

Springwell Nutrition Program: LUNCH MENU – Brookline Senior Center SEPTEMBER 2018 93 Winchester Street 617-730-2747

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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YOUR NAME: _____ **PHONE:** _____

Please note the days you have reserved your meals & then submit menus to Springwell Dining Site Staff. If you cannot attend on a day you have reserved your meal, please call to cancel by 11am the day before.

3. LABOR DAY HOLIDAY MEAL SITE CLOSED NO MEAL SERVICE TODAY	4. HOT: Potato Pollack w/Lemon Dill Sauce, Fresh Butternut Squash, Spinach & Multigrain Bread. COLD: Ham, Swiss Cheese & Mustard on Wheat Bread, Italian Pasta Salad & Tomato Red Pepper Salad. Mandarin Oranges	5. White Bean & Escarole Soup HOT: Stuffed Shells w/Tomato Sauce & Chicken Meatball, Fresh Broccoli & Scali Bread. COLD: California Chicken Salad on Rye Bread, Potato Salad & Tossed Garden Salad w/Lite Italian Dressing. Lorna Doone Cookies:	6. LABOR DAY SPECIAL LUNCH Chicken Vegetable Soup Oven Fried Chicken Oven Fried Potato Wedges Cole Slaw Corn Bread Apple Pie	7. HOT: Hamburger Patty w/Ketchup on Hamburger Roll, Home Fries & Carrot Raisin Salad. COLD: Cottage Cheese Fruit Plate, Garden Shell Pasta Salad & Cranberry Snack Loaf. Orange
10. Split Pea Soup HOT: Roast Turkey w/Gravy, Cranberry Sauce, Mashed Potatoes, Spring/Summer Vegetable Blend & Rye Bread. COLD: Roast Beef w/Swiss Cheese & Lite Mayo on Multigrain Bread, Summer Potato Salad & Cucumber, Feta & Onion Salad. Chocolate Pudding w/Topping	11. Seafood Chowder HOT: Teriyaki Salmon, Lo Mein Noodles, Oriental Vegetable Blend & Oatmeal Bread. COLD: Chicken Pesto Caesar Salad, Garden Shell Pasta Salad & Whole Wheat Roll. Pears	12. HOT: American Chop Suey, Green Beans, Parmesan Cheese & Scali Bread. COLD: Tuna Salad on Rye Bread, Summer Squash, Red Onions & Zucchini Salad, Tri Color Pasta Salad. Tropical Mixed Fruit	13. HOT: Spinach Red Pepper Quiche (V), Broccoli Slaw, Red Bliss Potatoes & Whole Wheat Roll. COLD: Turkey w/Swiss Cheese & Lite Mayo on Multigrain Bread & Cauliflower Carrot Salad. Oatmeal Raisin Cookie	14. Lentil Spinach Soup HOT: Lemon Chicken w/Peas, Rice Pilaf Browned Orzo, Ratatouille & Wheat Bread. COLD: Seafood Salad on Oatmeal Bread, Lo Mein Pasta Salad & Cole Slaw. Watermelon Slice
17. Mushroom Barley Soup HOT: Creole Fish w/Sauce, Rice & Beans, Collard Greens & Onions & Mini Corn Bread Loaf. COLD: Curry Chicken Salad on Oat Bread, Tomato Red Pepper Salad & Corn Salad. Tapioca Pudding w/Topping	18. Beef Vegetable Soup HOT: Chicken Swedish Meatball over Egg Noodles, Italian Green Beans & Marble Rye. COLD: Roast Beef w/Swiss Cheese & Lite Mayo on Multigrain Bread, Italian Pasta Salad & Zucchini Salad. Pineapples	19. HOT: Lentil Stew (V), Herbed Brown Rice, Garden Salad w/Lite Italian Dressing & Multigrain Bread. COLD: BBQ Chicken Breast w/Red Onions & Mozzarella on Hamburger Roll, Tri Color Pasta Salad & Cauliflower Carrot Salad. Plum	20. Italian Garden Vegetable Soup HOT: Meatloaf w/Onion Gravy, Mashed Potatoes, Scandinavian Vegetable Blend & Garlic Dinner Roll. COLD: Turkey w/Provolone Cheese & Lite Mayo on Oat Bread, Broccoli & Feat Orzo Salad & Cucumber Dill Salad. Apple Dried Cranberry Compote	21. Cream of Butternut Squash Soup HOT: Marsala Chicken, Italian Roasted Potatoes, Fresh Broccoli & Carrots & Whole Wheat Dinner Roll. COLD: Egg Salad on Wheat Bread, Three Bean Salad & Summer Potato Salad. Brownie
24. HOT: Baked Fish (Haddock) w/Broccoli Cheese Sauce, Red Bliss Potatoes, Fresh Cauliflower & Rye Bread. COLD: Roast Beef w/American Cheese & Lite Mayo on Wheat Bread, Summer Squash Salad & Greek Pasta Salad. Birthday Cake	25. Chicken & White Bean Soup HOT: Chicken Cacciatore over Ziti, Fresh Broccoli & Whole Wheat Dinner Roll. COLD: Chef Salad w/Turkey & Lite Italian Dressing, Multigrain Bread & English Pea Salad. Fruited Yogurt	26. Traveling Chef Special Please Reserved by 11am Monday, 9/24/18 Vegetarian Panini Or Chicken Parmesan Panini Both with a Tossed Garden Salad w/Lite Italian Dressing Plum	27. HOT: Beef Stew, Corn, Tossed Garden Salad w/Lite Italian Dressing, & Multigrain Bread. COLD: Tuna Salad on Rye Bread, Broccoli Slaw & Potato Salad. Mandarin Oranges	28. HOT: Hot Dog***on Roll, Ketchup, Mustard & Relish, Baked Beans & Cole Slaw. COLD: Chicken Pesto Caesar Salad, Corn Salad & Scali Bread. Mixed Fruit

YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM

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

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.

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