

LAST NAME _____

FIRST _____

Phone _____

Date _____

FEBRUARY 2025

Springwell Nutrition: LUNCH MENU – Brookline Senior Center

93 Winchester Street 617-730-2747

FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 GG / DR HOT: Chicken Cacciatore over Cavatappi Pasta *, Broccoli & Cauliflower, Multigrain Bread, Applesauce COLD: Deli Turkey, Swiss Cheese, Mayonnaise, 3 Bean Salad, Zucchini Salad, Multigrain Bread, Chocolate Chip Cookie</p>	<p>4 GG / DR HOT: Potato Pollack, Lemon Wedge, Whipped Sweet Potatoes, Peas & Mushrooms, Rye Bread, Mixed Fruit COLD: Southwest Chicken Salad, Summer Potato Salad, Broccoli Slaw, Wheat Bread, Tropical Fruit</p>	<p>5 GG / DR HOT: Beef Burqundy, Garlic Mashed Potatoes, Root Vegetables, Multigrain Bread, Vanilla Pudding w/Topping COLD: Italian Tuna Salad *, Quinoa Tabbouleh Salad, Wheat Bread, Squash, Zucchini & Red Onion Salad, Diet Vanilla Pudding w/ Topping</p>	<p>6 GG / DR HOT: Tuscan Soup, Swedish Chicken Meatballs, Over Eqq Noodles, Brussels Sprouts, Wheat Bread, Fig Bar COLD: Deli Roast Beef, Provolone Cheese, Lite Mayonnaise, Balsamic Vinaigrette Pasta Salad, Cucumber Carrot Onion Salad, Wheat Bread, Fresh Fruit</p>	<p>7 GG / DR HOT: White Bean and Spinach Stew *, Green Beans, Dinner Roll, Fresh Fruit COLD: Vegetarian Chef Salad, Broccoli Feta Orzo Salad, Dinner Roll, Peaches</p>
<p>10 GG / DR HOT: Hot Doq *, Baked Beans, Cabbage & Carrots, Hot Doq Roll, Peaches COLD: Mediterranean Tortellini Salad *, Roman Blend Salad, Dinner Roll, Pineapple</p>	<p>11 GG / DR HOT: Cream of Mushroom Soup, Chicken Souvlaki, Seasoned Orzo, Spring Blend, Multigrain Bread, Brownie COLD: Tuna Salad, Tri-Color Pasta Salad, Wheat Bread, Spinach w/ Mandarin Oranges Salad,</p>	<p>12 GG / DR HOT: Stuffed Shells, Tomato Sauce, Chicken Meatballs, Roman Blend Vegetables, Garlic Dinner Roll, Fresh Fruit COLD: Deli Roast Beef, Provolone Cheese, Lite Mayonnaise, Barley Raisin Salad, Tomato Zucchini Salad, Multigrain Bread, Fresh Fruit</p>	<p>13 VALENTINE'S DAY SPECIAL GG / DR HOT: Broccoli & Cheese Stuffed Chicken Breast, Whipped Sweet Potatoes, Jardiniere Blend, Wheat Dinner Roll, Chocolate Trifle Pudding COLD: Chicken Salad, Orzo Vegetable Salad, Broccoli Slaw, Multigrain Bread, Yogurt</p>	<p>14 GG / DR HOT: Macaroni & Cheese *, Zucchini & Tomatoes, Wheat Bread, Mandarin Oranges COLD: Deli Turkey, Swiss Cheese, Lite Mayonnaise, Israeli Couscous Salad, Coleslaw, Wheat Bread, Applesauce</p>
<p>17 PRESIDENTS' DAY HOLIDAY NO MEALS SERVED</p>	<p>18 GG / DR HOT: Chicken Stir Fry, Fried Rice, Wheat Bread, Fresh Fruit COLD: Turkey Salad, Potato Salad, Summer Squash Salad, Multigrain Bread, Mixed Fruit</p>	<p>19 GG / DR HOT: Spinach & Red Pepper Frittata, Turkey Sausage, Red Bliss Potatoes, Brussels Sprouts, Oat Bread, Yoqurt COLD: Chicken Caesar Salad, Root Vegetable Salad, Dinner Roll, Pears</p>	<p>20 GG / DR HOT: Mixed Bean w/ Chicken Soup, Pollock w/ Dijon Wine Sauce Over Couscous, Peas & Pearl Onions, Wheat Bread, Pears COLD: Tuna Salad, Italian Pasta Salad, Wheat Bread, Spinach w/ Mandarin Orange Salad, Diet Chocolate Pudding w/ Topping</p>	<p>21 GG / DR HOT: Roast Turkey w/ Gravy *, Sage Bread Stuffing, Whipped Butternut Squash, Dinner Roll, Apple Slices w/ Cinnamon COLD: Deli Roast Beef, Provolone Cheese, Lite Mayonnaise, Corn Salad, Cucumber Carrot Onion Salad, Wheat Bread, Fresh Fruit</p>
<p>24 GG / DR HOT: Baked Ziti *, Green Beans, Garlic Knot, Mixed Fruit COLD: Asian Chicken Salad, Lo Mein Pasta Salad, Broccoli Slaw, Multigrain Bread, Lorna Doone Cookies</p>	<p>25 GG / DR HOT: Potato Leek Soup, BBQ Pulled Pork, Baked Beans, Broccoli, Hamburger Bun, Peaches COLD: Egg Salad, Greek Pasta Salad, Cauliflower Carrot Salad, Multigrain Bread, Diet Vanilla Pudding w/ Topping</p>	<p>26 GG / DR HOT: Greek Chicken Over Seasoned Orzo, Riviera Blend, Multigrain Bread, Oatmeal Raisin Cookie COLD: Mediterranean Turkey Pasta Salad, Roman Blend Salad, Garlic Dinner Roll, Fresh Fruit</p>	<p>27 GG / DR HOT: Black Bean & Barley Chili *, Fiesta Blend, Wheat Dinner Roll, Fresh Fruit COLD: Deli Roast Beef, Provolone Cheese, Potato Salad, Coleslaw, Wheat Bread, Applesauce</p>	<p>28 GG / DR HOT: Salisbury Steak w/ Mushroom Gravy, Garlic Mashed Potatoes, Root Vegetables, Wheat Bread, Chocolate Pudding w/Topping COLD: Italian Tuna Salad, Macaroni Salad, Riviera Salad, Wheat Bread, Pears</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. 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 *Item contains more than 500mg sodium and considered 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 DINE IN: Please circle HOT or COLD to reserve that meal option.</p>