

NAME: \_\_\_\_\_ Phone \_\_\_\_\_ Date \_\_\_\_\_

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

**AUGUST 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 &amp; the day you wish to reserve for.                      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.  <b>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></b></p>				
<p><b><u>Nutrition information: Mg of sodium is listed next to menu items.</u></b></p> <ul style="list-style-type: none"> <li>Milk contributes an additional 100 mg sodium.</li> <li>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</li> <li>Calorie information is for entire meal</li> </ul> <p>(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</p>		<p><b>1.</b>                      Garden Salad w/Grilled Chicken &amp; Lite Italian Dressing: 495                      English Pea Salad: 155                      Wheat Roll: 130                      Peaches: 5  <b>Calories: 577 / Sodium: 930</b></p>	<p><b>2.</b>                      Cottage Cheese &amp; Fruit Plate: 180                      Balsamic Vineagrette Pasta Salad: 15                      Cranberry Snack Loaf: 120                      Chocolate Chip Cookie: 60  <b>Calories: 770 / Sodium: 675</b></p>	<p><b>3.</b>                      Roast Beef w/Swiss Cheese &amp; Mustard On Oat Bread: 540                      Carrot Pineapple Salad: 95                      Corn Salad: 190                      Honeydew Wedge: 15  <b>Calories: 745 / Sodium: 955</b></p>
<p><b>6.</b>                      Tuna Salad on Multigrain Bread: 440                      Potato Salad: 100                      Summer Squash, Red Onions &amp; Zucchini Salad: 40                      Fruited Jell-O w/Topping: 10  <b>Calories: 810 / Sodium: 865</b></p>	<p><b>7.</b>                      Roast Beef w/Provolone Cheese &amp; Mustard on Bulkie Roll: 620                      Root Vegetable Salad: 65                      Broccoli Tomato Salad: 85                      Chocolate Pudding w/Topping: 175  <b>Calories: 690 / Sodium: 1060</b></p>	<p><b>8. Springwell's Summer BBQ HOT:</b> Hot Dog &amp; Hamburger w/Ketchup, Mustard &amp; Relish                      Potato Salad                      Cole Slaw                      Refreshing Beverage  <b>Watermelon Wedge</b></p>	<p><b>9.</b>                      California Chicken Salad On Wheat Bread: 325                      Garden Salad w/Lite Italian Dressing: 170                      English Pea Salad: 155                      Mixed Fruit: 5  <b>Calories: 715 / Sodium: 955</b></p>	<p><b>10.</b>                      Seafood Salad On Rye Bread: 530                      Cucumber Dill Salad: 50                      Southwest Black Bean Salad: 295                      Cantaloupe Wedge: 10  <b>Calories: 840 / Sodium: 995</b></p>
<p><b>13.</b>                      Egg Salad on Rye Bread: 435                      Cauliflower Carrot Salad: 95                      Balsamic Pasta Salad: 15                      Pear: 0  <b>Calories: 700 / Sodium: 660</b></p>	<p><b>14.</b>                      Ham Chef Salad w/Lite Italian Dressing: 570                      Macaroni Salad: 140                      Wheat Roll: 130                      Ambrosia: 15  <b>Calories: 1020 / Sodium: 1080</b></p>	<p><b>15.</b>                      Chicken Salad On Wheat Bread: 330                      Broccoli &amp; Feta Orzo Salad: 220                      Tomato Red Pepper Salad: 5                      Cranberry/Orange Snack Loaf: 120  <b>Calories: 855 / Sodium: 985</b></p>	<p><b>16.</b>                      Tuna Salad on Multigrain Bread: 440                      Potato Salad: 100                      Summer Squash Salad: 40                      Pineapples: 0  <b>Calories: 805 / Sodium: 945</b></p>	<p><b>17.</b>                      Turkey w/Swiss &amp; Lite Mayo On Multigrain Bread: 615                      Cole Slaw: 45                      Greek Pasta Salad: 190                      Tropical Mixed Fruit: 10  <b>Calories: 740 / Sodium: 960</b></p>
<p><b>20.</b>                      Seafood Salad on Rye Bread: 530                      Summer Squash Salad: 40                      Southwest Black Bean Salad: 295                      Plum: 0  <b>Calories: 1000 / Sodium: 1170</b></p>	<p><b>21.</b>                      Curry Chicken Salad On Wheat Bread: 325                      Potato Salad: 100                      Riviera Salad: 90                      Tropical Mixed Fruit: 10  <b>Calories: 725 / Sodium: 640</b></p>	<p><b>22.</b>                      Roast Beef w/Provolone &amp; Lite Mayo On Oatmeal Bread: 590                      Tri Color Pasta Salad: 60                      Cole Slaw: 45                      Sugar Cookie: 60  <b>Calories: 765 / Sodium: 870</b></p>	<p><b>23.</b>                      Ham, Swiss Cheese &amp; Mustard On Multigrain Bread: 780                      Macaroni Salad: 140                      Summer Squash, Red Onions &amp; Zucchini Salad: 40                      Ice Cream: 55  <b>Calories: 970 / Sodium: 1375</b></p>	<p><b>24.</b>                      Chicken Pesto Caesar Salad &amp; Lite Italian Dressing: 680                      English Pea Salad: 155                      Wheat Dinner Roll: 130                      Pears: 5  <b>Calories: 735 / Sodium: 1110</b></p>
<p><b>27.</b>                      Roast Beef w/Swiss Cheese &amp; Mustard On Multigrain Bread: 500                      German Potato Salad: 70                      Broccoli Tomato Salad: 65                      Tapioca Pudding w/Topping: 230  <b>Calories: 995 / Sodium: 1190</b></p>	<p><b>28.</b>                      Tuna Salad on Wheat Bread: 495                      Tri Color Pasta Salad: 60                      Cauliflower Carrot Salad: 95                      Birthday Cake: 95  <b>Calories: 770 / Sodium: 990</b></p>	<p><b>29.</b>                      Egg Salad on Multigrain Bread: 335                      Broccoli Slaw: 145                      Summer Potato Salad: 100                      Nectarine: 0  <b>Calories: 695 / Sodium: 690</b></p>	<p><b>30.</b>                      Vegetarian Chef Salad w/Lite Italian Dressing: 555                      Balsamic Pasta Salad: 15                      Scali Bread: 125                      Pears: 5  <b>Calories: 725 / Sodium: 1040</b></p>	<p><b>31.</b>                      Turkey w/Provolone &amp; Lite Mayo On Wheat Bread: 765                      Beet Salad: 145                      Vegetable Pasta Salad: 140                      Mandarin Oranges: 5  <b>Calories: 770 / Sodium: 1165</b></p>