

LAST NAME 姓 \_\_\_\_\_ FIRST 名字 \_\_\_\_\_ Phone \_\_\_\_\_ Date \_\_\_\_\_

SPRINGWELL NUTRITION: Lunch Menu - Belmont Senior Center | 617-993-2970 | 266 Beech Street, Belmont, MA

SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please submit lunch reservations to the Beech Street Center Front Desk by 11 a.m. the business day before.            If you cannot attend on a day you have reserved your meal, please call to cancel by 11 a.m. the day before. \$2.00 Suggested donation per meal.            (V) =Vegetarian   All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers. **Denotes Higher Sodium  <b>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></b></p>				
<p><b>3. LABOR DAY HOLIDAY</b></p> <p><b>MEAL SITE CLOSED</b> <b>NO MEAL SERVICE TODAY</b></p>	<p><b>4.</b></p> <p><b>HOT:</b> Potato Pollack w/Lemon Dill Sauce, Fresh Butternut Squash, Spinach &amp; Multigrain Bread. <b>COLD:</b> Ham, Swiss &amp; Mustard on Wheat Bread, Italian Pasta Salad &amp; Tomato Red Pepper Salad. <b>Mandarin Oranges</b></p>	<p><b>5. White Bean &amp; Escarole Soup:</b></p> <p><b>HOT:</b> Stuffed Shells w/Tomato Sauce &amp; Chicken Meatball, Fresh Broccoli &amp; Scali Bread. <b>COLD:</b> California Chicken Salad on Rye Bread, Potato Salad &amp; Tossed Garden Salad w/Lite Italian Dressing. <b>Lorna Doone Cookies</b></p>	<p><b>6. LABOR DAY SPECIAL LUNCH</b></p> <p>Chicken Vegetable Soup <b>HOT:</b> Oven Fried Chicken, Oven Fried Potato Wedges, Cole Slaw &amp; Corn Bread. <b>Apple Pie</b></p>	<p><b>7.</b></p> <p><b>HOT:</b> Hamburger Patty w/Ketchup on Hamburger Roll, Home Fries, Carrot Raisin Salad. <b>COLD:</b> Cottage Cheese Fruit Plate, Garden Shell Pasta Salad &amp; Cranberry Snack Loaf. <b>Orange</b></p>
<p><b>10. Split Pea Soup</b></p> <p><b>HOT:</b> Roast Turkey w/Gravy, Cranberry Sauce, Mashed Potatoes, Spring/Summer Vegetable Blend &amp; Rye Bread. <b>COLD:</b> Roast Beef w/Swiss Cheese &amp; Lite Mayo on Multigrain Bread, Summer Potato Salad &amp; Cucumber, Feta &amp; Onion Salad. <b>Chocolate Pudding w/Topping</b></p>	<p><b>11. Seafood Chowder</b></p> <p><b>HOT:</b> Teriyaki Salmon, Lo Mein Noodles, Oriental Vegetable Blend &amp; Oatmeal Bread. <b>COLD:</b> Chicken Pesto Caesar Salad, Garden Shell Pasta Salad &amp; Whole Wheat Roll. <b>Pears</b></p>	<p><b>12.</b></p> <p><b>HOT:</b> American Chop Suey, Parmesan Cheese, Green Beans &amp; Scali Bread. <b>COLD:</b> Tuna Salad on Rye Bread, Summer Squash, Red Onions &amp; Zucchini Salad &amp; Tri Color Pasta Salad. <b>Tropical Fruit</b></p>	<p><b>13.</b></p> <p><b>HOT:</b> Spinach Red Pepper Quiche (V), Broccoli Slaw, Red Bliss Potatoes &amp; Whole Wheat Dinner Roll. <b>COLD:</b> Turkey w/Swiss Cheese &amp; Lite Mayo on Multigrain Bread, Cauliflower Carrot Salad &amp; Potato Salad. <b>Oatmeal Raisin Cookie</b></p>	<p><b>14. Lentil Spinach Soup</b></p> <p><b>HOT:</b> Lemon Chicken w/Peas, Rice Pilaf Browned Orzo, Ratatouille &amp; Wheat Bread. <b>COLD:</b> Seafood Salad on Oatmeal Bread, Cole Slaw &amp; Lo Mein Pasta Salad. <b>Watermelon Slice</b></p>
<p><b>17.</b></p> <p><b>HOT:</b> Creole Fish w/Sauce, Rice &amp; Beans, Collard Greens &amp; Onions &amp; Mini Corn Bread Loaf. <b>COLD:</b> Curry Chicken Salad on Oat Bread, Tomato Red Pepper Salad &amp; Corn Salad. <b>Tapioca Pudding w/Topping</b></p>	<p><b>18. Beef &amp; Vegetable Soup</b></p> <p><b>HOT:</b> Chicken Swedish Meatball over Egg Noodles, Italian Green Beans &amp; Marble Rye. <b>COLD:</b> Roast Beef w/Swiss Cheese &amp; Lite Mayo on Multigrain Bread, Italian Pasta Salad &amp; Zucchini Salad. <b>Pineapples</b></p>	<p><b>19. Mushroom Barley Soup</b></p> <p><b>HOT:</b> Lentil Stew (V), Herbed Brown Rice, Garden Salad w/Lite Italian Dressing &amp; Multigrain Bread. <b>COLD:</b> BBQ Chicken Sandwich w/Red Onions &amp; Mozzarella on Hamburger Roll, Tri Color Pasta Salad &amp; Cauliflower Carrot Salad. <b>Plum</b></p>	<p><b>20. Italian Garden Vegetable Soup</b></p> <p><b>HOT:</b> Meatloaf w/Gravy, Mashed Potatoes, Scandinavian Vegetable Blend &amp; Garlic Dinner Roll. <b>COLD:</b> Turkey w/Provolone Cheese &amp; Lite Mayo on Oat Bread, Broccoli &amp; Feta Orzo Salad &amp; Cucumber Dill Salad. <b>Apple Dried Cranberry Compote</b></p>	<p><b>21. Cream of Butternut Squash Soup</b></p> <p><b>HOT:</b> Marsala Chicken, Italian Roasted Potatoes, Fresh Broccoli &amp; Carrots, Whole Wheat Dinner Roll. <b>COLD:</b> Egg Salad on Wheat Bread, Three Bean Salad &amp; Summer Potato Salad. <b>Brownie</b></p>
<p><b>24. HOT:</b> Baked Fish (Haddock) w/Broccoli Cheese Sauce, Red Bliss Potatoes, Fresh Cauliflower &amp; Rye Bread. <b>COLD:</b> Roast Beef w/American Cheese &amp; Lite Mayo on Wheat Bread, Summer Squash Salad &amp; Greek Pasta Salad. <b>Birthday Cake</b></p>	<p><b>25. Chicken &amp; White Bean Soup</b></p> <p><b>HOT:</b> Chicken Cacciatore over Ziti, Fresh Broccoli &amp; Wheat Dinner Roll. <b>COLD:</b> Chef Salad w/Turkey &amp; Lite Italian Dressing, Multigrain Bread &amp; English Pea Salad. <b>Fruited Yogurt</b></p>	<p><b>26.</b></p> <p><b>HOT:</b> Crumb Topped Macaroni &amp; Cheese***, Fresh Baked Tomato Half &amp; Oat Bread. <b>COLD:</b> Chicken Salad on Oatmeal Bread, Orzo Vegetable Salad &amp; Riviera Salad. <b>Plum</b></p>	<p><b>27.</b></p> <p><b>HOT:</b> Beef Stew, Corn, Tossed Garden Salad w/Lite Italian Dressing &amp; Multigrain Bread. <b>COLD:</b> Tuna Salad on Rye Bread, Broccoli Slaw &amp; Potato Salad. <b>Mandarin Oranges</b></p>	<p><b>28.</b></p> <p><b>HOT:</b> Hot Dog***w/Ketchup, Mustard &amp; Relish on Hot Dog Roll, Baked Beans &amp; Cole Slaw. <b>COLD:</b> Chicken Pesto Caesar Salad, Corn Salad &amp; Scali Bread. <b>Mixed Fruit</b></p>
<p><b>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></b></p> <p><b>Front Desk Volunteers:</b></p> <p>1) Please complete a calendar sheet for anyone requesting lunches in person and over the phone.            2) Please alert staff if someone who reserved a lunch receives a walk-in ticket.            3) After entering meals in the meal schedule book, please highlight those meals on this page and <b>initial and date</b></p> <p style="text-align: center;">_____</p>			<p style="text-align: center;"><b>FOOD ALLERGIES:</b></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>	

## Springwell Nutrition Program: LUNCH MENU –Nutrition Information SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3. LABOR DAY HOLIDAY</b>	<b>4.</b>	<b>5. White Bean &amp; Escarole Soup: 145</b>	<b>6. LABOR DAY SPECIAL LUNCH</b>	<b>7.</b>
<b>MEAL SITE CLOSED NO MEAL SERVICE TODAY</b>	<p><b>HOT</b> Potato Pollack w/Lemon Dill Sauce: 380 Butternut Squash: 5 Spinach: 145 Multigrain Bread: 100 Mandarin Oranges: 5 <b>Calories: 735</b> <b>Sodium: 820</b></p> <p><b>COLD</b> Ham, Swiss Cheese &amp; Mustard on Wheat Bread: 835 Italian Pasta Salad: 140 Tomato Red Pepper Salad: 5 Mandarin Oranges: 5 <b>Calories: 805</b> <b>Sodium: 1090</b></p>	<p><b>HOT</b> Stuffed Shells w/Tomato Sauce: 540 Chicken Meatball: 65 Broccoli: 10 Scali Bread: 125 Lorna Doone Cookies: 100 <b>Calories: 745</b> <b>Sodium: 1180</b></p> <p><b>COLD</b> California Chicken Salad on Rye Bread: 370 Potato Salad: 100 Tossed Garden Salad w/Lite Italian Dressing: 170 Lorna Doone Cookies: 100 <b>Calories: 855</b> <b>Sodium: 1045</b></p>	<p><b>Chicken Vegetable Soup: 110</b> Oven Fried Chicken: 620 Oven Fried Potato Wedges: 5 Cole Slaw: 45 Corn Bread: 210 Apple Pie: 265 <b>Calories: 1170</b> <b>Sodium: 1420</b></p>	<p><b>HOT</b> Hamburger Patty on Hamburger Roll: 575 Ketchup: 80 Home Fries: 35 Carrot Raisin Salad: 135 Orange: 0 <b>Calories: 870</b> <b>Sodium: 945</b></p> <p><b>COLD</b> Cottage Cheese &amp; Fruit Plate: 180 Garden Shell Pasta Salad: 200 Cranberry Snack Loaf: 120 Orange: 0 <b>Calories: 745</b> <b>Sodium: 640</b></p>
<b>10. Split Pea Soup: 45</b>	<b>11. Seafood Chowder: 160</b>	<b>12.</b>	<b>13.</b>	<b>14. Lentil Spinach Soup:</b>
<p><b>HOT</b> Turkey w/Gravy: 460 Cranberry Sauce: 70 Mashed Potatoes: 65 Spring/Summer Veg.: 79 Rye Bread: 150 Chocolate Pudding w/Topping: 175 <b>Calories: 935</b> <b>Sodium: 1165</b></p> <p><b>COLD</b> Roast Beef w/Swiss &amp; Lite Mayo on Multigrain Bread: 450 Summer Potato Salad: 65 Cucumber, Feta &amp; Onion Salad: 80 Chocolate Pudding w/Topping: 175 <b>Calories: 875</b> <b>Sodium: 875</b></p>	<p><b>HOT</b> Teriyaki Salmon: 380 Lo Mein Noodles: 55 Oriental Veg. Blend: 10 Oatmeal Bread: 120 Pears: 5 <b>Calories: 855</b> <b>Sodium: 900</b></p> <p><b>COLD</b> Chicken Pesto Caesar Salad: 680 Garden Shell Pasta Salad: 15 Whole Wheat Roll: 130 Pears: 5 <b>Calories: 1005</b> <b>Sodium: 1200</b></p>	<p><b>HOT</b> American Chop Suey: 315 Parmesan Cheese: 100 Green Beans: 5 Scali Bread: 125 Tropical Mixed Fruit: 10 <b>Calories: 945</b> <b>Sodium: 695</b></p> <p><b>COLD</b> Tuna Salad on Rye Bread: 540 Summer Squash, Red Onions &amp; Zucchini Salad: 5 Tri Color Pasta Salad: 60 Tropical Mixed Fruit: 10 <b>Calories: 675</b> <b>Sodium: 720</b></p>	<p><b>HOT</b> Spinach Red Pepper Quiche (V): 255 Broccoli Slaw: 146 Red Bliss Potatoes: 10 Wheat Roll: 130 Oatmeal Raisin Cookie: 65 <b>Calories: 685</b> <b>Sodium: 755</b></p> <p><b>COLD</b> Turkey w/Swiss &amp; Lite Mayo on Multigrain Bread: 615 Cauliflower Carrot Salad: 95 Potato Salad: 100 Oatmeal Raisin Cookie: 65 <b>Calories: 750</b> <b>Sodium: 990</b></p>	<p><b>HOT</b> Lemon Chicken w/Peas: 340 Rice Pilaf Browned Orzo: 100 Ratatouille: 115 Wheat Bread: 125 Watermelon Slice: 0 <b>Calories: 675</b> <b>Sodium: 985</b></p> <p><b>COLD</b> Seafood Salad on Oatmeal Bread: 470 Lo Mein Pasta Salad: 100 Cole Slaw: 45 Watermelon Slice: 0 <b>Calories: 1005</b> <b>Sodium: 865</b></p>
<b>17. Mushroom Barley Soup: 145</b>	<b>18. Beef Vegetable Soup: 145</b>	<b>19.</b>	<b>20. Italian Garden Vegetable Soup: 140</b>	<b>21. Cream of Butternut Squash Soup: 100</b>
<p><b>HOT</b> Creole Fish w/Sauce: 240 Rice &amp; Beans: 80 Collard Greens &amp; Onions: 55 Mini Corn Bread Loaf: 210 Tapioca Pudding w/Topping: 230 <b>Calories: 1055</b> <b>Sodium: 1155</b></p> <p><b>COLD</b> Curry Chicken on Oat Bread: 315 Tomato Red Pepper Salad: 5 Corn Salad: 190 Tapioca Pudding w/Topping: 230 <b>Calories: 925</b> <b>Sodium: 855</b></p>	<p><b>HOT</b> Chicken Swedish Meatball over Egg Noodles: 300 Italian Green Beans: 5 Marble Rye: 150 Pineapples: 5 <b>Calories: 1015</b> <b>Sodium: 1020</b></p> <p><b>COLD</b> Roast Beef w/Swiss &amp; Lite Mayo on Multigrain Bread: 505 Italian Pasta Salad: 140 Zucchini Salad: 65 Pineapples: 5 <b>Calories: 970</b> <b>Sodium: 1015</b></p>	<p><b>HOT</b> Lentil Stew (V): 424 Herbed Brown Rice: 13 Garden Salad w/Lite Italian Dressing: 170 Multigrain Bread: 100 Plum: 0 <b>Calories: 760</b> <b>Sodium: 1045</b></p> <p><b>COLD</b> BBQ Chicken Sandwich w/Red Onions &amp; Mozzarella On Hamburger Roll: 985 Tri Color Pasta Salad: 60 Cauliflower Carrot Salad: 95 Plum: 0 <b>Calories: 750</b> <b>Sodium: 1255</b></p>	<p><b>HOT</b> Meatloaf w/Onion Gravy: 170 Mashed Potatoes: 70 Scandinavian Veg. Blend: 40 Garlic Dinner Roll: 130 Apple Dried Cranberry Compote: 5 <b>Calories: 895</b> <b>Sodium: 610</b></p> <p><b>COLD</b> Turkey w/Provolone Cheese &amp; Lite Mayo on Oat Bread: 755 Broccoli &amp; Feta Orzo Salad: 220 Cucumber Dill Salad: 50 Apple Dried Cranberry Compote: 5 <b>Calories: 770</b> <b>Sodium: 1135</b></p>	<p><b>HOT</b> Marsala Chicken: 385 Italian Roasted Potatoes: 5 Broccoli &amp; Carrots: 45 Wheat Dinner Roll: 130 Brownie: 245 <b>Calories: 885</b> <b>Sodium: 1105</b></p> <p><b>COLD</b> Egg Salad on Wheat Bread: 390 Three Bean Salad: 35 Summer Potato Salad: 65 Brownie: 245 <b>Calories: 935</b> <b>Sodium: 1000</b></p>
<b>24.</b>	<b>25. Chicken and White Bean Soup: 190</b>	<b>26.</b>	<b>27.</b>	<b>28.</b>
<p><b>HOT</b> Baked Fish w/Broccoli Cheese Sauce: 450 Red Bliss Potatoes: 10 Cauliflower: 15 Rye Bread: 150 Birthday Cake: 95 <b>Calories: 505</b> <b>Sodium: 860</b></p> <p><b>COLD</b> Roast Beef w/American Cheese &amp; Lite Mayo on Wheat Bread: 675 Summer Squash: 40 Greek Pasta Salad: 190 Birthday Cake: 95 <b>Calories: 805</b> <b>Sodium: 1015</b></p>	<p><b>HOT</b> Chicken Cacciatore over Ziti: 570 Broccoli: 10 Wheat Dinner Roll: 130 Fruited Yogurt: 80 <b>Calories: 820</b> <b>Sodium: 1175</b></p> <p><b>COLD</b> Chef Salad w/Turkey &amp; Lite Italian Dressing: 445 Multigrain Bread: 100 English Pea Salad: 155 Fruited Yogurt: 80 <b>Calories: 800</b> <b>Sodium: 955</b></p>	<p><b>HOT</b> Crumb Topped Macaroni &amp; Cheese***: 560 Baked Tomato Half: 260 Oat Bread: 120 Plum: 0 <b>Calories: 895</b> <b>Sodium: 1065</b></p> <p><b>COLD</b> Chicken Salad on Oatmeal Bread: 415 Orzo Vegetable Salad: 15 Riviera Salad: 90 Plum: 0 <b>Calories: 710</b> <b>Sodium: 590</b></p>	<p><b>HOT</b> Beef Stew: 325 Corn: 0 Tossed Garden Salad w/Lite Italian Dressing: 170 Multigrain Bread: 100 Mandarin Oranges: 5 <b>Calories: 650</b> <b>Sodium: 790</b></p> <p><b>COLD</b> Tuna Salad on Rye Bread: 540 Broccoli Slaw: 145 Potato Salad: 100 Mandarin Oranges: 5 <b>Calories: 775</b> <b>Sodium: 1145</b></p>	<p><b>HOT</b> Hot Dog on Roll: 715 Ketchup, Mustard &amp; Relish: 218 Baked Beans: 140 Cole Slaw: 45 Mixed Fruit: 10 <b>Calories: 780</b> <b>Sodium: 1290</b></p> <p><b>COLD</b> Chicken Pesto Caesar Salad: 680 Corn Salad: 190 Scali Bread: 125 Mixed Fruit: 10 <b>Calories: 775</b> <b>Sodium: 1135</b></p>

**Nutrition information: Mg of sodium is listed next to menu items.**

- Milk contributes an additional 100 mg sodium.
- Baked Goods contribute an average of 150 mg sodium, Pudding contributes an average of 175 mg sodium, Fruit contributes an average of 0 mg sodium
  - Calorie information is for entire meal

(V) = Vegetarian | All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.

\*\*\*Denotes Higher Sodium     \$2.00 Suggested donation per meal     All soups served with crackers