MENUS SUBJECT TO CHANCE YOU CAN OBTAIN A COPY OF YOUR WWW.SPRINGWELL COM See Control	LAST NAME	FIRST	Phone Date		MAY 2025
MENU IS SUBJECT TO CIUANGE YOU CAN DESTAND A COPY OF YOUR MONTHEY MENU AT MON			MAY 2025 WEDNESDAY	THURSDAY	FRIDAY
Broccoli Feta Orzo Salad, State State Color Feta State Countries Froit Fruit Fruit Froit Fruit	MENU IS SUBJECT TO CHANGE YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT			1 GG / DR HOT: Tuscan Soup. Swedish Chicken Meatballs w/ Sauce over Egg Noodles, Brussels Sprouts, Wheat Bread, Fig Bar	GG / DR HOT: White Bean & Spinach Stew, Green Beans, Dinner Roll, Fresh Fruit
HOT: Crasm of Mushroom Soup. Cabbase & Carrott, Hot Doe, Bakeel Beans, Cabbase & Carrott, Hot Doe of Carrotte States and Mustrain Bread. Coll.: Militerain Bread. Fresh Fruit Coll.: Militerain Bread. Chocolate Child Cookle Coll.: Militerain Bread. Chocolate Child Cookle Coll.: Militerain Bread. Chocolate Child Cookle Coll.: Militerain Bread. Coll.: Militerain Bread. Chocolate Child Cookle Coll.: Turkey Salad, Potato Salad. South Cookle Coll.: Turkey Salad, Potato Salad. South Cookle Coll.: Militerain Bread. Fresh Fruit Coll.: Turkey Salad, Potato Salad. South Cookle Coll.: Turkey Salad, Militerian Bread. Fresh Fruit Coll.: Turkey Salad, Potato Salad. South Cookle Coll.: Turkey Salad, Potato Salad. South Cookle Coll.: Turkey Salad, Wheat Bread. Fresh Fruit Coll.: Turkey Salad, Wheat Bread. South Cookle Coll.: Turkey Salad, Wheat Bread. Fresh Fruit Coll.: Turkey Salad, Wheat Bread. Fresh Fruit Coll.: Turkey Salad, Wheat Bread. Fresh Fruit Coll.: Turkey Salad, Wheat Bread. South Cookle Coll.: Turkey Salad, Wheat Bread. Fresh Fruit Coll.: Turkey Salad, Wheat Bread. South Cookle South Cookle Coll.: Turkey Salad, Wheat Bread. South Cookle South Cookle South Cookle South Cookle South Cook				Lite Mayo, Balsamic Vinaigrette Pasta Salad, Cucumber Carrot Onion Salad, Wheat Bread, Fresh Fruit	Broccoli, Feta, Orzo Salad, Whole Wheat Dinner Roll, Peaches
COLD: Asian Chicken Salad, Dinner Roll, Roman Blend Salad, Dinner Roll, Proceedings Salad, Sala	HOT: Hot Dog, Baked Beans, Cabbage & Carrots, Hot Dog Roll, Relish,	HOT: Cream of Mushroom Soup, Chicken Souvlaki, Seasoned Orzo, Spring Blend Vegetables, Multigrain Bread,	HOT: Stuffed Shells w/Tomato Sauce, Roman Blend Vegetables, Garlic Dinner Roll,	HOT: Tuscan Turkey Orzo Casserole, Beets, Oat Bread,	HOT: Macaroni & Cheese, Zucchini & Tomatoes, Wheat Bread,
HOT: Lentil Stew, Cauliflower, Chicken Sur Fry, Fried Rice, Med Birs Potatos, Brussel Sprouts, Otal Bread, Coulding Multiuraria Bread, Sounary Cauliflower, Coulding Coulding Multiuraria Bread, Garli Chine, Saked Beans, Broccoli, Baked Beans, Broccoli, Saked Beans, Broccoli, Saked Beans, Broccoli, Multiuraria Bread, Cauliflower Carrot Salad, Lo Mein Pasta Salad, Broccoli Saw, Multiuraria Bread, Cauliflower Carrot Salad, Boman Blend Salad, Cauliflower Carrot Salad, Multiuraria Bread, Cauliflower Carrot Salad, Cauliflower Carrot Salad, Multiuraria Bread, Cauliflower Carrot Salad, Carrot Propincia Carrot Propi	Roman Blend Salad, Dinner Roll, Pineapple	COLD: Tuna Salad, Tri-Color Pasta Salad, pinach w/ Mandarin Oranges Salad, Wheat Bread Fruited Diet Gelatin	Lite Mayonnaise, Barley Raisin Salad, Tomato Zucchini Salad, Multigrain Bread, Fresh Fruit	Orzo Vegetable Salad, Broccoli Slaw, Multigrain Bread, Yogurt	Lite Mayonnaise, Coleslaw, Israeli Couscous Salad, Wheat Bread, Applesauce
COLD: Eqg Salad, Zrick Broccoll Salad, Squash, Zucchini & Red Onion Salad, Multigrain Bread, Green Beans, Garlic Knot, Baked Beans, Broccoli, Hamburger Bun, Peaches COLD: Asian Chicken Salad, Cold Broccoli Slaw, Carlic Knot, Mixed Fruit Colding Wilder Broccoli Slaw, Carlic Knot, Mixed Fruit Colding Wilder Broccoli Slaw, Carlic Knot, Salad, Multigrain Bread, Diet Vanilla Pudding Wilder Broccoli Slaw, Carlic Knot, O'Brien Potatoes, Stewed Tomatoes, Wheat Bread, Diet Vanilla Pudding Wilder Broccoli Slaw, Colding Wilder	Cauliflower, Multigrain Bread,	HOT: Chicken Stir Fry, Fried Rice, Wheat Bread,	HOT: Spinach & Red Pepper Frittata, Red Bliss Potatoes, Brussels Sprouts, Oat Bread,	HOT: Mixed Bean w/ Chicken Soup, Pollock w/Dijon Wine Sauce over Cous Cous, Peas & Pearl Onions, Wheat Bread,	HOT: Roast Turkey w/ Gravy, Sage Bread Stuffing, Whipped Butternut Squash, Dinner Roll.
Gerein Beans, Garlic Knot, Mixed Fruit COLD: Asian Chicken Salad, Deference of the Colding of t	Squash, Zucchini & Red Onion Salad, Multigrain Bread, Sugar Cookie	Summer Squash Salad, Lettuce, Multigrain Bread, Mixed Fruit	Root Vegetable Salad, Dinner Roll, Pears	COLD: Tuna Salad, Lettuce, Italian Pasta Salad, Wheat Bread, Spinach w/ Mandarin Orange Salad, Diet Chocolate Pudding w/ Topping	
Lo Mein Pasta Salad, Broccoli Slaw, Multigrain Bread, Cauliflower Carrot Salad, Diet Vanilla Pudding w/ Topping 26 27 38 40 40 40 40 40 40 40 40 40 4	Green Beans, Garlic Knot,	HOT: Potato Leek Soup, BBQ Pulled Pork, Baked Beans, Broccoli, Hamburger Bun,	HOT: Greek Chicken, Seasoned Orzo, Riviera Blend Vegetables, Multigrain Bread,	HOT: Black Bean & Barley Chili, Fiesta Blend Vegetables, Wheat Dinner Roll,	HOT: Salisbury Steak w Mushroom Gravy, Garlic Mashed Potatoes, Root Vegetables, Wheat Bread,
MEMORIAL DAY HOLIDAY MEMORIAL DAY HOLIDAY MEMORIAL DAY HOLIDAY NO MEAL DELIVERY NO MEAL DELIVERY COLD: Cold:	Lo Mein Pasta Salad, Broccoli Slaw, Multigrain Bread, Lorna Doone Cookies	Greek Pasta Salad, Multigrain Bread, Cauliflower Carrot Salad, Diet Vanilla Pudding w/ Topping	Roman Blend Salad, Garlic Dinner Roll, Fresh Fruit	Lettuce, Lite Mayonnaise, Potato Salad, Coleslaw, Wheat Bread, Applesauce	Macaroni Salad, Riviera Salad, Wheat Bread, Pears
COLD: Chicken Salad, Greek Pasta Salad, Wheat Bread, Barley Raisin Salad, Multigrain Bread, Carrot Pineapple Salad, Carrot Pineapple Salad, Gingersnaps Please call your lunch reservations by 11 a.m. two business days before. If you would like to cancel your meal please call by 11 a.m. two business days \$\frac{\text{ColD:}}{\text{Fresh Fruit}}\$ \text{Conventional oven} \text{Conventional oven} \text{Ochon the memo line} \text{Springwell, Inc.} \text{Ochon the memo line} \text{ColD:} \text{ColD:} \text{ColD:} \text{Chilled Meal Re-Heating Instructions} \text{ColD:} \text{Salad, Wheat Branch Salad, Sinck n' Loaf Yogurt} \text{Tropical Fruit} Trop	MEMORIAL DAY HOLIDAY	HOT: Broccoli & Mushroom Frittata, O'Brien Potatoes, Stewed Tomatoes, Wheat Bread,	HOT: Potato Pollock, Lemon Wedge, Brown Rice Pilaf, Roman Blend Vegetables, Wheat Dinner Roll,	HOT: Minestrone Soup, Pot Roast w/ Gravy, Mashed Potatoes, Peas & Carrots, Rye Bread,	HOT: Chicken a la King over Buttered Noodles, Tuscany Blend, Multigrain Bread,
Conventional oven please call by 11 a.m. two business days Search or refrigerate immediately. Search checks payable to Springwell Please add the site you receive your meals from on the memo line Springwell, Inc. Microwave oven Springwell, Inc. Springwell, Inc. Springwell oven Springw		Greek Pasta Salad, Wheat Bread, Broccoli Tomato Salad, Fresh Fruit	Barley Raisin Salad, Multigrain Bread, Carrot Pineapple Salad, Gingersnaps	COLD: Chef Salad w/ Tuna, Root Vegetable Salad, Snack n' Loaf Yogurt	COLD: Deli Ham *, Lettuce, Swiss Cheese, Mustard, Coleslaw, Balsamic Vinaigrette Pasta Salad, Wheat Bread Tropical Fruit
please call by 11 a.m. two business davs • \$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 • Eat or refrigerate immediately. • Reheat in oven at 350 degrees for 10-20 minutes. • Reheat in oven at 350 degrees for 10-20 minutes. • Reheat in oven at 350 degrees for 10-20 minutes. • Reheat in oven at 350 degrees for 10-20 minutes. • Reheat in oven at 350 degrees for 10-20 minutes. • Reheat in oven at 350 degrees for 10-20 minutes. • Reheat in oven at 350 degrees for 10-20 minutes. • Microwave oven • Reheat in microwave on high for 2 to 3 minutes or present a problem for you. Springwell does not keep track of individual allergies and has no way of knowing what you are • COLD MEAL OPTION AVAILABLE FOR DINE IN		two business days before.			•
Springwell, Inc. O Reheat in oven at 350 degrees for 10-20 minutes. Please make checks payable to Springwell Microwave oven Send check to: Springwell, Inc. O Reheat in oven at 350 degrees for 10-20 minutes. Microwave oven O Reheat in microwave on high for 2 to 3 minutes or Peel back corner to vent, O Reheat in oven at 350 degrees for 10-20 minutes. 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 O Reheat in oven at 350 degrees for 10-20 minutes. 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 COLD MEAL OPTION AVAILABLE FOR DINE IN					
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Please add the site you receive your meals from on the memo line Microwave oven o Reheat in microwave on high for 2 to 3 minutes Springwell, Inc. 307 Waverley Oaks Road Suite 205, Waltham MA 02452 Microwave oven o Reheat in microwave on high for 2 to 3 minutes o Peel back corner to vent, for you. Springwell does not keep track of individual allergies and has no way of knowing what you are COLD MEAL IN THE DINING ROOM THAT DAY. COLD MEAL OPTION AVAILABLE FOR DINE IN			o Refleat III over at 350 degrees for 10-20 minutes.		OTHERWISE, CIRCLE "DR"/DINING ROOM IF
Send check to: Springwell, Inc. 307 Waverley Oaks Road Suite 205, Waltham MA 02452 o Reheat in microwave on high for 2 to 3 minutes on high for 2 to 3 minutes for you. Springwell does not keep track of individual allergies and has no way of knowing what you are COLD MEAL OPTION AVAILABLE FOR DINE IN		on the memo line	Microwave oven	1	
Springwell, Inc. o Peel back corner to vent, o Peel back corner to vent, for you. Springwell does not keep track of individual allergies and has no way of knowing what you are COLD MEAL OPTION AVAILABLE FOR DINE IN	·				
307 Waverley Oaks Road Suite 205, Waltham MA 02452 COLD MEAL OPTION AVAILABLE FOR DINE IN			_		
			Do not reheat in toaster oven.		
*Item contains more than 500mg sodium and considered high sodium					reserve that meal option.