

LAST NAME \_\_\_\_\_

FIRST \_\_\_\_\_

Phone \_\_\_\_\_

Date \_\_\_\_\_

JANUARY 2025

Springwell Nutrition: LUNCH MENU – Brookline Senior Center

93 Winchester Street 617-730-2747

JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MENU IS SUBJECT TO CHANGE</b></p> <p>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></p>		<p>1</p> <p>NEW YEAR'S DAY HOLIDAY</p> <p>NO MEALS SERVED</p>	<p>2</p> <p>GG / DR</p> <p>HOT: * Chicken Meatballs w/Teriyaki Sauce, Lo Mein Noodles, Stir Fry Vegetables, Wheat Bread, Rice Pudding w/Topping</p> <p>COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Potato Salad, Beet Salad, Multigrain Bread, Fresh Fruit</p>	<p>3</p> <p>GG / DR</p> <p>HOT: Cream of Tomato Soup, Beef Burgundy (Pot Roast), Mashed Potatoes, Root Vegetables, Whole Wheat Roll, Dried Cranberries</p> <p>COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Cole Slaw, Balsamic Pasta Salad, Wheat Bread, Mixed Fruit</p>
<p>6</p> <p>GG / DR</p> <p>HOT: Chicken Marsala Italian Roasted Red Bliss Potatoes, Spinach, Wheat Bread, Tropical Fruit</p> <p>COLD: Ham, Swiss Cheese, Quinoa Tabbouleh Salad, Beet Salad, Mustard, Wheat Bread, Applesauce</p>	<p>7</p> <p>GG / DR</p> <p>HOT: Potato Pollock, Lemon Wedge, Quinoa Pilaf, Broccoli &amp; Cauliflower, Multigrain Bread, Oatmeal Raisin Cookie</p> <p>COLD: Chicken Salad, Lettuce, Carrot Raisin Salad, Orzo Vegetable Salad, Wheat Bread, Mandarin Oranges</p>	<p>8</p> <p>GG / DR</p> <p>HOT: Chicken Meatballs, Tomato Basil Wine Sauce, Penne Pasta, Italian Vegetable Blend, Wheat Dinner Roll, Fresh Fruit</p> <p>COLD: Tuna Salad, Lettuce, Potato Salad, Spinach w/ Mandarin Oranges Salad, Wheat Bread, Lorna Doones Cookies</p>	<p>9</p> <p>GG / DR</p> <p>HOT: Orzo w/ Chicken Soup, Broccoli Egg Bake, Home Fries, Stewed Tomatoes, Rye Bread, Applesauce</p> <p>COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Wheat Bread, Macaroni Salad, Zucchini Salad, Diet Vanilla Pudding</p>	<p>10</p> <p>GG / DR</p> <p>HOT: Beef Pot Roast w/ Gravy, Mashed Potatoes, Carrots, Dinner Roll, Chocolate Pudding w/Topping</p> <p>COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Lettuce, Broccoli Slaw, Italian Pasta Salad, Wheat Bread, Fresh Fruit</p>
<p>13</p> <p>GG / DR</p> <p>HOT: Mixed Bean &amp; Vegetable Stew, Chicken Meatballs, Brussels Sprouts, Wheat Roll, Brownie</p> <p>COLD: Chicken Curry Salad, Rice Vegetable Salad, Root Vegetable Salad, Wheat Bread, Diet Chocolate Pudding w/Topping</p>	<p>14</p> <p>GG / DR</p> <p>HOT: Italian Garden Vegetable Soup, Chicken Scallopini, Buttered Noodles, Green Beans, Wheat Bread, Fresh Fruit</p> <p>COLD: Egg Salad, Lettuce, Ziti Broccoli Salad, Mediterranean Salad, Multigrain Bread, Pears</p>	<p>15</p> <p>GG / DR</p> <p>HOT: * Macaroni &amp; Cheese, Riviera Blend, Multigrain Bread, Peaches</p> <p>COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, English Pea Salad, Wheat Bread, Lettuce, Squash, Zucchini &amp; Red Onion Salad, Fresh Fruit</p>	<p>16</p> <p>GG / DR</p> <p>HOT: American Chop Suey, Broccoli, Oat Bread, Vanilla Pudding w/ Topping</p> <p>COLD: * Mediterranean Turkey, Pasta Salad, Riviera Salad, Wheat Dinner Roll, Tropical Fruit</p>	<p>17</p> <p>GG / DR</p> <p>HOT: Chicken Rice Bake, Spinach, Garlic Knot, Mixed Fruit</p> <p>COLD: Tuna Salad, Greek Pasta Salad, Lettuce, Tomato Zucchini Salad, Multigrain Bread, Oatmeal Raisin Cookie</p>
<p>20</p> <p>GG / DR</p> <p>MARTIN LUTHER KING JR. DAY</p> <p>NO MEALS SERVED</p>	<p>21</p> <p>GG / DR</p> <p>HOT: Beef Chili, Brown Rice, Zucchini &amp; Cauliflower, Dinner Roll, Pears</p> <p>COLD: Chef Salad w/ Tuna, Ziti Broccoli Salad, Wheat Dinner Roll, Diet Tapioca Pudding w/ Topping</p>	<p>22</p> <p>GG / DR</p> <p>HOT: Chicken Diane, Seasoned Orzo, California Blend Vegetables, Oat Bread, Cupcake</p> <p>COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Lettuce, Wheat Bread, Garden Shell Pasta Salad, Root Vegetable Salad, Applesauce</p>	<p>23 WINTER SPECIAL</p> <p>GG / DR</p> <p>HOT: Cream of Butternut Squash Soup, * Roast Turkey w/ Gravy, Mashed Potatoes, Root Vegetables, Whole Wheat Roll, Apple Cranberry Crisp High Sodium</p> <p>COLD: California Chicken Salad, Potato Salad, Multigrain Bread, Lettuce, Cucumber, Feta and Onion Salad, Lorna Doone Cookies</p>	<p>24</p> <p>GG / DR</p> <p>HOT: Pollock "Catch of the Day", Newburg Sauce, Herbed Rice, Roman Blend Vegetables, Wheat Bread, Applesauce</p> <p>COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Wheat Bread, Barley Raisin Salad, Beet Salad, Fresh Fruit</p>
<p>27</p> <p>GG / DR</p> <p>HOT: Cheese Omelet, Sausage Patty, O'Brien Potatoes, Stewed Tomatoes, Wheat Bread, Fresh Fruit</p> <p>COLD: Tuna Salad, Italian Pasta Salad, Cauliflower Carrot Salad, Wheat Bread, Diet Chocolate Pudding w/ Topping</p>	<p>28</p> <p>GG / DR</p> <p>HOT: Lentil Spinach Soup, * Lasagna Roll w/ Sauce, Chicken Meatball, Tuscany Blend Vegetables, Garlic Dinner Roll, Peaches</p> <p>COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Multigrain Bread, Orzo Vegetable Salad, Cole Slaw, Fresh Fruit</p>	<p>29</p> <p>GG / DR</p> <p>HOT: Pork w/ Apples, Green Beans, Roasted Sweet Potatoes, Dinner Roll, Pears</p> <p>COLD: Chicken Romaine Salad, Broccoli Feta Orzo Salad, Snack n' Loaf, Pears</p>	<p>30</p> <p>GG / DR</p> <p>HOT: Chicken w/ Sauté Vegetables, Jasmine Coconut Rice, Multigrain Bread, Chocolate Pudding w/ Topping</p> <p>COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Lettuce, Wheat Bread, Garden Shell Pasta Salad, Greek Salad, Pineapple</p>	<p>31</p> <p>GG / DR</p> <p>HOT: Meatloaf w/ Gravy, Cheddar Mashed Potatoes, Peas &amp; Carrots, Wheat Roll, Chocolate Chip Cookie</p> <p>COLD: Egg Salad, Lettuce, Sweet Potato Salad, Multigrain Bread, Tomato Red Pepper Salad, Graham Crackers</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</p> <p>Conventional oven</p> <ul style="list-style-type: none"> <li>o Eat or refrigerate immediately.</li> <li>o Reheat in oven at 350 degrees for 10-20 minutes.</li> </ul> <p>Microwave oven</p> <ul style="list-style-type: none"> <li>o Reheat in microwave on high for 2 to 3 minutes</li> <li>o Peel back corner to vent,</li> </ul> <p>Do not reheat in toaster oven.</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 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.</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>