

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.

(V) = Vegetarian | All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; All soup served w/crackers & \$2.00 Suggested Donation per meal.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. Italian Garden Veg. Soup: 126 Potato Pollack Fillet w/Spinach Alfredo Sauce: 205 Red Bliss Potatoes: 10 Carrots: 75 Multigrain Bread: 100 Mandarin Oranges: 5 Calories: 785 / Sodium: 940</p>	<p>3. INDEPENDENCE DAY SPECIAL Cheeseburger w/Lettuce & Ketchup On Hamburger Roll: 600 Summer Squash Salad: 42 Home Fries: 42 Berry Trifle: 150 Calories: 980 / Sodium: 1115</p>	<p>4. INDEPENDENCE DAY HOLIDAY MEAL SITE CLOSED NO MEAL SERVICE TODAY</p>	<p>5. Chicken Orzo Soup: 56 Oven Fried Chicken Breast: 700 Corn: 0 Collard Greens & Onions: 55 Wheat Dinner Roll: 130 Brownie: 245 Calories: 960 / Sodium: 1035</p>	<p>6. Stuffed Shells w/Tomato Sauce & Chicken Meatball: 490 Green Beans: 5 Scali Bread: 120 Tossed Garden Salad w/Lite Italian Dressing: 170 Apple: 0 Calories: 650 / Sodium: 1045</p>
<p>9. Seafood Chowder: 160 Salmon Boat w/Lemon Dill Sauce: 230 Herbed Brown Rice: 15 Oriental Vegetable Blend: 10 Oatmeal Bread: 121 Chocolate Pudding w/Topping: 175 Calories: 920 / Sodium: 920</p>	<p>10. American Chop Suey: 190 Parmesan Cheese: 110 Fresh Broccoli: 10 Scali Bread: 120 Pears: 5 Calories: 930 / Sodium: 825</p>	<p>11. Chicken Vegetable Soup: 132 BBQ Chicken: 655 Italian Roasted Potatoes: 5 Cole Slaw: 45 Wheat Bread: 125 Plum: 0 Calories: 755 / Sodium: 920</p>	<p>12. Lentil Spinach Soup: 140 Turkey w/Gravy: 460 Cranberry Sauce: 5 Mashed Potatoes: 105 Spring/Summer Veg. Blend: 65 Rye Bread: 150 Pineapples: 0 Calories: 800 / Sodium: 1120</p>	<p>13. Spinach Red Pepper Quiche (V): 290 Green Beans: 5 Fresh Butternut Squash: 0 Wheat Roll: 130 Oatmeal Raisin Cookie: 75 Calories: 655 / Sodium: 610</p>
<p>16. Split Pea Soup: 45 Creole Fish w/Sauce: 205 Rice & Beans: 80 Collard Greens & Onions: 55 Multigrain Bread: 100 Peaches: 5 Calories: 765 / Sodium: 680</p>	<p>17. Crumb Topped Macaroni & Cheese***: 560 Fresh Baked Tomato Half: 260 Wheat Bread: 125 Plum: 0 Calories: 845 / Sodium: 1075</p>	<p>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</p>	<p>19. Italian Garden Veg. Soup: 140 Meatloaf w/Onion Gravy: 170 Mashed Potatoes: 70 Fresh Broccoli & Cauliflower: 15 Garlic Dinner Roll: 130 Tapioca Pudding w/Topping: 230 Calories: 1130 / Sodium: 945</p>	<p>20. Chicken Meatball Sub w/Parmesan Cheese: 1125 Roasted Potatoes: 5 Tuscany Vegetable Blend: 45 Pineapples: 0 Calories: 1035 / Sodium: 1285</p>
<p>23. Vegetable Soup: 105 Chicken Cacciatore Over Ziti: 570 Broccoli: 10 Wheat Dinner Roll: 130 Nectarine: 0 Calories: 670 / Sodium: 1015</p>	<p>24. Baked Fish w/Broccoli Cheese Sauce: 450 Red Bliss Potatoes: 10 Fresh Cauliflower: 15 Tossed Garden Salad w/Lite Italian Dressing: 170 Rye Bread: 150 Cinnamon Apple Slices: 10 Calories: 510 / Sodium: 945</p>	<p>25. Hot Dog*** on Roll: 715 Ketchup, Mustard & Relish: 218 Baked Beans: 140 Cole Slaw: 45 Mixed Fruit: 5 Calories: 755 / Sodium: 1275</p>	<p>26. Beef Vegetable Soup: 145 Stuffed Pepper w/Beef & Tomato Sauce: 190 Fresh Zucchini/Summer Squash: 5 Oatmeal Bread: 120 Birthday Cake: 95 Calories: 625 / Sodium: 750</p>	<p>27. Lentil Stew (V): 530 Herbed Brown Rice: 5 Caesar Salad w/Dressing: 295 Multigrain Bread: 100 Fruited Yogurt: 75 Calories: 850 / Sodium: 1120</p>
<p>30. Lemon Dijon Chicken: 385 Whipped Sweet Potatoes: 25 Green Beans: 5 Oatmeal Bread: 120 Ice Cream: 55 Calories: 645 / Sodium: 730</p>	<p>31. Spinach Mixed Bean Soup: 160 Vegetable Lasagna Rollup w/Meatball & Tomato Sauce: 590 Tuscany Vegetable Blend: 45 Scali Bread: 120 Pears: 5 Calories: 640 / Sodium: 1114</p>	<p>To cancel a meal Please call 781-398-0150 By 11am The day before.</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.</p>	<p>FOOD ALLERGIES 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>

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