

Springwell Nutrition Program: COLD LUNCH MENU –Nutrition Information SEPTEMBER 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>LABOR DAY HOLIDAY</p> <p>NO MEAL DELIVERY</p>	<p>3</p> <p>Low Sodium Ham & Swiss Cheese (545), Mustard(55) Carrot Raisin Salad (137) Orzo Vegetable Salad (13) Low Sodium Wheat Bread (130) Orange</p> <p>Calories 871/Sodium 1074mg</p>	<p>4</p> <p>Tuna Salad (241) Lettuce Leaf Potato Salad (100), Spinach w/ Mandarin Orange Salad (206) Wheat Bread (130) Lorna Doones (100)</p> <p>Calories 766/Sodium 891mg</p>	<p>5</p> <p>Chicken Salad (75) Quinoa Tabbouleh Salad (28) Beet Salad (143) Low Sodium Wheat Bread (130) Applesauce(15)</p> <p>Calories 621/Sodium 609mg</p>	<p>6</p> <p>Turkey, (435) Swiss Cheese (35) Lite Mayonnaise (4) Italian Pasta Salad (138) Broccoli Slaw (145) Low Sodium Wheat Bread (130) Tropical Fruit</p> <p>Calories 870/Sodium 1020mg</p>
<p>9</p> <p>Egg Salad (130) Root Vegetable Salad (86) Macaroni Salad (138) Low Sodium Wheat Bread (130) Pears(5)</p> <p>Calories 819/Sodium 663mg</p>	<p>10</p> <p>Chicken Salad (75) Lettuce Leaf Italian Pasta Salad (138) Mediterranean Salad(173) Multigrain Bread (270) Fresh Fruit</p> <p>Calories 854/Sodium 857mg</p>	<p>11</p> <p>Tuna Salad (241), Lettuce Leaf Potato Salad (100), Squash, Zucchini, Red Onion Salad (6) Low Sodium Wheat Bread (130) Diet Vanilla Pudding w/ Topping (195)</p> <p>Calories 724/Sodium 797mg</p>	<p>12</p> <p>Turkey, (435) Swiss Cheese (35) Lite Mayonnaise (4), Lettuce Leaf Broccoli Feta Orzo Salad (221) Chickpea, Cucumber & Tomato(109), Low Sodium Wheat Bread (150) Lorna Doones (100)</p> <p>Calories 812/Sodium 1102mg</p>	<p>13</p> <p>Roast Beef (233),Provolone (116) Lite Mayonnaise (4), Lettuce Leaf Greek Pasta Salad (182) Tomato Zucchini Salad Multigrain Bread (270) Peaches (8)</p> <p>Calories 728/Sodium 1028mg</p>
<p>16</p> <p>Egg Salad (130) Riviera Salad (92) Italian Pasta Salad (138) Low Sodium Wheat Bread (130) Diet Vanilla Pudding w/ Topping (195)</p> <p>Calories 821/Sodium 808mg</p>	<p>17</p> <p>Tuna Salad (241) Lettuce Leaf Summer Squash Salad (42) Ziti Broccoli Salad Multigrain Bread (270) Lorna Doones (100)</p> <p>Calories 752/Sodium 756mg</p>	<p>18</p> <p>Roast Beef (233),Provolone (116) Lite Mayonnaise (4), Lettuce Leaf Garden Shell Pasta Salad (201) Root Vegetable Salad (86) Low Sodium Wheat Bread (130) Mixed Fruit</p> <p>Calories 933/Sodium 948mg</p>	<p>19</p> <p>Turkey, (435) Swiss Cheese (35) Lite Mayonnaise (4), Lettuce Leaf Potato Salad (100), Squash Zucchini, Red Onion Salad (6) Multigrain Bread (270) Fresh Fruit</p> <p>Calories 790/Sodium 1006mg</p>	<p>20</p> <p>Chicken Salad (75) Lettuce Leaf Barley Raisin Salad (129) Beet Salad (143) Low Sodium Wheat Bread (130) Peaches (8)</p> <p>Calories 740/Sodium 706mg</p>
<p>23</p> <p>Turkey, (435) Swiss Cheese (35) Lite Mayonnaise (4) Riviera Salad (92) Italian Pasta Salad (138) Low Sodium Wheat Bread (130) Peaches (8)</p> <p>Calories 817/Sodium 1017mg</p>	<p>24</p> <p>Chicken Salad (75) Lettuce Leaf Orzo Vegetable Salad (13) Cole Slaw (45) Multigrain Bread (270) Lorna Doones (100)</p> <p>Calories 778/Sodium 705mg</p>	<p>25</p> <p>Egg Salad (130) Lettuce Leaf, 3 Bean Salad Spinach & Mandarin Orange Salad (206) Low Sodium Wheat Bread (130) Diet Chocolate Pudding w/ Topping (142)</p> <p>Calories 689/Sodium 746mg</p>	<p>26</p> <p>Roast Beef (233),Provolone (116) Lite Mayonnaise (4), Lettuce Leaf Broccoli Slaw (145) Garden Shell Pasta Salad (201) Low Sodium Multigrain Bread (135) Mixed Fruit</p> <p>Calories 888/Sodium 1128mg</p>	<p>27</p> <p>Tuna Salad (241) Lettuce Leaf Potato Salad (100) Summer Squash Salad (42) Low Sodium Wheat Bread (130) Orange</p> <p>Calories 749/Sodium 688mg</p>
<p>30</p> <p>California Chicken Salad (70) Potato Salad (100) Beet Salad (143) Low Sodium Wheat Bread (130) Fresh Fruit</p> <p>Calories 739/Sodium 664mg</p>				
<p>MENU SUBJECT TO CHANGE</p> <p>All meals include 1% Milk & Margarine. · \$3.00 Suggested donation per meal. *Item contains more than 500 mg sodium and is considered high sodium MONTHLY MENU AVAILABLE AT WWW.SPRINGWELL.COM To cancel a meal, please call (617) 972-5700 by 11 am, TWO BUSINESS</p>		<p>Please note that the number following the menu item is the amount of sodium in milligrams. The total amount of sodium listed at the bottom also includes margarine(30mg) and milk (125mg).</p>	<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</p>	