

NAME: _____ Phone _____ Date _____

SPRINGWELL NUTRITION: Lunch Menu - Linden & Chambers | | 5 Chambers Street, Needham, MA

JULY 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| <p>Please Call (617) 972-5700 press 3 to make a reservation by 11am at least 2 business days before the service day. Please leave a voicemail with your name, phone number & the day you wish to reserve for.</p> <p>If you cannot attend on a day you have reserved your meal, please call to cancel by 11 a.m. the day before, (617) 972-5700 press option 3 and leave a voicemail. \$2.00 Suggested donation per meal.</p> <p>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p> | | | | |
| <p>2. Ham, Swiss Cheese & Mustard On Wheat Bread: 830 Italian Pasta Salad: 140 Tomato Red Pepper Salad: 30 Mandarin Oranges: 5 Calories: 915 / Sodium: 1290</p> | <p>3. Egg Salad on Rye Bread: 436 Potato Salad: 100 Tossed Garden Salad w/Lite Italian Dressing: 170 Berry Trifle: 150 Calories: 980 / Sodium: 1185</p> | <p>4. INDEPENDENCE DAY HOLIDAY MEAL SITE CLOSED NO MEAL SERVICE TODAY</p> | <p>5. Cottage Cheese & Fruit Plate: 175 Macaroni Salad: 140 Cranberry Snack Loaf: 120 Brownie: 245 Calories: 1025 / Sodium: 935</p> | <p>6. Vegetarian Chef Salad w/Lite Italian Dressing: 555 Wheat Dinner Roll: 130 English Pea Salad: 155 Apple: 0 Calories: 660 / Sodium: 985</p> |
| <p>9. Turkey w/Swiss Cheese & Lite Mayo On Multigrain Bread: 505 Summer Potato Salad: 65 Cucumber, Feta & Onion Salad: 80 Chocolate Pudding w/Topping: 175 Calories: 1035 / Sodium: 1185</p> | <p>10. Chicken Pesto Caesar Salad: 680 Garden Shell Pasta Salad: 140 Wheat Roll: 130 Pears: 5 Calories: 890 / Sodium: 1100</p> | <p>11. Tuna Salad on Rye Bread: 540 Balsamic Vinaigrette Pasta Salad: 15 Summer Squash, Red Onions & Zucchini Salad: 40 Plum: 0 Calories: 755 / Sodium: 805</p> | <p>12. Roast Beef w/Swiss Cheese & Lite Mayo on Multigrain Bread: 445 Cauliflower Carrot Salad: 95 Potato Salad: 100 Pineapples: 0 Calories: 805 / Sodium: 900</p> | <p>13. Seafood Salad on Oatmeal Bread: 470 Macaroni Salad: 140 Cole Slaw: 45 Oatmeal Raisin Cookie: 75 Calories: 1085 / Sodium: 835</p> |
| <p>16. BBQ Chicken Breast Sandwich w/Mozzarella Cheese & Red Onions on Hamburger Roll: 985 Tri Color Pasta Salad: 60 Cauliflower Carrot Salad: 95 Peaches: 5 Calories: 880 / Sodium: 1360</p> | <p>17. Turkey, Swiss Cheese & Lite Mayo On Pumpernickel Bread: 690 Italian Pasta Salad: 140 Zucchini Salad: 65 Plum: 0 Calories: 780 / Sodium: 1000</p> | <p>18. 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. Chef Salad w/Turkey & Lite Italian Dressing: 445 Summer Potato Salad: 65 Multigrain Bread: 100 Tapioca Pudding w/Topping: 230 Calories: 910 / Sodium: 1155</p> | <p>20. Roast Beef w/Swiss & Mustard On Wheat Bread: 555 Broccoli & Feta Orzo Salad: 220 Carrot Raisin Salad: 135 Pineapples: 0 Calories: 760 / Sodium: 1020</p> |
| <p>23. Mediterranean Plate w/Hummus Plate: 200 Pita Bread: 160 Cucumber, Feta & Onion Salad: 80 Israeli Couscous Salad: 45 Nectarine: 0 Calories: 675 / Sodium: 760</p> | <p>24. Roast Beef w/American Cheese & Lite Mayo on Wheat Bread: 675 Greek Pasta Salad: 190 Summer Squash Salad: 40 Cinnamon Apple Slices: 10 Calories: 785 / Sodium: 1020</p> | <p>25. Tuna Salad on Oatmeal Bread: 480 Orzo Vegetable Salad: 15 Riviera Salad: 90 Mixed Fruit: 5 Calories: 605 / Sodium: 700</p> | <p>26. Chef Salad w/Turkey & Lite Italian Dressing: 445 Multigrain bread: 100 English Pea Salad: 155 Birthday Cake: 95 Calories: 705 / Sodium: 1005</p> | <p>27. Chicken Salad on Wheat Bread: 300 Potato Salad: 100 Tomato Red Pepper Salad: 5 Fruited Yogurt: 75 Calories: 760 / Sodium: 615</p> |
| <p>30. Egg Salad on Rye Bread: 435 German Potato Salad: 70 Summer Squash, Red Onions & Zucchini Salad: 5 Ice Cream: 55 Calories: 735 / Sodium: 675</p> | <p>31. Tuna Salad on Wheat Bread: 485 Root Vegetable Salad: 5 Broccoli & Feta Orzo Salad: 220 Pears: 5 Calories: 680 / Sodium: 1120</p> | <p style="text-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 style="text-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> | |

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