

LAST NAME _____

FIRST _____

Phone _____

Date _____

MARCH 2025

Springwell Nutrition: LUNCH MENU – Brookline Senior Center

93 Winchester Street 617-730-2747

MARCH 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 HOT: Meatball Sub, Provolone, Italian Roasted Potatoes, Italian Blend Vegetables, Sub Roll, Tropical Fruit COLD: Deli Turkey, Swiss Cheese, Mayonnaise, Sweet Potato Salad, Cauliflower Carrot Salad, Multigrain Bread, Mixed Fruit	4 HOT: Broccoli & Mushroom Frittata, O'Brien Potatoes, Stewed Tomatoes, Wheat Bread, Mandarin Oranges COLD: Chef Salad w/ Tuna, Root Vegetable Salad, Snack n' Loaf, Yogurt	5 HOT: Potato Pollock, Lemon Wedge, Brown Rice Pilaf, Roman Blend Vegetables, Dinner Roll, Vanilla Pudding w/ Topping COLD: Chicken Salad, Lettuce, Greek Pasta Salad, Broccoli Tomato Salad, Wheat Bread, Fresh Fruit	6 HOT: Minestrone Soup, Pot Roast w/ Gravy, Mashed Potatoes, Peas & Carrots, Rye Bread, Cupcake COLD: Egg Salad, Lettuce, Barley Raisin Salad, Multigrain Bread, Carrot Pineapple Salad, Gingersnaps	7 HOT: Chicken A la King Over Buttered Noodles, Tuscany Blend Vegetables, Multigrain Bread, Fresh Fruit COLD: Deli Ham *, Swiss Cheese, Lettuce, Balsamic Vinaigrette Pasta Salad, Coleslaw, Mustard, Wheat Bread, Tropical Fruit	10 HOT: Macaroni & Cheese, Broccoli, Wheat Dinner Roll, Applesauce COLD: Tuna Salad, Quinoa Salad, Tomato Zucchini Salad, Wheat Bread, Diet Chocolate Pudding w/ Topping	11 HOT: Cream of Tomato Soup, Chicken & Rice Bake, Green Beans, Multigrain Bread, Tapioca Pudding w/ Topping COLD: Deli Roast Beef, Provolone Cheese, Lettuce, Lite Mayonnaise, English Pea Salad, Beet Salad, Rye Bread, Applesauce	12 ST. Patrick's Day Special HOT: * Corned Beef Stew, Boiled Parsley Potatoes, Wheat Bread, Boston Cream Cup HIGH Sodium Day COLD: Hummus, Quinoa Tabbouleh Salad, Mediterranean Salad, Pita Bread, Mandarin Oranges	13 HOT: Chicken Fajitas, Rice & Beans, Brussels Sprouts, Tortilla, Pears COLD: Deli Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Pasta Vegetable Salad, Squash, Zucchini & Red Onion Salad, Wheat Bread, Fresh Fruit	14 HOT: Mixed Bean & Vegetable Stew, Cauliflower, Wheat Bread, Fig Bar COLD: Chicken Romaine Salad, Ziti Broccoli Salad, Dinner Roll, Fig Bar
17 HOT: Honey Mustard Chicken, Whipped Sweet Potatoes, Jardinière Style Blend Vegetables, Multigrain Bread, Chocolate Pudding w/ Topping COLD: Egg Salad, Israeli Couscous Salad, Root Vegetable Salad, Multigrain Bread, Oatmeal Raisin Cookie	18 HOT: Pollock w/ Scampi Sauce, Creamy Parmesan Polenta, Riviera Blend Vegetables, Rye Bread, Fresh Fruit COLD: California Chicken Salad, Orzo Vegetable Salad, Lettuce, Purple Cabbage Cole Slaw, Multigrain Bread, Yogurt	19 HOT: Beef Stroganoff Over Egg Noodles, Brussels Sprouts, Wheat Bread, Brownie COLD: Deli Roast Beef, Provolone Cheese, Lettuce, BBQ Corn & White Bean Onion Salad, Summer Squash Salad, Wheat Bread, Fresh Fruit	20 HOT: Turkey Pot Pie, Harvard Beets, Wheat Dinner Roll, Mandarin Oranges COLD: Tuna Salad, Lettuce, Pasta Salad W/ Cheese, Wheat Bread, Spinach w/ Mandarin Oranges Salad, Mixed Fruit	21 HOT: Garden Vegetable Soup, Lasagna w/ Tomato Sauce, Italian Green Beans, Garlic Knot, Peaches COLD: Mediterranean Turkey Pasta Salad *, Coleslaw, Snack n' Loaf, Peaches	24 HOT: Unstuffed Pepper Casserole, Peas & Pearl Onions, Wheat Bread, Fresh Fruit COLD: Turkey Salad, German Potato Salad, Cucumber Feta & Onion Salad, Multigrain Bread, Gingersnaps	25 HOT: Cream of Broccoli Soup, Lemon Chicken w/ Peas, Quinoa Pilaf, Spring Blend Vegetables, Dinner Roll, Chocolate Chip Cookie COLD: Middle Eastern Vegetable Pita Salad, Tri-Color Pasta Salad, Zucchini Salad, Snack n' Loaf, Yogurt	26 HOT: Lentil Stew, Root Vegetables, Oat Bread, Vanilla Pudding w/ Topping COLD: Chef Salad w/ Ham *, Sweet Potato Salad, Dinner Roll, Pears	27 HOT: Stuffed Shells w/ Tomato Sauce, California Blend Vegetables, Wheat Dinner Roll, Applesauce COLD: Chicken Curry Salad, Lettuce, Broccoli Feta Orzo Salad, Tossed Garden Salad, Multigrain Bread, Fresh Fruit	28 HOT: Rosemary Balsamic Pork, Italian Roasted Red Bliss Potatoes, Ratatouille, Multigrain Bread, Tropical Fruit COLD: Deli Roast Beef, Provolone Cheese, Lettuce, Southwestern Black Bean Salad, Tomato Red Pepper Salad, Wheat Bread, Pineapple
31 HOT: Chicken Marsala, Italian Roasted Red Bliss Potatoes, Spinach, Wheat Bread, Tropical Fruit COLD: Deli Ham *, Swiss Cheese, Mustard, Quinoa Tabbouleh Salad, Beet Salad, Wheat Bread, Applesauce	<p>MENU IS SUBJECT TO CHANGE</p> <p>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p>		<p>Chilled Meal Re-Heating Instructions</p> <p>Conventional oven</p> <ul style="list-style-type: none"> o Eat or refrigerate immediately. o Reheat in oven at 350 degrees for 10-20 minutes. <p>Microwave oven</p> <ul style="list-style-type: none"> o Reheat in microwave on high for 2 to 3 minutes o Peel back corner to vent. <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>		
<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>*Item contains more than 500mg sodium and considered high sodium</p>									