

Springwell Nutrition Program: LUNCH MENU – Clark Apartments AUGUST 2018 48 Pine Street, Waltham MA 781-398-0150

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 align="center">FOOD ALLERGIES</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">FOOD ALLERGIES</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>1. Veggie Burger w/Lettuce, Tomato Ketchup & Swiss Cheese On Hamburger Roll: 790 Roasted Potatoes: 45 Cole Slaw: 45 Peaches: 5 Calories: 755 / Sodium: 960</p>	<p>2. Cream of Broccoli Soup: 105 Turkey w/Gravy: 460 Cranberry Sauce: 5 Mashed Potatoes: 70 Summer/Spring Vegetable Blend: 70 Wheat Dinner Roll: 130 Chocolate Chip Cookie: 60 Calories: 860 / Sodium: 1100</p>	<p>3. Chicken Vegetable Ditalini Soup: 132 Potato Pollack Filet w/Spinach Alfredo Sauce: 505 Fresh Butternut Squash: 5 Broccoli: 10 Multigrain Bread: 100 Honeydew Wedge: 15 Calories: 745 / Sodium: 940</p>
<p>6. Vegetable Soup: 105 Beef Stroganoff Over Noodles: 205 Carrots & Cauliflower: 50 Wheat Bread: 125 Fruited Jell-O w/Topping: 10 Calories: 795 / Sodium: 700</p>	<p>7. Fish (Haddock) w/Newburg Sauce: 295 Herbed Brown Rice: 5 Italian Style Blend: 45 Rye Bread: 150 Chocolate Pudding w/Topping: 175 Calories: 665 / Sodium: 745</p>	<p>8. SUMMER SPECIAL LUNCH Chicken Caprese: 130 Orzo Pilaf: 100 Fresh Zucchini & Summer Squash: 5 Caesar Salad: 295 Garlic Dinner Roll: 130 Strawberry Short Cake w/Topping: 340 Calories: 1040 / Sodium: 1140</p>	<p>9. Lentil Spinach Soup: 140 Broccoli Mushroom Quiche (V): 255 Green Beans: 5 Red Bliss Potatoes: 10 Whole Wheat Roll: 130 Mixed Fruit: 5 Calories: 750 / Sodium: 740</p>	<p>10. American Chop Suey: 440 Spinach: 145 Garden Salad w/Lite Italian Dressing: 170 Multigrain Bread: 100 Cantaloupe Wedge: 10 Calories: 920 / Sodium: 1005</p>
<p>13. Chicken Meatball Sub w/Marinara Sauce & Parmesan: 1015 Roasted Potatoes: 5 Green Beans & Red Peppers: 5 Pear: 0 Calories: 1060 / Sodium: 1245</p>	<p>14. Slip Pea Soup: 45 Turkey Marsala: 495 Mashed Potatoes: 70 Fresh Broccoli: 10 Wheat Roll: 130 Ambrosia: 5 Calories: 860 / Sodium: 950</p>	<p>15. Italian Garden Veg. Soup: 140 Salmon Boat w/Lemon Dill Sauce: 250 Sweet Potatoes: 25 Jardinière Style Blend: 30 Multigrain Bread: 100 Cranberry Orange Snack Loaf: 120 Calories: 775 / Sodium: 665</p>	<p>16. Cream of Mushroom Soup: 195 BBQ Grilled Chicken Breast: 695 Chuckwagon Corn: 0 Roasted Zucchini & Carrots: 40 Wheat Bread: 125 Pineapples: 0 Calories: 660 / Sodium: 1195</p>	<p>17. Crumb Topped Macaroni & Cheese***: 550 Fresh Baked Tomato Half: 260 Rye Bread: 150 Tropical Mixed Fruit: 10 Calories: 880 / Sodium: 1120</p>
<p>20. Chicken Vegetable Soup: 110 Chicken Lo Mein: 450 Oriental Vegetable Blend: 10 Oatmeal Bread: 120 Plum: 0 Calories: 665 / Sodium: 885</p>	<p>21. Beef Stew: 325 Corn: 0 Tossed Garden Salad w/Lite Italian Dressing: 170 Whole Wheat Roll: 130 Tropical Mixed Fruit: 10 Calories: 600 / Sodium: 745</p>	<p>22. Stuffed Shells w/Meatball: 610 Spinach Mandarin Salad w/Lite Italian Dressing: 210 Zucchini & Cauliflower: 5 Multigrain Bread: 100 Sugar Cookie: 60 Calories: / Sodium:</p>	<p>23. Minestrone Soup: 239 Potato Pollack Filet w Sauce: 460 Mashed Potatoes: 70 Fresh Broccoli: 45 Dinner Roll: 130 Ice Cream: 55 Calories: 1020 / Sodium: 1135</p>	<p>24. White Bean & Kale Stew (V): 280 Herbed Brown Rice: 80 Rye Bread: 150 Tossed Garden Salad w/Lite Italian Dressing: 170 Pears: 5 Calories: 610 / Sodium: 820</p>
<p>27. Seafood Chowder: 160 Fish Almondine w/Sauce: 380 Orzo Rice w/Peas: 85 Summer/Spring Veg. Blend: 65 Oatmeal Bread: 120 Tapioca Pudding w/Topping: 230 Calories: 1130 / Sodium: 1255</p>	<p>28. Potato Leek Soup: 67 Chicken Broccoli Divan: 565 Green Beans & Red Peppers: 5 Fresh Whipped Butternut Squash: 0 Wheat Dinner Roll: 130 Birthday Cake: 95 Calories: 680 / Sodium: 1066</p>	<p>29. Hot Dog***on Roll: 715 w/Ketchup, Mustard & Relish: 218 Baked Beans: 145 Cole Slaw: 45 Nectarine: 0 Calories: 680 / Sodium: 1055</p>	<p>30. Escarole & Bean Soup: 145 Beef Stuffed Pepper: 190 Peas & Dill Carrots: 80 Multigrain Bread: 100 Pears: 54 Calories: 675 / Sodium: 805</p>	<p>31. Spinach & Red Pepper Quiche (V): 225 Red Bliss Potatoes: 20 Fresh Broccoli: 10 Wheat Bread: 125 Mandarin Oranges: 5 Calories: 640 / Sodium: 540</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