

LAST NAME _____

FIRST _____

Phone _____

Date _____

NOVEMBER 2024

Springwell Nutrition: LUNCH MENU – Brookline Senior Center

93 Winchester Street 617-730-2747

NOVEMBER 2024

| 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>1 HOT: * Turkey Stew Over White Rice, Brussels Sprouts, Whole Wheat Roll, Applesauce</p> <p>COLD: Egg Salad, Lettuce, Garden Shell Pasta Salad, Broccoli Slaw, Wheat Bread, Pears</p> |
| <p>4 HOT: * Hot Dog, Baked Beans, Winter Blend Vegetables, Hot Dog Roll, Mustard, Relish, Fresh Fruit</p> <p>COLD: Turkey, Provolone Cheese, Lite Mayonnaise, Italian Pasta Salad, Broccoli Slaw, Wheat Bread, Yogurt</p> | <p>5 HOT: * Meatball Stroganoff Over Egg Noodles, Tuscan Vegetables, Wheat Bread, Pears</p> <p>COLD: Ham, Swiss Cheese, Carrot Raisin Salad, Mustard, Orzo Vegetable Salad, Wheat Bread, Orange</p> | <p>6 HOT: * Black Bean & Barley Chili, Brussels Sprouts, Wheat Bread, Apple Slices w/Cinnamon</p> <p>COLD: Tuna Salad, Lettuce, Potato Salad, Spinach w/Mandarin Orange Salad, Wheat Bread, Lorna Doones</p> | <p>7 HOT: Minestrone Soup, Chicken w/Cranberry Sauce, Mashed Sweet Potatoes, Fresh Zucchini, Dinner Roll, Chocolate Pudding w/Topping</p> <p>COLD: Chicken Salad, Quinoa Tabbouleh, Beet Salad, Wheat Bread, Applesauce</p> | <p>8 HOT: Baked Fish Florentine w/Sauce, Garlic Mashed Potatoes, Broccoli & Cauliflower, Multigrain Bread, Brownie</p> <p>COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Roman Blend Salad, Garden Shell Pasta Salad, Multigrain Bread, Mixed Fruit</p> |
| <p>11 VETERANS' DAY HOLIDAY NO MEAL DELIVERY</p> | <p>12 HOT: Mushroom Barley Soup, Chicken Meatballs, Rotini w/Tomato Sauce, Broccoli & Cauliflower, Multigrain Bread, Pears</p> <p>COLD: Chicken Salad, Italian Pasta Salad, Mediterranean Salad, Multigrain Bread, Fresh Fruit</p> | <p>13 HOT: Chicken Souvlaki Over Buttered Orzo, Spinach, Wheat Bread, Applesauce</p> <p>COLD: Tuna Salad, Lettuce, Potato Salad, Wheat Bread, Squash, Zucchini, Red Onion Salad, Diet Vanilla Pudding w/Topping</p> | <p>14 THANKSGIVING SPECIAL GG / DR HOT: * Roast Turkey w/Gravy, Stuffing, Mashed Potatoes, Glazed Carrots, Snowflake Dinner Roll, Apple Pie</p> <p>COLD: Egg Salad, Macaroni Salad, Root Vegetable Salad, Macaroni Salad, Wheat Bread, Lorna Doones</p> | <p>15 NO MEAL SERVICE TODAY.</p> |
| <p>18 HOT: American Chop Suey, Tuscan Blend Vegetables, Wheat Dinner Roll, Apple Slices w/Cinnamon</p> <p>COLD: Egg Salad, Riviera Salad, Italian Pasta Salad, Wheat Bread, Diet Vanilla Pudding w/Topping</p> | <p>19 HOT: Lentil Stew, Brussels Sprouts, Wheat Bread, Chocolate Pudding w/Topping</p> <p>COLD: Tuna Salad, Lettuce, Summer Squash Salad, Multigrain Bread, Ziti Broccoli Salad, Lorna Doones</p> | <p>20 HOT: Chicken w/Sauté Vegetables, Jasmine Coconut Rice, Spinach, Wheat Bread, Fresh Fruit</p> <p>COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Garden Shell Pasta Salad, Root Vegetable Salad, Wheat Bread, Lettuce, Mixed Fruit</p> | <p>21 HOT: Italian Garden Vegetable Soup, Potato Crunch Pollack, Lemon Wedge, Quinoa Pilaf, Scandinavian Vegetables, Wheat Bread, Mandarin Oranges</p> <p>COLD: Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Potato Salad, Squash, Zucchini, Red Onion Salad, Multigrain Bread, Fresh Fruit</p> | <p>22 HOT: Pot Roast w/Gravy, Mashed Potatoes, Peas & Carrots, Cran Orange Snack n Loaf</p> <p>COLD: Chicken Salad, Lettuce, Barley Raisin Salad, Beet Salad, Wheat Bread, Applesauce</p> |
| <p>25 HOT: Chicken Diane Over Buttered Noodles, Green Beans, Wheat Bread, Chocolate Pudding w/Topping</p> <p>COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Riviera Salad, Italian Pasta Salad, Wheat Bread, Peaches</p> | <p>26 HOT: Cream of Tomato Soup, Unstuffed Pepper Casserole, Spinach, Wheat Bread, Pears</p> <p>COLD: Chicken Salad, Lettuce, Orzo Vegetable Salad, Cole Slaw, Multigrain Bread, Lorna Doones</p> | <p>27 HOT: * Macaroni & Cheese, Broccoli & Cauliflower, Multigrain Bread, Oatmeal Raisin Cookie</p> <p>COLD: Egg Salad, Lettuce, 3 Bean Salad, Spinach & Mandarin Orange Salad, Wheat Bread, Diet Chocolate Pudding w/Topping</p> | <p>28 THANKSGIVING HOLIDAY NO MEAL SERVICE</p> | <p>29 DAY AFTER THANKSGIVING HOLIDAY NO MEAL SERVICE</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</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> |