

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY																										
1 HOT: * Black Bean & Barley Chili, Brussels Sprouts, Wheat Dinner Roll, Peaches COLD: Chicken Salad, Beet Salad, Quinoa Tabbouleh, Wheat Bread, Applesauce	2 HOT: Chicken Meatballs w/Tomato Sauce over Rotini, Tuscany Vegetables, Wheat Bread, Chocolate Pudding w/Topping COLD: Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Carrot Raisin Salad, Orzo Vegetable Salad, Wheat Bread, Orange	3 JULY 4th SPECIAL(High Sodium) GG / DR HOT: * Cheeseburger, Macaroni Salad, Zucchini & Summer Squash, Hamburger Roll, Relish, Mustard, Blueberry Parfait COLD: Tuna Salad, Lettuce, Potato Salad, Spinach w/Mandarin Orange Salad, Wheat Bread, Lorna Doones	4 INDEPENDENCE DAY NO MEAL DELIVERY	5 HOT: Italian Garden Vegetable Soup, Chicken Caprese, Garlic Mashed Potatoes, Broccoli & Cauliflower, Multigrain Bread, Fresh Fruit COLD: Ham, Swiss Cheese, Mustard, Italian Pasta Salad, Broccoli Slaw, Wheat Bread, Tropical Fruit	8 HOT: Caribbean Chicken Stew, Spinach, Wheat Bread, Mandarin Oranges COLD: Egg Salad, Root Vegetable Salad, Macaroni Salad, Wheat Bread, Pears	9 HOT: Lentil Spinach Soup, Pollock Loin w/ Lemon Dill Sauce, Orzo Pilaf, Asian Blend Vegetables, Multigrain Bread, Vanilla Pudding W/Topping COLD: Chicken Salad, Lettuce, Italian Pasta Salad, Mediterranean Salad, Multigrain Bread, Fresh Fruit	10 HOT: Pot Roast Beef Burqundy, Mashed Potatoes, Green Beans, Dinner Roll, Mixed Fruit COLD: Tuna Salad, Lettuce, Squash, Zucchini, Red Onion Salad, Potato Salad, Wheat Bread, Diet Chocolate Pudding w/Topping	11 HOT: * Hot Dog, Baked Beans, Cole Slaw, Hot Dog Roll, Relish, Mustard, Fresh Fruit COLD: Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Broccoli Feta Orzo Salad, Chickpea Cucumber Tomato, Wheat Bread, Lorna Doones	12 HOT: Broccoli Egg Bake, Italian Roasted Red Bliss Potatoes, Stewed Tomatoes, Wheat Dinner Roll, Brownie COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Greek Pasta Salad, Tomato Zucchini Salad, Multigrain Bread, Peaches	15 HOT: American Chop Suey, Tuscany Blend Vegetables, Wheat Dinner Roll, Peaches COLD: Egg Salad, Riviera Salad, Italian Pasta Salad, Wheat Bread, Diet Vanilla Pudding w/Topping	16 HOT: Spinach & Red Pepper Frittata, Potato Wedges, Brussels Sprouts, Wheat Bread, Tapioca Pudding w/Topping COLD: Tuna Salad, Lettuce, Summer Squash Salad, Ziti Broccoli Salad, Multigrain Bread, Lorna Doones	17 HOT: Chicken w/ Creamy Italian Sauce over Buttered Orzo, Scandinavian Vegetables, Wheat Bread, Fresh Fruit COLD: Roast Beef, Provolone Cheese, Lettuce, Lite Mayonnaise, Lettuce, Wheat Bread, Garden Shell Pasta Salad, Root Vegetable Salad, Mixed Fruit	18 HOT: Cream of Tomato Soup, Pot Roast w/Gravy, Mashed Potatoes, Peas & Carrots, Multigrain Bread, Chocolate Chip Cookie COLD: Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Potato Salad, Multigrain Bread, Squash, Zucchini, Red Onion Salad, Fresh Fruit	19 HOT: Potato Crunch Pollock, Lemon Wedge, Quinoa Pilaf, Spinach & Mushrooms, Wheat Bread, Mandarin Oranges COLD: Chicken Salad, Lettuce, Barley Raisin Salad, Beet Salad, Wheat Bread, Peaches	22 HOT: Chicken Scallopini over Buttered Noodles, Green Beans, Wheat Bread, Chocolate Pudding w/Topping COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Riviera Salad, Italian Pasta Salad, Wheat Bread, Peaches	23 HOT: Vegetable Soup w/Chicken, Sloppy Joe, O'Brien Potatoes, Spinach, Hamburger Roll, Pears COLD: Chicken Salad, Lettuce, Cole Slaw, Orzo Vegetable Salad, Multigrain Bread, Lorna Doones	24 HOT: Alaskan Pollock, Lemon Wedge, Herbed Rice, Brussels Sprouts, Multigrain Bread, Cupcake COLD: Egg Salad, Lettuce, 3 Bean Salad, Spinach & Mandarin Orange Salad, Wheat Bread, Diet Chocolate Pudding w/Topping	25 HOT: * Macaroni & Cheese, Broccoli & Cauliflower, Multigrain Bread, Peaches COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Broccoli Slaw, Lettuce, Garden Shell Pasta Salad, Multigrain Bread, Mixed Fruit	26 HOT: Roast Turkey w/Gravy, Mashed Potatoes, Carrots, Dinner Roll, Orange COLD: Tuna Salad, Lettuce, Potato Salad, Summer Squash Salad, Wheat Bread, Orange	29 HOT: Mixed Bean & Vegetable Stew, Cauliflower Florets, Multigrain Bread, Pears COLD: California Chicken Salad, Potato Salad, Beet Salad, Wheat Bread, Fresh Fruit	30 HOT: Stuffed Shells, Tomato Sauce, Chicken Meatball, Green Beans, Wheat Bread, Vanilla Pudding w/Topping COLD: Tuna Salad, Lettuce, Greek Pasta Salad, Riviera Salad, Wheat Bread, Pears	31 HOT: Shepherd's Pie, Spinach, Whole Wheat Roll, Gingersnaps, COLD: Roast Beef, Provolone Cheese, Lettuce, Lite Mayonnaise, Macaroni Salad, Spinach Mandarin Orange Salad, Lorna Doones	<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>MENU IS SUBJECT TO CHANGE</p> <p>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p>		<p>Please call your lunch reservations by 11 a.m. two business days before.</p> <p>If you would like to cancel your meal reservation, please call by 11 a.m. two business days before.</p> <p>\$2.50 Suggested donation per meal.</p> <p>Please make checks payable to Springwell</p> <p>Please add the site you receive your meals from on the memo line</p> <p>Send check to: Springwell, Inc. 307 Waverley Oaks Road Suite 205, Waltham MA 02452</p> <p>Attention: Nutrition Department</p> <p>*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>PLEASE CIRCLE "GG"/GRAB AND GO IF YOU INTEND TO INTEND TO PICK UP YOUR MEAL AND TAKE IT HOME WITH YOU.</p> <p>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 DINE IN: Please circle HOT or COLD to reserve that meal option.</p>	
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