

LAST NAME _____		FIRST _____		Phone _____		Date _____		MARCH 2024	
Springwell Nutrition: LUNCH MENU – Brookline Senior Center		93 Winchester Street 617-730-2747		MARCH 2024					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<div>MENU IS SUBJECT TO CHANGE</div> <div>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</div>								<div>1GG / DR</div> <div>HOT: Lentil Spinach Soup, Salmon Loin, Honey Mustard Sauce, Roasted Potatoes w/Peppers & Onions, Mixed Vegetables, Wheat Dinner Roll, Fresh Orange</div> <div>COLD: * Vegetarian Chef Salad, Lite Italian Dressing, Italian Pasta Salad, Wheat Dinner Roll, Margarine, Tropical Fruit</div>	
<div>4GG / DR</div> <div>HOT: Sloppy Joe, Red Bliss Potatoes, Broccoli & Cauliflower, Hamburger Roll, Chocolate Pudding w/Topping</div> <div>COLD: Egg Salad, Root Vegetable Salad, Macaroni Salad, Wheat Bread, Pears</div>		<div>5GG / DR</div> <div>HOT: Cod w/Scarpariello Sauce, Quinoa Pilaf, Green Beans, Multigrain Bread, Chocolate Chip Cookie</div> <div>COLD: Chicken Salad, Multigrain Bread, Balsamic Vinaigrette Pasta Salad, Squash, Zucchini, Red Onion Salad, Fresh Fruit</div>		<div>6GG / DR</div> <div>HOT: * Hot Dog, Baked Beans, Cole Slaw, Hot Dog Roll, Relish, Mustard, Peaches</div> <div>COLD: Turkey, Swiss Cheese, Potato Salad, Lite Mayonnaise, Lettuce, Wheat Bread, Spinach Mandarin Orange Salad, Diet Pudding w/Topping</div>		<div>7GG / DR</div> <div>HOT: Italian Garden Vegetable Soup, Chicken Souvlaki, Butternut Squash, Buttered Seasoned Orzo, Oatmeal Bread, Fresh Fruit</div> <div>COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Broccoli, Feta, Orzo Salad, Tossed Garden Salad, Lite Italian Dressing, Wheat Bread, Peaches</div>		<div>8GG / DR</div> <div>HOT: Broccoli Egg Bake, Italian Roasted Red Bliss Potatoes, Stewed Tomatoes, Wheat Dinner Roll, Ginger Snaps</div> <div>COLD: Tuna Salad, Greek Pasta Salad, Tomato Zucchini Salad, Multigrain Bread, Lorna Doones</div>	
<div>11GG / DR</div> <div>HOT: American Chop Suey, Tuscany Blend Vegetables, Wheat Dinner Roll, Applesauce</div> <div>COLD: Chicken Salad, Lettuce, Summer Squash Salad, Italian Pasta Salad, Wheat Bread, Diet Vanilla Pudding w/Topping</div>		<div>12GG / DR</div> <div>HOT: Cream of Tomato Soup, Spinach & Red Pepper Frittata, Potato Wedges, Brussels Sprouts, Wheat Bread, Vanilla Pudding w/Topping</div> <div>COLD: Tuna Salad, Lettuce, Riviera Salad, Ziti Broccoli Salad, Multigrain Bread, Fresh Fruit</div>		<div>13GG / DR</div> <div>HOT: Chicken Marsala Over Buttered Noodles, Scandinavian Vegetables, Wheat Bread, Fresh Fruit</div> <div>COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Wheat Bread, Garden Shell Pasta Salad, Root Vegetable Salad, Lorna Doones</div>		<div>14GG / DR</div> <div>HOT: St. Patrick's Day Special * Corned Beef Stew, Boiled Parsley Potatoes, Wheat Bread, Pineapple Whip</div> <div>COLD: Turkey, Swiss Cheese, Multigrain Bread, Squash, Zucchini, Red Onion Salad, Barley Raisin Salad, Lite Mayonnaise, Mixed Fruit</div>		<div>15GG / DR</div> <div>HOT: Salmon, Sweet & Sour Lo Mein Noodles, Asian Blend Vegetables, Wheat Bread, Mandarin Oranges</div> <div>COLD: Egg Salad, Potato Salad, Beet Salad, Wheat Bread, Peaches</div>	
<div>18GG / DR</div> <div>HOT: Chicken Scallopini Over Buttered Noodles, Zucchini & Cauliflower, Wheat Bread, Tapioca Pudding w/Topping</div> <div>COLD: Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Cole Slaw, Orzo Vegetable Salad, Wheat Bread, Applesauce</div>		<div>19GG / DR</div> <div>HOT: Vegetable Soup w/Chicken, Unstuffed Pepper Casserole, Italian Blend Vegetables, Wheat Dinner Roll, Orange</div> <div>COLD: Chicken Salad, Potato Salad, Riviera Salad, Multigrain Salad, Lorna Doones</div>		<div>20GG / DR</div> <div>HOT: Roast Turkey w/Gravy, Mashed Potatoes, Carrots, Wheat Bread, Pears</div> <div>COLD: Tuna Salad, Lettuce, Wheat Bread, Italian Pasta Salad, Summer Squash Salad, Diet Chocolate Pudding w/Topping</div>		<div>21GG / DR</div> <div>HOT: Fish, Newburg Sauce, Herbed Rice, Brussels Sprouts, Multigrain Bread, Brownie</div> <div>COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Multigrain Bread, Broccoli Slaw, Garden Shell Pasta Salad, Mixed Fruit</div>		<div>22GG / DR</div> <div>HOT: * Macaroni & Cheese, Stewed Tomatoes, Multigrain Bread, Peaches</div> <div>COLD: * Vegetarian Chef Salad, Italian Dressing, Barley Raisin Salad, Snack Loaf Muffin, Orange</div>	
<div>25GG / DR</div> <div>HOT: Chicken w/Sauté Vegetables, Jasmine Coconut Rice, Whole Wheat Roll, Chocolate Pudding w/Topping</div> <div>COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Root Vegetable Salad, Macaroni Salad, Wheat Bread, Peaches</div>		<div>26GG / DR</div> <div>HOT: * Black Bean and Barley Chili, Broccoli & Carrots, Wheat Bread, Pears</div> <div>COLD: Tuna Salad, Lettuce, Potato Salad, Broccoli Slaw, Wheat Bread, Diet Tapioca w/Topping</div>		<div>27GG / DR</div> <div>HOT: Pot Roast Burgundy, Mashed Potatoes, Zucchini, Dinner Roll, Cupcake</div> <div>COLD: California Chicken Salad, Lettuce, Balsamic Pasta Salad, Cole Slaw, Wheat Bread, Lorna Doones</div>		<div>28GG / DR</div> <div>HOT: Stuffed Shells w/Tomato Sauce *, Chicken Meatball, Cauliflower Florets, Wheat Bread, Fresh Fruit</div> <div>COLD: Roast Beef, Provolone Cheese, Lettuce, Lite Mayonnaise, Multigrain Bread, Orzo Vegetable Salad, Carrot Pineapple Salad, Mandarin Oranges</div>		<div>29GG / DR</div> <div>HOT: Minestrone Soup, Potato Pollock, Lemon Wedge, Sweet Potatoes, Green Beans, Multigrain Bread, Mixed Fruit</div> <div>COLD: Egg Salad, Lettuce, Cole Slaw, Wheat Bread, Quinoa Tabbouleh Salad, Fresh Fruit</div>	
<div><div>Please call your lunch reservations by 11 a.m. two business days before.</div><div>If you would like to cancel your meal reservation, please call by 11 a.m. two business days before.</div><div>\$2.50 Suggested donation per meal.</div><div>Please make checks payable to Springwell</div><div>Please add the site you receive your meals from on the memo line</div><div>Send check to:</div><div>Springwell, Inc.</div><div>307 Waverley Oaks Road Suite 205, Waltham MA 02452</div><div>Attention: Nutrition Department</div><div>*Indicates high sodium.</div></div>				<div>Chilled Meal Re-Heating Instructions</div> <div>Conventional oven</div> <div><div>Eat or refrigerate immediately.</div><div>Reheat in oven at 350 degrees for 10-20 minutes.</div></div> <div>Microwave oven</div> <div><div>Reheat in microwave on high for 2 to 3 minutes</div><div>Peel back corner to vent.</div></div> <div>Do not reheat in toaster oven.</div>		<div>FOOD ALLERGIES</div> <div>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.</div>		<div>PLEASE CIRCLE "GG"/GRAB AND GO IF YOU INTEND TO INTEND TO PICK UP YOUR MEAL AND TAKE IT HOME WITH YOU.</div> <div>OTHERWISE, CIRCLE "DR"/DINING ROOM IF YOU WILL BE EATING YOUR MEAL IN THE DINING ROOM THAT DAY.</div> <div>COLD MEAL OPTION AVAILABLE FOR DINE IN DINE IN: Please circle HOT or COLD to reserve that meal option.</div>	