

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>3. LABOR DAY HOLIDAY</p> <p>MEAL SITE CLOSED NO MEAL SERVICE TODAY</p>	<p>4.</p> <p>Potato Pollack w/Lemon Dill Sauce: 380 Fresh Butternut Squash: 5 Spinach: 145 Multigrain Bread: 100 Mandarin Oranges: 5 Calories: 735 / Sodium: 820</p>	<p>5. White Bean & Escarole Soup: 145</p> <p>Stuffed Shells w/Tomato Sauce: 540 Chicken Meatball: 65 Fresh Broccoli: 10 Scali Bread: 125 Lorna Doone Cookies: 100 Calories: 745 / Sodium: 1180</p>	<p>6. LABOR DAY SPECIAL LUNCH</p> <p>Chicken Vegetable Soup: 110</p> <p>Oven Fried Chicken: 620 Oven Fried Potato Wedges: 5 Cole Slaw: 45 Corn Bread: 210 Apple Pie: 265 Calories: 1170 / Sodium: 1420</p>	<p>7.</p> <p>Hamburger Patty On Hamburger Roll: 575 Ketchup: 80 Home Fries: 35 Carrot Raisin Salad: 135 Orange: 0 Calories: 870 / Sodium: 945</p>
<p>10. Split Pea Soup: 45</p> <p>Turkey w/Gravy: 460 Cranberry Sauce: 70 Mashed Potatoes: 65 Spring/Summer Veg. Blend: 79 Rye Bread: 150 Chocolate Pudding w/Topping: 175 Calories: 935 / Sodium: 1165</p>	<p>11. Seafood Chowder: 160</p> <p>Teriyaki Salmon: 380 Lo Mein Noodles: 55 Oriental Vegetable Blend: 10 Oatmeal Bread: 120 Pears: 5 Calories: 855 / Sodium: 900</p>	<p>12.</p> <p>American Chop Suey: 315 Parmesan Cheese: 100 Green Beans: 5 Scali Bread: 125 Tropical Mixed Fruit: 10 Calories: 945 / Sodium: 695</p>	<p>13.</p> <p>Spinach Red Pepper Quiche (V): 255 Broccoli Slaw: 146 Red Bliss Potatoes: 10 Whole Wheat Roll: 130 Oatmeal Raisin Cookie: 65 Calories: 685 / Sodium: 755</p>	<p>14. Lentil Spinach Soup: 140</p> <p>Lemon Chicken w/Peas: 340 Rice Pilaf Browned Orzo: 100 Ratatouille: 115 Wheat Bread: 125 Watermelon Slice: 0 Calories: 675 / Sodium: 985</p>
<p>17. Mushroom Barley Soup: 145</p> <p>Creole Fish w/Sauce: 240 Rice & Beans: 80 Collard Greens & Onions: 55 Mini Corn Bread Loaf: 210 Tapioca Pudding w/Topping: 230 Calories: 1055 / Sodium: 1155</p>	<p>18. Beef Vegetable Soup: 145</p> <p>Chicken Swedish Meatball Over Egg Noodles: 300 Italian Green Beans: 5 Marble Rye: 150 Pineapples: 5 Calories: 1015 / Sodium: 1020</p>	<p>19.</p> <p>Lentil Stew (V): 424 Herbed Brown Rice: 5 Garden Salad w/Lite Italian Dressing: 170 Multigrain Bread: 100 Plum: 0 Calories: 760 / Sodium: 1045</p>	<p>20. Italian Garden Vegetable Soup: 140</p> <p>Meatloaf w/Onion Gravy: 170 Mashed Potatoes: 70 Scandinavian Veg. Blend: 40 Garlic Dinner Roll: 130 Apple Dried Cranberry Compote: 5 Calories: 895 / Sodium: 610</p>	<p>21. Cream of Butternut Squash Soup: 100</p> <p>Marsala Chicken: 385 Italian Roasted Potatoes: 5 Fresh Broccoli & Carrots: 45 Wheat Dinner Roll: 130 Brownie: 245 Calories: 885 / Sodium: 1105</p>
<p>24.</p> <p>Baked Fish (Haddock) w/Broccoli Cheese Sauce: 450 Red Bliss Potatoes: 10 Fresh Cauliflower: 15 Rye Bread: 150 Birthday Cake: 95 Calories: 505 / Sodium: 860</p>	<p>25. Chicken & White Bean Soup: 190</p> <p>Chicken Cacciatore Over Ziti: 570 Fresh Broccoli: 10 Wheat Dinner Roll: 130 Fruited Yogurt: 80 Calories: 820 / Sodium: 1175</p>	<p>26.</p> <p>Crumb Topped Macaroni & Cheese***: 560 Fresh Baked Tomato Half: 260 Oat Bread: 120 Plum: 0 Calories: 895 / Sodium: 1065</p>	<p>27.</p> <p>Beef Stew: 325 Corn: 0 Tossed Garden Salad w/Lite Italian Dressing: 170 Multigrain Bread: 100 Calories: 650 / Sodium: 790</p>	<p>28.</p> <p>Hot Dog***on Roll: 715 Ketchup (80), Mustard (55) & Relish (90) Baked Beans: 140 Cole Slaw: 145 Mixed Fruit: 10 Calories: 780 / Sodium: 1290</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

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***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.