

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>YOUR NAME:</b> _____ <b>PHONE:</b> _____</p> <p>Please note the days you have reserved your meals &amp; 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. <b><u>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></u></b></p> <p><b><u>(V) = Vegetarian   All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.</u></b> ***Denotes Higher Sodium     \$2.00 Suggested donation per meal     All soups served with crackers</p>				
<p 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.</p>	<p align="center"><b>FOOD ALLERGIES</b></p> <p>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><b>To cancel a meal</b></p> <p><b>Please call</b></p> <p><b>617-730-2747</b></p> <p><b>By 11am</b></p> <p><b>The day before.</b></p>		<p><b>1. Chicken Vegetable Ditalini Soup</b>  <b>HOT:</b> Potato Pollack Filet w/Spinach Alfredo Sauce, Fresh Butternut Squash, Broccoli &amp; Carrots &amp; Multigrain Bread.  <b>COLD:</b> Roast Beef w/Swiss Cheese &amp; Mustard on Oat Bread, Corn Salad &amp; Spinach Mandarin Salad w/Lite Italian Dressing.  <b>Peaches</b></p>
<p><b>4. Oriental Vegetable Soup:</b>  <b>HOT:</b> Chicken Lo Mein, Oriental Vegetable Blend &amp; Multigrain Bread.  <b>COLD:</b> Tuna Salad on Multigrain Bread, Potato Salad &amp; Summer Squash, Red Onions &amp; Zucchini Salad.  <b>Fruited Jell-O w/Topping</b></p>	<p><b>5. HOT:</b> Fish w/Broccoli Cheese Sauce, Sweet Potatoes, Italian Style Vegetable Blend &amp; Rye Bread.  <b>COLD:</b> Roast Beef w/Provolone Cheese &amp; Mustard on Bulkie Roll, Root Vegetable Salad &amp; Broccoli Slaw.  <b>Vanilla Pudding w/Topping</b></p>	<p><b>6. Vegetable Soup</b>  <b>HOT:</b> Beef Stroganoff over Noodles, Carrot &amp; Wheat Bread.  <b>COLD:</b> Turkey w/Swiss Cheese &amp; Lite Mayo on Oatmeal Bread, Cole Slaw &amp; Summer Potato Salad.  <b>Brownie</b></p>	<p><b>7. Cream of Tomato Soup</b>  <b>HOT:</b> Spinach &amp; Red Pepper Quiche (V), Green Beans, Red Bliss Potatoes &amp; Whole Wheat Roll.  <b>COLD:</b> Curry Chicken Salad on Wheat Bread, Beet Salad &amp; English Pea Salad.  <b>Pears</b></p>	<p><b>8. HOT:</b> American Chop Suey, Tossed Garden Salad w/Lite Italian Dressing, Garlic Dinner Roll, Fresh Broccoli &amp; Cauliflower.  <b>COLD:</b> Seafood Salad on Rye Bread, Cucumber Dill Salad &amp; Southwest Black Bean Salad.  <b>Cantaloupe Wedge</b></p>
<p><b>11. HOT:</b> 3 Chicken Meatball Sub w/Marinara Sauce &amp; Parmesan Cheese, Roasted Potatoes, Green Beans &amp; Red Peppers.  <b>COLD:</b> Turkey w/American Cheese &amp; Lite Mayo on Multigrain Bread, Balsamic Pasta Salad &amp; Cauliflower Carrot Salad.  <b>Pear</b></p>	<p><b>12. Cream of Butternut Squash Soup</b>  <b>HOT:</b> Lemon Dijon Chicken, Mashed Potatoes, Spinach &amp; Wheat Bread.  <b>COLD:</b> Tuna Salad on Wheat Bread, Tomato Red Pepper Salad, Broccoli &amp; Feta Orzo Salad.  <b>Cranberry Orange Snack Loaf</b></p>	<p><b>13. Split Pea Soup</b>  <b>HOT:</b> Salmon Boat w/Lemon Sauce, Sweet Potato, Fresh Baked Tomato Half &amp; Multigrain Bread.  <b>COLD:</b> Ham Chef Salad w/Lite Italian Dressing, Macaroni Salad &amp; Wheat Roll.  <b>Pineapples</b></p>	<p><b>14. FATHER'S DAY SPECIAL</b>  <b>Italian Garden Vegetable Soup:</b>            Beef Tips w/Mushroom Gravy:            Cheddar Mashed Potatoes:            Fresh Zucchini &amp; Summer Squash:            Snowflake Dinner Roll:  <b>Boston Cream Cup w/Topping</b></p>	<p><b>15. HOT:</b> White Bean &amp; Kale Stew (V), Herbed Brown Rice, Pumpernickel Bread &amp; Tossed Garden Salad w/Lite Italian Dressing.  <b>COLD:</b> Chicken Salad on Multigrain Bread, Potato Salad &amp; Spinach Mandarin Salad w/Lite Italian Dressing.  <b>Peaches</b></p>
<p><b>18. Chicken Vegetable Soup</b>  <b>HOT:</b> Creole Chicken, Rice &amp; Beans, Oatmeal Bread, Collard Greens &amp; Onions.  <b>COLD:</b> Seafood Salad on Rye Bread, Zucchini Salad &amp; Greek Pasta Salad.  <b>Plum</b></p>	<p><b>19. HOT:</b> Beef Stew, Corn, Tossed Garden Salad w/Lite Italian Dressing &amp; Wheat Roll.  <b>COLD:</b> California Chicken Salad on Wheat Bread, Riviera Salad &amp; Potato Salad.  <b>Tropical Mixed Fruit</b></p>	<p><b>20. HOT:</b> 2 Stuffed Shells w/Tomato Sauce &amp; Chicken Meatball, Spinach Mandarin Salad w/Lite Italian Dressing, Multigrain Bread, Fresh Zucchini &amp; Cauliflower.  <b>COLD:</b> Roast Beef w/Provolone Cheese &amp; Lite Mayo on Oatmeal Bread, Tri color Pasta Salad &amp; Cole Slaw.  <b>Chocolate Chip Cookie</b></p>	<p><b>21. Seafood Chowder</b>  <b>HOT:</b> Potato Pollack Filet w/Newburg Sauce, Italian Roasted Potatoes, Dinner Roll &amp; Fresh Broccoli &amp; Carrots.  <b>COLD:</b> Garden Salad w/Grilled Chicken Breast &amp; Lite Italian Dressing, English Pea Salad &amp; Wheat Dinner Roll.  <b>Ice Cream</b></p>	<p><b>22. HOT:</b> Turkey Tetrazzini, Green Beans &amp; Multigrain Bread.  <b>COLD:</b> Ham, Swiss Cheese &amp; Mustard on Multigrain Bread, Macaroni Salad &amp; Broccoli Slaw.  <b>Pears</b></p>
<p><b>25. Tomato Basil Soup</b>  <b>HOT:</b> Fish Almondine w/Sauce, Rice Pilaf Browned Orzo, Summer Spring Vegetable Blend &amp; Oatmeal Bread.  <b>COLD:</b> Roast Beef w/Swiss Cheese &amp; Mustard on Multigrain Bread, German Potato Salad &amp; Broccoli Tomato Salad.  <b>Cinnamon Applesauce</b></p>	<p><b>26. Potato Leek Soup</b>  <b>HOT:</b> Chicken Broccoli Divan, Green Beans &amp; Red Peppers, Fresh Whipped Butternut Squash &amp; Wheat Dinner Roll.  <b>COLD:</b> Tuna Salad on Wheat Bread, Tri Color Pasta Salad &amp; Cauliflower Carrot Salad  <b>Birthday Cake</b></p>	<p><b>27. HOT:</b> Hot Dog***w/Ketchup, Mustard &amp; Relish on Roll, Bake Beans &amp; Cole Slaw.  <b>COLD:</b> Egg Salad on Multigrain Bread, Summer Squash Salad &amp; Potato Salad.  <b>Nectarine</b></p>	<p><b>28. Escarole &amp; Bean Soup</b>  <b>HOT:</b> Beef Stuffed Pepper, Creamy Parmesan Polenta, Dill Carrots &amp; Multigrain Bread.  <b>COLD:</b> Turkey w/Provolone Cheese &amp; Lite Mayo on Wheat Bread, Vegetable Pasta Salad &amp; Tossed Garden Salad w/Lite Italian Dressing.  <b>Tropical Fruit</b></p>	<p><b>29. HOT:</b> Crumb Topped Macaroni &amp; Cheese***, Fresh Baked Tomato Half &amp; Rye Bread.  <b>COLD:</b> Chicken Pesto Caesar Salad, Balsamic Vinaigrette Pasta Salad &amp; Scali Bread.  <b>Ambrosia</b></p>

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

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<b>FOOD ALLERGIES</b> 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.	<b>FOOD ALLERGIES</b> 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.	<u><b>Nutrition information: Mg of sodium is listed next to menu items.</b></u> 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.	<b>To cancel a meal Please call 617-730-2747 By 11am The day before.</b>	<b>1. Chicken Veg. Ditalini Soup:</b> <b>HOT</b> Potato Pollack Filet: Butternut Squash: Broccoli & Carrot: Multigrain Bread: Peaches: <b>Calories:</b> <b>Sodium:</b> <b>COLD</b> Roast Beef w/Swiss & Mustard on Oat Bread: Spinach Mandarin w/Italian Dressing: Corn Salad: Peaches: <b>Calories:</b> <b>Sodium:</b>					
<b>4. Oriental Vegetable Soup:</b>	<b>5.</b>	<b>6. Vegetable Soup:</b>	<b>7. Cream of Tomato Soup:</b>	<b>8.</b>					
<b>HOT</b> Chicken Lo Mein: Oriental Veg. Blend: Multigrain Bread: Fruited Jell-O w/Topping: <b>Calories:</b> <b>Sodium:</b>	<b>COLD</b> Tuna Salad on Multigrain Bread: Potato Salad: Squash, Red Onions & Zucchini Salad: Fruited Jell-O w/Topping: <b>Calories:</b> <b>Sodium:</b>	<b>HOT</b> Fish w/Broccoli Cheese Sauce: Sweet Potatoes: Italian Style Veg.: Rye Bread: Vanilla Pudding w/Topping: <b>Calories:</b> <b>Sodium:</b>	<b>COLD</b> Roast Beef w/Provolone Cheese & Mustard on Bulkie Roll: Root Veg. Salad: Broccoli Slaw: Vanilla Pudding w/Topping: <b>Calories:</b> <b>Sodium:</b>	<b>HOT</b> Beef Stroganoff over Noodles: Carrots: Wheat Bread: Brownie: <b>Calories:</b> <b>Sodium:</b>	<b>COLD</b> Turkey w/Swiss & Lite Mayo on Oatmeal Bread: Cole Slaw: Summer Potato Salad: Brownie: <b>Calories:</b> <b>Sodium:</b>	<b>HOT</b> Spinach & Red Pepper Quiche: Green Beans: Red Bliss Potatoes: Wheat Roll: Pears: <b>Calories:</b> <b>Sodium:</b>	<b>COLD</b> Curry Chicken Salad on Wheat Bread: Beet Salad: English Pea Salad: Pears: <b>Calories:</b> <b>Sodium:</b>	<b>HOT</b> American Chop Suey: Broccoli & Cauliflower: Garden Salad w/Italian Dressing: Garlic Dinner Roll: Cantaloupe Wedge: <b>Calories:</b> <b>Sodium:</b>	<b>COLD</b> Seafood Salad on Rye Bread: Cucumber Dill Salad: Southwest Black Bean Salad: Cantaloupe Wedge: <b>Calories:</b> <b>Sodium:</b>
<b>11.</b>	<b>12. Cream of Butternut Squash Soup:</b>	<b>13. Split Pea Soup:</b>	<b>14. FATHER'S DAY SPECIAL LUNCH</b>	<b>15.</b>					
<b>HOT</b> Chicken Meatball Sub: Green Beans & Red Peppers: Roasted Potatoes: Pear: <b>Calories:</b> <b>Sodium:</b>	<b>COLD</b> Turkey w/American Cheese & Lite Mayo on Multigrain Bread: Balsamic Pasta Salad: Cauliflower Carrot: Pear: <b>Calories:</b> <b>Sodium:</b>	<b>HOT</b> Lemon Dijon Chicken: Mashed Potatoes: Spinach: Wheat Bread: Cranberry Orange Loaf: <b>Calories:</b> <b>Sodium:</b>	<b>COLD</b> Tuna Salad on Wheat Bread: Broccoli & Feta Orzo: Tomato Red Pepper: Cranberry Orange Loaf: <b>Calories:</b> <b>Sodium:</b>	<b>HOT</b> Salmon Boat w/Lemon Sauce: Sweet Potato: Baked Tomato Half: Multigrain Bread: Pineapples: <b>Calories:</b> <b>Sodium:</b>	<b>COLD</b> Ham Chef Salad w/Lite Italian Dressing: Macaroni Salad: Wheat Roll: Pineapples: <b>Calories:</b> <b>Sodium:</b>	<b>Italian Garden Vegetable Soup:</b> Beef Tips w/Mushroom Gravy: Cheddar Mashed Potatoes: Fresh Zucchini & Summer Squash: Snowflake Dinner Roll: Boston Cream Cup w/Topping: <b>Calories:</b> <b>Sodium:</b>	<b>HOT</b> White Bean & Kale Stew: Herbed Brown Rice: Pumpnickel Bread: Garden Salad w/Lite Italian Dressing: Peaches: <b>Calories:</b> <b>Sodium:</b>	<b>COLD</b> Chicken Salad on Multigrain Bread: Potato Salad: Spinach Mandarin Salad w/Lite Italian Dressing: Peaches: <b>Calories:</b> <b>Sodium:</b>	
<b>18. Chicken Vegetable Soup:</b>	<b>19.</b>	<b>20.</b>	<b>21. Seafood Chowder:</b>	<b>22.</b>					
<b>HOT</b> Creole Chicken: Rice & Beans: Collard Greens & Onions: Oatmeal Bread: Plum: <b>Calories:</b> <b>Sodium:</b>	<b>COLD</b> Seafood Salad on Rye Bread: Zucchini Salad: Greek Pasta Salad: Plum: <b>Calories:</b> <b>Sodium:</b>	<b>HOT</b> Beef Stew: Corn: Tossed Garden Salad w/Lite Italian Dressing: Wheat Roll: Tropical Mixed Fruit: <b>Calories:</b> <b>Sodium:</b>	<b>COLD</b> California Chicken Salad on Wheat Bread: Riviera Salad: Potato Salad: Tropical Mixed Fruit: <b>Calories:</b> <b>Sodium:</b>	<b>HOT</b> Stuffed Shells w/Meatball: Zucchini & Cauliflower: Multigrain Bread: Spinach Mandarin w/Italian Dressing: Chocolate Chip Cookie: <b>Calories:</b> <b>Sodium:</b>	<b>COLD</b> Roast Beef w/Provolone Cheese & Lite Mayo on Oatmeal Bread: Tri Color Pasta Salad: Cole Slaw: Chocolate Chip Cookie: <b>Calories:</b> <b>Sodium:</b>	<b>HOT</b> Potato Pollack Filet: Italian Roasted Potatoes: Broccoli & Carrots: Dinner Roll: Ice Cream: <b>Calories:</b> <b>Sodium:</b>	<b>COLD</b> Garden Salad w/Grilled Chicken Breast & Lite Italian Dressing: English Pea Salad: Wheat Dinner Roll: Ice Cream: <b>Calories:</b> <b>Sodium:</b>	<b>HOT</b> Turkey Trazzini: Green Beans: Multigrain Bread: Pears: <b>Calories:</b> <b>Sodium:</b>	<b>COLD</b> Ham, Swiss Cheese & Mustard on Multigrain Bread: Macaroni Salad: Broccoli Slaw: Pears: <b>Calories:</b> <b>Sodium:</b>
<b>25. Tomato Basil Soup:</b>	<b>26. Potato Leek Soup:</b>	<b>27.</b>	<b>28. Escarole &amp; Bean Soup:</b>	<b>29.</b>					
<b>HOT</b> Fish Almondine w/Sauce: Rice Pilaf Orzo: Summer Spring Veg. Blend: Oatmeal Bread: Cinnamon Applesauce: <b>Calories:</b> <b>Sodium:</b>	<b>COLD</b> Roast Beef w/Swiss & Mustard on Multigrain Bread: German Potato Salad: Broccoli Tomato Salad: Cinnamon Applesauce: <b>Calories:</b> <b>Sodium:</b>	<b>HOT</b> Chicken Broccoli Divan: Green Beans & Red Peppers: Butternut Squash: Wheat Dinner Roll: Birthday Cake: <b>Calories:</b> <b>Sodium:</b>	<b>COLD</b> Tuna Salad on Wheat Bread: Tri Color Pasta Salad: Cauliflower Carrot: Birthday Cake: <b>Calories:</b> <b>Sodium:</b>	<b>HOT</b> Hot Dog on Roll: Ketchup, Mustard & Relish: Baked Beans: Cole Slaw: Nectarine: <b>Calories:</b> <b>Sodium:</b>	<b>COLD</b> Egg Salad on Multigrain Bread: Summer Squash Salad: Summer Potato Salad: Nectarine: <b>Calories:</b> <b>Sodium:</b>	<b>HOT</b> Beef Stuffed Pepper: Creamy Parmesan Polenta: Dill Carrots: Multigrain Bread: Tropical Fruit: <b>Calories:</b> <b>Sodium:</b>	<b>COLD</b> Turkey w/Provolone Cheese & Lite Mayo on Wheat Bread: Vegetable Pasta Salad: Garden Salad w/Lite Italian Dressing: Tropical Fruit: <b>Calories:</b> <b>Sodium:</b>	<b>HOT</b> Crumb Topped Macaroni & Cheese***: Baked Tomato Half: Rye Bread: Ambrosia: <b>Calories:</b> <b>Sodium:</b>	<b>COLD</b> Chicken Pesto Caesar Salad: Balsamic Vinaigrette Pasta Salad: Scali Bread: Ambrosia: <b>Calories:</b> <b>Sodium:</b>