

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 I 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				

Front Desk Volunteers:

- 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**_____

FOOD ALLERGIES	FOOD ALLERGIES	To cancel a meal Please call 617-993-2970 By 11am The day before.		
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.			1. Chicken Vegetable Ditalini Soup HOT: Potato Pollack Filet w/Spinach Alfredo Sauce, Fresh Butternut Squash, Broccoli & Carrots, Multigrain Bread. COLD: Roast Beef w/Swiss Cheese & Mustard, Spinach Mandarin Salad w/Lite Italian Dressing, Corn Salad & Oat Bread. Peaches
4. Oriental Vegetable Soup HOT: Chicken Lo Mein, Oriental Vegetable Blend & Multigrain Bread. COLD: Tuna Salad on Multigrain Bread, Potato Salad, Summer Squash, Red Onions & Zucchini Salad. Fruited Jell-O w/Topping	5. HOT: Fish w/Broccoli Cheese Sauce, Sweet Potatoes, Italian Style Blend & Rye Bread. COLD: Roast Beef w/Provolone Cheese & Mustard on Bulkie Roll, Root Vegetable Salad & Broccoli Slaw. Vanilla Pudding w/Topping	6. Vegetable Soup HOT: Beef Stoganoff over Noodles, Carrots & Wheat Bread. COLD: Turkey w/Swiss Cheese & Lite Mayo on Oatmeal Bread, Cole Slaw & Summer Potato Salad. Brownie	7. Cream of Tomato Soup HOT: Spinach & Red Pepper Quiche (V), Green Beans, Red Bliss Potatoes & Wheat Roll. COLD: Curry Chicken Salad on Wheat Bread, Beet Salad & English Pea Salad. Pears	8. American Chop Suey, Fresh Broccoli & Cauliflower, Garlic Dinner Roll & Tossed Garden Salad w/Lite Italian Dressing. COLD: Seafood Salad on Rye Bread, Cucumber Dill Salad & Southwest Black Bean Salad. Cantaloupe Wedge
11. HOT: 3 Chicken Meatball Sub w/Marinara & Parmesan, Roasted Potatoes & Green Beans & Red Peppers. COLD: Turkey w/American Cheese & Lite Mayo on Multigrain Bread, Balsamic Pasta Salad & Cauliflower Carrot Salad. Pear	12. Cream of Butternut Squash Soup HOT: Lemon Dijon Chicken, Mashed Potatoes, Spinach & Wheat Bread. COLD: Tuna Salad on Wheat Bread, Broccoli & Feta Orzo Salad & Tomato Red Pepper. Cranberry Orange Snack Loaf	13. Split Pea Soup HOT: Salmon Boat w/Lemon Sauce, Sweet Potato, Fresh Baked Tomato Half & Multigrain Bread. COLD: Ham Chef Salad w/Lite Italian Dressing, Macaroni Salad & Wheat Roll. Pineapples	14. Father's Day Special Italian Garden Vegetable Soup Beef Tips w/Mushroom Gravy Cheddar Mashed Potatoes Zucchini & Summer Squash Snowflake Dinner Roll Boston Cream Cup w/Topping	15. White Bean & Kale Stew (V), Herbed Brown Rice, Pumpernickel Bread & Tossed Garden Salad w/Lite Italian Dressing. COLD: Chicken Salad on Multigrain Bread, Potato Salad & Spinach Mandarin Salad w/Lite Italian Dressing. Peaches
18. Chicken Vegetable Soup HOT: Chicken Creole, Rice & Beans, Collard Greens & Onions & Oatmeal Bread. COLD: Seafood Salad on Rye Bread, Zucchini Salad & Greek Pasta Salad. Plum	19. Beef Stew, Corn, Tossed Garden Salad w/Lite Italian Salad & Wheat Roll. COLD: California Chicken Salad on Wheat Bread, Riviera Salad & Potato Salad. Tropical Mixed Fruit	20. 2 Stuffed Shells w/Tomato Sauce & Meatball, Spinach Mandarin Salad w/Lite Italian Dressing, Zucchini & Cauliflower & Multigrain Bread. COLD: Roast Beef w/Provolone Cheese Lite Mayo on Oatmeal Bread, Tri Color Pasta Salad & Cole Slaw. Chocolate Chip Cookie	21. Seafood Chowder HOT: Potato Pollack Filet w/Newburg Sauce, Italian Roasted Potatoes, Broccoli & Carrots, Dinner Roll. COLD: Garden Salad w/Grilled Chicken Breast & Lite Italian Dressing, English Pea Salad & Wheat Dinner Roll. Ice Cream	22. Turkey Tetrizzini, Green Beans & Multigrain Bread. COLD: Ham, Swiss Cheese & Mustard on Multigrain Bread, Macaroni Salad & Broccoli Slaw. Pears
25. Tomato Basil Soup HOT: Fish Almondine w/Sauce, Rice Pilaf Browned Orzo, Summer Spring Blend & Oatmeal Bread. COLD: Roast Beef w/Swiss Cheese & Mustard on Multigrain Bread, German Potato Salad & Broccoli Tomato Salad. Cinnamon Applesauce	26. Potato Leek Soup HOT: Chicken Broccoli Divan, Green Beans & Red Pepper, Whipped Butternut Squash & Wheat Dinner Roll. COLD: Tuna Salad on Wheat Bread, Tri Color Pasta Salad & Cauliflower Carrot Salad. Birthday Cake	27. Hot Dog***w/Ketchup, Mustard & Relish on Roll, Baked Beans & Cole Slaw. COLD: Egg Salad on Multigrain Bread, Summer Squash Salad & Summer Potato Salad. Nectarine	28. Escarole & Bean Soup HOT: Beef Stuffed Peppers, Creamy Parmesan Polenta, Dill Carrots & Multigrain Bread. COLD: Turkey w/Provolone & Lite Mayo on Wheat Bread, Veg. Pasta Salad & Tossed Garden Salad w/Lite Italian Dressing. Tropical Fruit	29. Crumb Topped Macaroni & Cheese***, Fresh Baked Tomato Half & Rye Bread. COLD: Chicken Pesto Caesar Salad, Balsamic Vinaigrette Pasta Salad & Scali Bread. Ambrosia

Springwell Nutrition Program: LUNCH MENU –Nutrition Information JUNE 2018

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FOOD ALLERGIES	FOOD ALLERGIES	To cancel a meal Please call 617-993-2970 By 11am The day before.	<u>Nutrition information: Mg of sodium is listed next to menu items.</u>	1. Chicken Veg. Ditalini Soup: 132
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.		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.	HOT Potato Pollack Filet w/Sauce: 203 Butternut Squash: 2 Broccoli & Carrots: 45 Multigrain Bread: 100 Peaches: 5 Calories: Sodium:
4. Oriental Vegetable Soup: 233	5.	6. Vegetable Soup: 107	7. Cream of Tomato Soup:	8.
HOT Chicken Lo Mein: 448 Oriental Veg. Blend: 101 Multigrain Bread: 100 Fruited Jell-O w/Topping: 10 Calories: Sodium:	COLD Tuna Salad on Multigrain Bread: 441 Potato Salad: 100 Squash, Red Onions & Zucchini Salad: Fruited Jell-O w/Topping: 10 Calories: Sodium:	HOT Fish w/Broccoli Cheese Sauce: 490 Sweet Potatoes: 25 Italian Veg. Blend: 0 Rye Bread: 150 Vanilla Pudding w/Topping: 175 Calories: Sodium:	COLD Turkey w/Swiss & Lite Mayo on Oatmeal Bread: 654 Cole Slaw: 45 Potato Salad: 100 Brownie: 245 Calories: Sodium:	HOT Spinach & Red Pepper Quiche: 290 Green Beans: 3 Red Potatoes: 10 Wheat Roll: 132 Pears: 5 Calories: Sodium:
11.	12. Cream of Butternut Squash: 101	13. Split Pea Soup: 45	14. FATHER'S DAY SPECIAL	15.
HOT Meatball Sub: Roasted Potatoes: 5 Green Beans & Red Peppers: 5 Pear: 0 Calories: Sodium:	COLD Turkey w/ Cheese & Lite Mayo on Multigrain Bread: 612 Bal. Pasta Salad: 14 Cauliflower Carrot: 96 Pear: 0 Calories: Sodium:	HOT Lemon Dijon Chicken: 385 Mashed Potatoes: 105 Spinach: 145 Wheat Bread: 127 Cran/Orange Loaf: 120 Calories: Sodium:	COLD Ham Chef Salad w/Italian Dressing: 568 Macaroni Salad: 138 Wheat Roll: 132 Pineapples: 0 Calories: Sodium:	HOT Italian Garden Vegetable Soup: 126 Beef Tips w/Mushroom Gravy: 131 Cheddar Mashed Potatoes: Fresh Zucchini & Summer Squash: 5 Snowflake Dinner Roll: Boston Cream Cup w/Topping: 309 Calories: Sodium:
18. Chicken Vegetable Soup: 132	19.	20.	21. Seafood Chowder: 162	22.
HOT Creole Chicken: 480 Rice & Beans: 78 Collard Greens & Onions: 53 Oatmeal Bread: 121 Plum: 0 Calories: Sodium:	COLD Seafood Salad on Rye Bread: Zucchini Salad: 64 Greek Pasta Salad: 188 Plum: 0 Calories: Sodium:	HOT Beef Stew: 325 Corn: 1 Garden Salad w/Italian Dressing: 170 Wheat Roll: 127 Tropical Fruit: 10 Calories: Sodium:	COLD California Chicken Salad on Wheat Bread: 317 Riviera Salad: 92 Potato Salad: 100 Tropical Fruit: 10 Calories: Sodium:	HOT Turkey Tetrastini: 335 Green Beans: 3 Multigrain Bread: 100 Pears: 5 Calories: Sodium:
25. Tomato Basil Soup: 153	26. Potato Leek Soup: 74	27.	28. Escarole & Bean Soup: 145	29.
HOT Fish Almondine w/Sauce: Orzo Rice: 95 Vegetable Blend: 65 Oatmeal Bread: 121 Cinn. Applesauce: 5 Calories: Sodium:	COLD Roast Beef w/Swiss & Mustard on Multigrain Bread: 501 Potato Salad: 65 Broccoli Tomato: 65 Cinn. Applesauce: 5 Calories: Sodium:	HOT Hot Dog on Roll: 803 Ketchup, Mustard & Relish: 218 Baked Beans: 140 Cole Slaw: 45 Birthday Cake: 95 Calories: Sodium:	COLD Egg Salad on Multigrain Bread: 336 Squash Salad: 42 Potato Salad: 100 Nectarine: 0 Calories: Sodium:	HOT Beef Stuffed Pepper: 190 Creamy Parmesan Polenta: 450 Dill Carrots: 75 Multigrain Bread: 100 Tropical Fruit: 10 Calories: Sodium:
COLD Roast Beef w/Swiss & Mustard on Oat Bread: 534 Spinach Mandarin w/Italian Dressing: 190 Corn Salad: 189 Peaches: 5 Calories: Sodium:	COLD Seafood Salad on Rye Bread: 530 Cucumber Dill Salad: 51 Southwest Black Bean Salad: 294 Cantaloupe Wedge: 5 Calories: Sodium:	COLD Chicken Salad on Multigrain Bread: 275 Potato Salad: 100 Spinach Mandarin w/Italian Dressing: 190 Peaches: 5 Calories: Sodium:	COLD Garden Salad w/Grilled Chicken & Italian Dressing: 368 English Pea Salad: 155 Wheat Roll: 132 Ice Cream: Calories: Sodium:	COLD Ham, Swiss Cheese & Mustard on Multigrain Bread: 778 Macaroni Salad: 138 Broccoli Slaw: 145 Pears: 5 Calories: Sodium:
HOT Crumb Topped Macaroni & Cheese***: 365 Baked Tomato Half: 260 Rye Bread: 150 Ambrosia: 5 Calories: Sodium:	COLD Chicken Pesto Caesar Salad: 680 Balsamic Pasta Salad: 14 Scali Bread: 120 Ambrosia: 5 Calories: Sodium:	HOT Hot Dog on Roll: 803 Ketchup, Mustard & Relish: 218 Baked Beans: 140 Cole Slaw: 45 Birthday Cake: 95 Calories: Sodium:	COLD Turkey w/Cheese & Lite Mayo on Wheat Bread: 666 Veg. Pasta Salad: 142 Garden Salad w/Italian Dressing: 170 Tropical Fruit: 10 Calories: Sodium:	COLD Chicken Pesto Caesar Salad: 680 Balsamic Pasta Salad: 14 Scali Bread: 120 Ambrosia: 5 Calories: Sodium: