

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.

[YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM](http://WWW.SPRINGWELL.COM)

(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.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| <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> | <p>To cancel a meal Please call 781-398-0150 By 11am The day before.</p> | | <p>1. Chicken Vegetable Ditalini Soup: Potato Pollack Filet w/Spinach Alfredo Sauce: Fresh Butternut Squash: Broccoli & Carrots: Multigrain Bread: Peaches Calories: / Sodium:</p> |
| <p>4. Oriental Vegetable Soup: Chicken Lo Mein: Oriental Vegetable Blend: Multigrain Bread: Fruited Jell-O w/Topping: Calories: / Sodium:</p> | <p>5. Fish w/Broccoli Chees Sauce: Sweet Potatoes: Italian Style Vegetables: Rye Bread: Vanilla Pudding w/Topping: Calories: / Sodium:</p> | <p>6. Vegetable Soup: Beef Stroganoff Over Noodles: Carrots: Wheat Bread: Brownie: Calories: / Sodium:</p> | <p>7. Cream of Tomato Soup: Spinach & Red Pepper Quiche (V): Green Beans: Red Bliss Potatoes: Wheat Roll: Pears: Calories: / Sodium:</p> | <p>8. HOT: American Chop Suey, Fresh Broccoli & Cauliflower, Garden Salad w/Lite Italian Dressing & Garlic Dinner Roll. COLD: Seafood Salad Rye Bread, Cucumber Dill Salad & Southwest Black Bean Salad. Cantaloupe Wedge</p> |
| <p>11. 3 Chicken Meatball Sub Marinara & Parmesan: Roasted Potatoes: Green Beans & Red Peppers: Pear: Calories: / Sodium:</p> | <p>12. Cream of Butternut Squash: Lemon Dijon Chicken: Mashed Potatoes: Spinach: Wheat Bread: Cranberry Orange Loaf: Calories: / Sodium:</p> | <p>13. Split Pea Soup: Salmon Boat w/Lemon Sauce: Sweet Potato: Fresh Baked Tomato Half: Multigrain Bread: Pineapples: Calories: / Sodium:</p> | <p>14. FATHER'S DAY SPECIAL Italian Garden Veg. Soup: Beef Tips w/Mushroom Gravy: Cheddar Mashed Potatoes: Zucchini & Summer Squash: Snowflake Dinner Roll: Boston Cream Cup w/Topping: Calories: / Sodium:</p> | <p>15. White Bean & Kale Stew (V): Herbed Brown Rice: Pumpernickel Bread: Tossed Garden Salad w/Lite Italian Dressing: Peaches: Calories: / Sodium:</p> |
| <p>18. Chicken Vegetable Soup: Chicken Creole: Rice & Beans: Collard Greens & Onions: Oatmeal Bread: Plum: Calories: / Sodium:</p> | <p>19. Beef Stew: Corn: Tossed Garden Salad w/Lite Italian Dressing: Wheat Roll: Tropical Mixed Fruit: Calories: / Sodium:</p> | <p>20. 2 Stuffed Shells w/Tomato & Chicken Meatball: Spinach Mandarin Salad w/Lite Italian Dressing: Zucchini & Cauliflower: Chocolate Chip Cookie: Calories: / Sodium:</p> | <p>21. Seafood Chowder: Potato Pollack Filet w/Newburg Sauce: Italian Roasted Potatoes: Fresh Broccoli & Carrots: Dinner Roll: Ice Cream: Calories: / Sodium:</p> | <p>22. Turkey Tetrazzini: Green Beans: Multigrain Bread: Pears: Calories: / Sodium:</p> |
| <p>25. Tomato Basil Soup: Fish Almondine w/Sauce: Rice Pilaf Browned Orzo: Summer/Spring Vegetable Blend: Oatmeal Bread: Cinnamon Applesauce: Calories: / Sodium:</p> | <p>26. Potato Leek Soup: Chicken Broccoli Divan: Green Beans & Red Peppers: Whipped Butternut Squash: Wheat Dinner Roll: Birthday Cake: Calories: / Sodium:</p> | <p>27. Hot Dog***w/Ketchup, Mustard & Relish on Roll: Baked Beans: Cole Slaw: Nectarine: Calories: / Sodium:</p> | <p>28. Escarole & Bean Soup: Beef Stuffed Pepper: Creamy Parmesan Polenta: Dill Carrots: Multigrain Bread: Tropical Fruit: Calories: / Sodium:</p> | <p>29. Crumb Topped Macaroni & Cheese***: Fresh Baked Tomato Half: Rye Bread: Ambrosia: Calories: / Sodium:</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.