Muffin, Margarine, Pineapple	GG DR
19 Mixed Bean w/Chicken Soup & Crackers HOT: Spinach Red Pepper Frittata, Green Beans, Italian Roasted Potatoes, Snack Loaf Muffin, Vanilla Pudding w/Topping COLD: Chicken Salad, Sweet Potato Salad, Tomato, Zucchini Salad, Low Sodium Multigrain Bread, Peaches	GG DR	20 HOT: Baked Ziti, Tomato Sauce,* Chicken Meatball, Italian Blend Vegetables, Low Sodium Whole Wheat Bread, Oatmeal Raisin Cookies COLD: Roast Beef, Provolone Cheese, Lettuce Leaf, Beet Salad, Potato Salad, Low Sodium Wheat Bread, Mayonnaise Fresh Fruit Orange	GG DR	21 HOT: Chicken Fajitas, Rice & Beans, Flour Tortilla, Sour Cream, Mandarin Oranges COLD: Tuna Salad, Lettuce Leaf, Root Vegetable Salad, Broccoli, Feta, Orzo Salad, Cracked Wheat Multi Oat Top Bread, Vanilla Wafers	GG DR	22 HOT: Pot Roast w/Burgundy Sauce, Sweet Potatoes, Peas & Onions, Low Sodium Wheat Bread, Fresh Fruit COLD: Turkey, Swiss Cheese, Lettuce Leaf, Macaroni Salad, Lite Mayonnaise, Spinach Mandarin Orange Salad, Multigrain Bread, Tropical Fruit Mix	GG DR	23 HOT: Breaded Alaskan Pollock, Tartar Sauce, Potato Wedges, Brussel Sprouts, Low Sodium Multigrain Bread Pears COLD: Egg Salad, Lettuce Leaf, English Pea Salad, Low Sodium Wheat Bread, Squash, Zucchini, Red Onion Salad, Ambrosia	GG DR
26 HOT: Caprese Chicken * Orzo Buttered Seasoned, Zucchini & Red Pepper, Low Sodium Whole Wheat Bread, Fresh Fruit Orange COLD: Turkey, Swiss Cheese, Potato Salad, Broccoli Slaw, Mayonnaise, Low Sodium Multigrain Bread, Lorna Doone Cookies	GG DR	27 HOT: American Chop Suey, Tomato Sauce, Parmesan Cheese, Tuscany Blend Vegetables, Low Sodium Multigrain Bread, Peaches COLD: Tuna Salad, Lettuce Leaf, English Pea Salad, Tomato & Zucchini Salad, Low Sodium Wheat Bread, Diet Chocolate Pudding w/Topping	GG DR	28 HOT: Hot Dog Kavem *, Cole Slaw, Baked Beans, Ketchup, Relish, Mustard, Low Sodium Hot Dog Roll, Tropical Fruit COLD: Chicken Salad Over Tossed Garden Salad, Italian Dressing, Sweet Potato Salad, Snack Loaf Muffin, Margarine, Fresh Fruit	GG DR	29 Cream of Pumpkin Soup w/Crackers HOT: Breaded Alaskan Pollock, Lemon Wedge, Italian Roasted Potatoes, Mixed Vegetables, Wheat Dinner Roll, Vanilla Pudding w/Topping COLD: Egg Salad, Lettuce Leaf, Barley Raisin Salad, Carrot Pineapple Salad, Low Sodium Wheat Bread, Mixed Fruit	GG DR	30 HOT: Spinach, White Bean Quinoa Stew, Whipped Sweet Potatoes, Low Sodium Wheat Bread, Brownie COLD: Roast Beef, Provolone, Mayonnaise, Lettuce Leaf, Italian Pasta Salad, Tossed Garden Salad, Low Sodium Multigrain Bread, Pineapple	GG DR
<ul style="list-style-type: none"> Please call your lunch reservations by 11 a.m. two business days before. If you would like to cancel your meal reservation, please call by 11 a.m. two business days before. \$2.50 Suggested donation per meal. <p>Please make checks payable to Springwell Please add the site you receive your meals from on the memo line Send check to: Springwell, Inc. 307 Waverley Oaks Road, Suite 205, Waltham MA 02452 Attention: Nutrition Department *Indicates high sodium.</p>				<p>Chilled Meal Re-Heating Instructions</p> <p>Conventional oven</p> <ul style="list-style-type: none"> o Eat or refrigerate immediately. o Reheat in oven at 350 degrees for 10-20 minutes. <p>Microwave oven</p> <ul style="list-style-type: none"> o Reheat in microwave on high for 2 to 3 minutes o Peel back corner to vent, <p>Do not reheat in toaster oven.</p>		<p>Frozen Meal Re-Heating Instructions</p> <p>Conventional oven</p> <ul style="list-style-type: none"> o Peel back the plastic lid to vent or slit film in section o Heat frozen meal in conventional oven, place meal on cookie sheet and set oven at 350 degrees F. for 30 minutes maximum. <p>Microwave oven</p> <ul style="list-style-type: none"> o Heat frozen meal in microwave o 3-5 minutes maximum on high 			
<p>FOOD ALLERGIES</p> <p>Review menus carefully to identify those meals that contain items you are allergic to and notify the site staff. Don't hesitate to call the Springwell Dietitian at (617) 926-4100 if you need help identifying the ingredients of a meal. Please be sure to only order those menu items which do not present a problem for you. Springwell does not keep track of individual allergies and has no way of knowing what you are allergic to.</p>				<p>PLEASE CIRCLE "GG"/GRAB AND GO IF YOU INTEND TO PICK UP YOUR MEAL AND TAKE IT HOME WITH YOU. OTHERWISE, CIRCLE "DR"/DINING ROOM IF YOU WILL BE EATING YOUR MEAL IN THE DINING ROOM THAT DAY.</p> <p>COLD MEAL OPTION AVAILABLE FOR DINE IN ONLY. DINE IN: Please circle HOT or COLD to reserve that meal option.</p>				<p>MENU IS SUBJECT TO CHANGE</p> <p>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p>	