

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| <p>MENU IS SUBJECT TO CHANGE</p> <p>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p> | | | | |
| <p>5 HOT: GG / DR Cheese Omelet w/Cheese Sauce, Sausage Link, Spinach, Italian Roasted Red Bliss Potatoes, Wheat Bread, Mixed Fruit COLD: Turkey, Swiss Cheese, Sweet Potato Salad, Cauliflower Carrot Salad, Multigrain Bread, Fresh Fruit</p> | <p>6 HOT: GG / DR Italian Garden Vegetable Soup, Chicken L'Orange over Herbed Brown Rice, Green Beans & Red Peppers, Oatmeal Bread, Fresh Fruit COLD: Ham, Swiss Cheese, Lettuce, Broccoli Slaw, Summer Potato Salad, Wheat Bread, Mustard, Peaches</p> | <p>7 HOT: GG / DR Tuna Noodle Casserole, Italian Blend Vegetables, Multigrain Bread, Oatmeal Raisin Cookie COLD: Chicken Curry Salad, Lettuce, Squash Zucchini Red Onion Salad, 3 Bean Salad, Wheat Bread, Diet Vanilla Pudding w/Topping</p> | <p>1 HOT: GG / DR Minestrone Soup, Mediterranean Cod Fish, Buttered Seasoned Orzo, Brussels Sprouts, Wheat Bread, Pears COLD: Egg Salad, Lettuce, Italian Pasta Salad, Coleslaw, Multigrain Bread, Diet Tapioca Pudding w/Topping</p> | <p>2 HOT: GG / DR Chicken Pasta Alfredo, Broccoli & Cauliflower, Whole Wheat Roll, Peaches COLD: Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Potato Salad, Zucchini Salad, Wheat Bread, Mandarin Oranges</p> |
| <p>12 HOT: GG / DR Chicken Souvlaki over Buttered Noodles, Riviera Blend Vegetables, Wheat Bread, Fig Bar COLD: Egg Salad, Wheat Bread, Potato Salad, Root Vegetable Salad, Pineapple</p> | <p>13 HOT: GG / DR * Hot Dog, Root Vegetables, Baked Beans, Hot Dog Roll, Mustard, Relish, Peaches HIGH SODIUM COLD: Chicken Salad, Lettuce, Orzo Vegetable Salad, Broccoli Slaw, Multigrain Bread, Diet Chocolate Pudding w/Topping</p> | <p>14 SUMMER SPECIAL GG / DR HOT: * BBQ Chicken w/Cheese & Red Onion, Hamburger Roll, Coleslaw, Roasted Potatoes w/Red Peppers & Onions, Watermelon COLD: Roast Beef, Provolone Cheese, Lettuce, Lite Mayonnaise, Barley Raisin Salad, Tomato Zucchini Salad, Multigrain Bread, Fresh Fruit</p> | <p>15 HOT: GG / DR Cream of Broccoli Soup, Pot Roast w/Gravy, Mashed Potatoes, Jardinière Blend Vegetables, Wheat Dinner Roll, Applesauce COLD: Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, English Pea Salad, Beet Salad, Wheat Bread, Apple Cinnamon Grahams</p> | <p>16 HOT: GG / DR Cod Fish Florentine, Buttered Seasoned Orzo, Harvard Beets, Multigrain Bread, Tapioca Pudding w/Topping COLD: * Vegetarian Chef Salad, Lite Italian Dressing, Sweet Potato Salad, Snack Loaf Muffin, Mandarin Oranges</p> |
| <p>19 HOT: GG / DR Alaskan Breaded Pollock, Lemon Wedge, Italian Roasted Potatoes, Mixed Vegetables, Multigrain Bread, Fresh Fruit COLD: Turkey, Swiss Cheese, Ziti Broccoli Salad, Multigrain Bread, Squash Zucchini Red Onion Salad, Lorna Doones</p> | <p>20 HOT: GG / DR Vegetable Soup, Chicken Fajitas, Rice & Beans, Italian Green Beans, Wheat Tortilla, Yogurt COLD: Tuna Salad, Lettuce, Summer Potato Salad, Wheat Bread, Cauliflower Carrot Salad, Pears</p> | <p>21 HOT: GG / DR Pot Roast Stroganoff over Buttered Noodles, Cabbage & Carrots, Whole Wheat Bread, Vanilla Pudding w/Topping COLD: Egg Salad, Lettuce, Lite Mayonnaise, Barley Raisin Salad, Summer Squash Salad, Wheat Bread, Mixed Fruit</p> | <p>22 HOT: GG / DR Roast Turkey w/Gravy, Butternut Squash, Zucchini & Cauliflower, Oatmeal Bread, Peaches COLD: Chicken Salad, Lettuce, Italian Pasta Salad, Multigrain Bread, Spinach w/Mandarin Oranges, Diet Chocolate Pudding w/Topping</p> | <p>23 HOT: GG / DR Lentil Stew, Brussels Sprouts, Wheat Roll, Pears COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Corn Salad, Cucumber Carrot Onion Salad, Multigrain Bread, Applesauce</p> |
| <p>26 HOT: GG / DR Lasagna Roll, Tomato Sauce, Chicken Meatball, Cabbage & Carrots, Wheat Bread, Applesauce COLD: Chicken Curry Salad, Lite Mayonnaise, German Potato Salad, Roman Blend Salad, Wheat Bread, Chocolate Chip Cookie</p> | <p>27 HOT: GG / DR Beef Chili, Brown Rice, Mixed Vegetables, Tossed Garden Salad, Lite Italian Dressing, Wheat Bread, Lorna Doone COLD: Tuna Salad, Lettuce, Greek Pasta Salad, Multigrain Bread, Cauliflower & Carrot Salad, Mixed Fruit</p> | <p>28 HOT: GG / DR Chicken Stir Fry, Herbed White Rice, Multigrain Bread, Mandarin Oranges COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Potato Salad, Tomato Zucchini Salad, Multigrain Bread, Fresh Fruit</p> | <p>29 HOT: GG / DR Lentil Spinach Soup, Fiesta Fish (Breaded Pollack), Multigrain Bread, Italian Roasted White Potatoes, Summer/Spring Blend Vegetables, Fresh Fruit COLD: Turkey, Swiss Cheese, Lettuce, Balsamic Vinaigrette Pasta Salad, Carrot Pineapple Salad, Multigrain Bread, Diet Chocolate Pudding w/Topping</p> | <p>30 HOT: GG / DR Italian Beef Pot Roast, Garlic Mashed Potatoes, Ratatouille, Wheat Bread, Bread Pudding COLD: Egg Salad, Lettuce, Broccoli Slaw, Macaroni Salad, Wheat Bread, Pears</p> |
| <p>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. 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 Conventional oven o Eat or refrigerate immediately. o Reheat in oven at 350 degrees for 10-20 minutes. Microwave oven o Reheat in microwave on high for 2 to 3 minutes o Peel back corner to vent. Do not reheat in toaster oven.</p> | <p>FOOD ALLERGIES 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 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. COLD MEAL OPTION AVAILABLE FOR DINE IN: Please circle HOT or COLD to reserve that meal option.</p> |