

LAST NAME 姓 _____ FIRST 名字 _____ Phone _____ Date _____

SPRINGWELL NUTRITION: Lunch Menu JULY 2018 - Belmont Senior Center | 617-993-2970 | 266 Beech Street, Belmont, MA

| 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 YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</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>2. Italian Garden Vegetable Soup HOT: Potato Pollack Filet w/Spinach Alfredo Sauce, Red Bliss Potatoes, Carrots & Multigrain Bread. COLD: Ham, Swiss Cheese & Mustard on Wheat Bread, Italian Pasta Salad & Tomato Red Pepper Salad. Mandarin Oranges</p> | <p>3. INDEPENDENCE DAY SPECIAL Cheeseburger w/Lettuce & Ketchup On Hamburger Roll Home Fries Summer Squash Salad Berry Trifle</p> | <p>4. INDEPENDENCE DAY HOLIDAY MEAL SITE CLOSED NO MEAL SERVICE TODAY</p> | <p>5. Chicken Orzo Soup HOT: Oven Fried Chicken Breast, Corn, Collard Greens & Onions, Wheat Dinner Roll. COLD: Cottage Cheese & Fruit Plate, Macaroni Salad & Cranberry Snack Loaf. Brownie</p> | <p>6. HOT: Stuffed Shells w/Tomato Sauce & Chicken Meatball, Tossed Garden Salad w/Lite Italian Dressing, Green Beans & Scali Bread. COLD: Vegetarian Chef Salad w/Lite Italian Dressing, Wheat Dinner Roll & English Pea Salad. Apple</p> |
| <p>9. Seafood Chowder HOT: Salmon Boat w/Lemon Dill Sauce, Herbed Brown Rice, Oriental Vegetable Blend & Oatmeal Bread. COLD: Turkey, Swiss Cheese & Lite Mayo on Multigrain Bread, Summer Potato Salad & Cucumber, Feta & Onion Salad. Chocolate Pudding w/Topping</p> | <p>10. HOT: American Chop Suey, Fresh Broccoli & Scali Bread. COLD: Chicken Pesto Caesar Salad, Garden Shell Pasta Salad & Wheat Roll. Pears</p> | <p>11. Chicken Vegetable Soup HOT: BBQ Chicken, Italian Roasted Potatoes, Cole Slaw & Wheat Bread. COLD: Tuna Salad on Rye Bread, Balsamic Vinaigrette Pasta Salad & Summer Squash, Red Onions & Zucchini Salad. Plum</p> | <p>12. Lentil Spinach Soup HOT: Turkey w/Gravy, Cranberry Sauce, Mashed Potatoes, Rye Bread & Spring/Summer Vegetable Blend. COLD: Roast Beef w/Swiss Cheese & Lite Mayo on Multigrain Bread, Cauliflower Carrot Salad & Potato Salad. Pineapples</p> | <p>13. HOT: Spinach Red Pepper Quiche (V), Green Beans, Fresh Butternut Squash & Wheat Roll. COLD: Seafood Salad on Oatmeal Bread, Macaroni Salad & Cole Slaw. Oatmeal Raisin Cookie</p> |
| <p>16. Split Pea Soup HOT: Creole Fish w/Sauce, Rice & Beans, Multigrain Bread & Collard Greens & Onions. COLD: BBQ Chicken Breast w/Mozzarella Cheese & Red Onions on Hamburger Roll, Tri Color Pasta Salad & Cauliflower Carrot Salad. Peaches</p> | <p>17. HOT: Crumb Topped Macaroni & Cheese***, Fresh Baked Tomato Half & Wheat Bread. COLD: Turkey, Swiss Cheese & Lite Mayo on Pumpernickel Bread, Italian Pasta Salad & Zucchini Salad. Plum</p> | <p>18. COLD LUNCH BOX DAY COLD: Egg Salad on Oat Bread, Tomato Red Pepper Salad & Corn Salad. Piña Colada Cake</p> | <p>19. Italian Garden Vegetable Soup HOT: Meatloaf w/Onion Gravy, Mashed Potatoes, Fresh Broccoli & Cauliflower, Garlic Dinner Roll. COLD: Chef Salad w/Turkey & Lite Italian Dressing, Summer Potato Salad & Multigrain Bread. Tapioca Pudding w/Topping</p> | <p>20. HOT: Chicken Meatball Sub w/Parmesan Cheese, Roasted Potatoes & Tuscan Vegetable Blend. COLD: Roast Beef w/Swiss Cheese & Mustard on Wheat Bread, Broccoli & Feta Orzo Salad & Carrot Raisin Salad. Pineapples</p> |
| <p>23. Vegetable Soup HOT: Chicken Cacciatore over Ziti w/Sauce, Broccoli & Wheat Dinner Roll. COLD: Mediterranean Plate, Hummus, Pita Bread, Israeli Couscous Salad & Cucumber, Feta & Onion Salad. Nectarine</p> | <p>24. HOT: Baked Fish w/Broccoli Cheese Sauce, Fresh Cauliflower, Rye Bread & Tossed Garden Salad w/Lite Italian Dressing. COLD: Roast Beef w/American Cheese & Lite Mayo on Wheat Bread, Greek Pasta Salad & Summer Squash Salad. Cinnamon Apple Slices</p> | <p>25. HOT: Hot Dog***w/Ketchup, Mustard & Relish on Hot Dog Roll, Baked Beans & Cole Slaw. COLD: Tuna Salad on Oatmeal Bread, Orzo Vegetable Salad & Riviera Salad. Mixed Fruit</p> | <p>26. Beef Vegetable Soup HOT: Beef Stuffed Pepper w/Tomato Sauce, Fresh Zucchini/Summer Squash & Oatmeal Bread. COLD: Chef Salad w/Turkey & Lite Italian Dressing, Multigrain Bread & English Pea Salad. Birthday Cake</p> | <p>27. HOT: Lentil Stew (V), Herbed Brown Rice, Caesar Salad w/Dressing & Multigrain Bread. COLD: Chicken Salad on Wheat Bread, Potato Salad & Tomato Red Pepper Salad. Fruited Yogurt</p> |
| <p>30. HOT: Lemon Dijon Chicken, Whipped Sweet Potatoes, Green Beans & Oatmeal Bread. COLD: Egg Salad on Rye Bread, German Potato Salad & Summer Squash, Red Onions & Zucchini Salad. Ice Cream</p> | <p>31. Spinach Mixed Bean Soup HOT: Vegetable Lasagna Rollup w/Meatball, Tuscan Vegetable Blend & Scali Bread. COLD: Tuna Salad on Wheat Bread, Root Vegetable Salad & Broccoli & Feta Orzo Salad. Pears</p> | <p>Front Desk Volunteers:</p> <ol style="list-style-type: none"> 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 initial and date | | |

Springwell Nutrition Program: LUNCH MENU –Nutrition Information JULY 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| 2. Italian Garden Vegetable Soup: 126 HOT Potato Pollack Filet: 205 Red Bliss Potatoes: 10 Carrots: 75 Multigrain Bread: 100 Mandarin Oranges: 5 Calories: 785 Sodium: 940 | 3. INDEPENDENCE DAY SPECIAL COLD Ham, Swiss & Mustard on Wheat Bread: 830 Italian Pasta: 140 Tomato Red Pepper: 30 Mandarin Oranges: 5 Calories: 915 Sodium: 1290 | 4. INDEPENDENCE DAY HOLIDAY Cheeseburger w/Lettuce & Ketchup On Hamburger Roll: 600 Home Fries: 42 Summer Squash Salad: 42 Berry Trifle: 150 Calories: 980 Sodium: 1185 | 5. Chicken Orzo Soup: 56 HOT Oven Fried Chicken: 700 Corn: 0 Collard Greens & Onions: 55 Wheat Roll: 130 Brownie: 245 Calories: 960 Sodium: 1035 | 6. HOT Stuffed Shells w/Meatball: 490 Green Beans: 5 Scali Bread: 120 Garden Salad w/Lite Italian Dressing: 170 Apple: 0 Calories: 650 Sodium: 1045 |
| 9. Seafood Chowder: 160 HOT Salmon Boat 230 Herbed Brown Rice: 15 Oriental Veg. Blend: 10 Oatmeal Bread: 121 Chocolate Pudding w/Topping: 175 Calories: 920 Sodium: 920 | 10. COLD Turkey w/Swiss & Lite Mayo on Multigrain Bread: Summer Potato Salad: Cucumber, Feta & Onion Salad: Chocolate Pudding w/Topping: 175 Calories: 1035 Sodium: 1185 | 11. Chicken Vegetable Soup: 132 HOT BBQ Chicken: 655 Italian Roasted Potatoes: 5 Cole Slaw: 45 Wheat Bread: 125 Plums: 0 Calories: 755 Sodium: 920 | 12. Lentil Spinach Soup: 140 HOT Turkey w/Gravy: 460 Cranberry Sauce: 5 Mashed Potatoes: 105 Spring/Summer Veg: 65 Rye Bread: 150 Pineapples: 0 Calories: 800 Sodium: 1120 | 13. COLD Cottage Cheese & Fruit Plate: 175 Macaroni Salad: 140 Cranberry Loaf: 120 Brownie: 245 Calories: 1025 Sodium: 935 |
| 16. Split Pea Soup: 45 HOT Creole Fish: 205 Rice & Beans: 80 Collard Greens & Onions: 55 Multigrain Bread: 100 Peaches: 5 Calories: 765 Sodium: 680 | 17. COLD BBQ Chicken Breast w/Red Onions & Mozzarella on Roll: 985 Tri Color Pasta: 60 Cauliflower Carrot: 95 Peaches: 5 Calories: 880 Sodium: 1360 | 18. COLD LUNCH BOX DAY COLD : Egg Salad on Oat Bread: 375 Tomato Red Pepper Salad: 190 Corn Salad: 5 Piña Colada Cake: 95 Calories: 915 Sodium: 775 | 19. Italian Garden Vegetable Soup: 140 HOT Meatloaf: 170 Mashed Potatoes: 70 Broccoli & Cauliflower: 15 Garlic Dinner Roll: 130 Tapioca Pudding w/Topping: 230 Calories: 1130 Sodium: 945 | 20. HOT Chicken Meatball Sub: 1015 Parmesan Cheese: 110 Roasted Potatoes: 5 Tuscan Veg. Blend: 45 Pineapples: 0 Calories: 1035 Sodium: 1285 |
| 23. Vegetable Soup: 105 HOT Chicken Cacciatore over Ziti: 570 Broccoli: 10 Wheat Dinner Roll: 130 Nectarine: 0 Calories: 670 Sodium: 1015 | 24. COLD Mediterranean Plate w/Hummus: 200 Pita Bread: 160 Cucumber, Feta & Onion Salad: 80 Israeli Couscous: 45 Nectarine: 0 Calories: 675 Sodium: 760 | 25. HOT Baked Fish w/Sauce: 450 Red Bliss Potatoes: 10 Cauliflower: 15 Garden Salad w/Lite Italian Dressing: 170 Rye Bread: 150 Cinnamon Apple Slices: 10 Calories: 510 Sodium: 945 | 26. Beef Vegetable Soup: 145 HOT Stuffed Pepper: 190 Zucchini/Summer Squash: 5 Oatmeal Bread: 120 Birthday Cake: 95 Calories: 625 Sodium: 750 | 27. COLD Chef Salad w/Turkey & Lite Italian Dressing: 445 Multigrain Bread: 100 English Pea Salad: 155 Birthday Cake: 95 Calories: 705 Sodium: 1005 |
| 30. HOT Lemon Dijon Chicken: 385 Sweet Potatoes: 25 Green Beans: 5 Oatmeal Bread: 120 Ice Cream: 55 Calories: 645 Sodium: 730 | 31. Spinach Mixed Bean Soup: 160 COLD Mediterranean Plate w/Hummus: 200 Pita Bread: 160 Cucumber, Feta & Onion Salad: 80 Israeli Couscous: 45 Nectarine: 0 Calories: 675 Sodium: 760 | 31. Spinach Mixed Bean Soup: 160 HOT Vegetable Lasagna Rollup w/Meatball: 590 Tuscan Veg. Blend: 45 Scali Bread: 120 Pears: 5 Calories: 640 Sodium: 1114 | Nutrition information: Mg of sodium is listed next to menu items. <ul style="list-style-type: none"> • 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 | |