

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

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

**JUNE 2018**

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|--|
| <p><b>Please Call (617) 972-5700 press 3 to make a reservation by 11am at least 2 business days before the service day.</b><br/> <b>Please leave a voicemail with your name, phone number &amp; the day you wish to reserve for.</b></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.<br/>           \$2.00 Suggested donation per meal.</p> <p><b>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</b></p> |  |   |   |  |
| <p><b>FOOD ALLERGIES</b><br/>           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><b>FOOD ALLERGIES</b><br/>           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><b>To make a reservation please call<br/>           617-927-5700 press 3<br/>           By 11am at least 2 business days before.<br/>           Please leave a voicemail with your name, phone number<br/>           And day you will be joining us for lunch.</b></p> |   | <p><b>1.</b> Roast Beef w/Swiss Cheese &amp; Mustard on Oat Bread:<br/>           Corn Salad:<br/>           Spinach Mandarin Salad w/Lite Italian Dressing:<br/>           Peaches:<br/> <b>Calories: / Sodium:</b></p> |
| <p><b>4.</b> Tuna Salad<br/>           On Multigrain Bread:<br/>           Potato Salad:<br/>           Summer Squash, Red Onion &amp; Zucchini Salad:<br/>           Fruited Jell-O w/Topping:<br/> <b>Calories: / Sodium:</b></p>  | <p><b>5.</b> Roast Beef w/Provolone Cheese &amp; Mustard on Bulkie Roll:<br/>           Root Vegetable Salad:<br/>           Broccoli Slaw:<br/>           Vanilla Pudding w/Topping:<br/> <b>Calories: / Sodium:</b></p>                    | <p><b>6.</b> Turkey w/Swiss Cheese &amp; Lite Mayo<br/>           On Oatmeal Bread:<br/>           Cole Slaw:<br/>           Summer Potato Salad:<br/>           Brownie:<br/> <b>Calories: / Sodium:</b></p>   | <p><b>7.</b> Curry Chicken Salad<br/>           On Wheat Bread:<br/>           Beet Salad:<br/>           English Pea Salad:<br/>           Pears:<br/> <b>Calories: / Sodium:</b></p>  | <p><b>8.</b> Seafood Salad<br/>           On Rye Bread:<br/>           Cucumber Dill Salad:<br/>           Southwest Black Bean Salad:<br/>           Cantaloupe Wedge:<br/> <b>Calories: / Sodium:</b></p>              |
| <p><b>11.</b> Turkey w/American Cheese &amp; Lite Mayo on Multigrain Bread:<br/>           Balsamic Pasta Salad:<br/>           Cauliflower Carrot Salad:<br/>           Pear:<br/> <b>Calories: / Sodium:</b></p>   | <p><b>12.</b> Tuna Salad<br/>           On Wheat Bread:<br/>           Broccoli &amp; Feta Orzo Salad:<br/>           Tomato Red Pepper Salad:<br/>           Cranberry Orange Loaf:<br/> <b>Calories: / Sodium:</b></p>                     | <p><b>13.</b> Ham Chef Salad<br/>           w/Lite Italian Dressing:<br/>           Macaroni Salad:<br/>           Wheat Roll:<br/>           Pineapples:<br/> <b>Calories: / Sodium:</b></p>   | <p><b>14.</b> Egg Salad<br/>           On Rye Bread:<br/>           Greek Pasta Salad:<br/>           Cole Slaw:<br/>           Boston Cream Cup w/Topping:<br/> <b>Calories: / Sodium:</b></p>   | <p><b>15.</b> Chicken Salad<br/>           On Multigrain Bread:<br/>           Potato Salad:<br/>           Spinach Mandarin Salad w/Lite Italian Dressing:<br/>           Peaches:<br/> <b>Calories: / Sodium:</b></p>  |
| <p><b>18.</b> Seafood Salad<br/>           On Rye Bread:<br/>           Zucchini Salad:<br/>           Greek Pasta Salad:<br/>           Plum:<br/> <b>Calories: / Sodium:</b></p>   | <p><b>19.</b> California Chicken Salad<br/>           On Wheat Bread:<br/>           Riviera Salad:<br/>           Potato Salad:<br/>           Tropical Mixed Fruit:<br/> <b>Calories: / Sodium:</b></p>                                    | <p><b>20.</b> Roast Beef w/Provolone Cheese &amp; Lite Mayo on Oatmeal Bread:<br/>           Tri Color Pasta Salad:<br/>           Cole Slaw:<br/>           Chocolate Chip Cookie:<br/> <b>Calories: / Sodium:</b></p>   | <p><b>21.</b> Garden Salad<br/>           w/Grilled Chicken Breast &amp; Lite Italian Dressing:<br/>           English Pea Salad:<br/>           Wheat Dinner Roll:<br/>           Ice Cream:<br/> <b>Calories: / Sodium:</b></p>                           | <p><b>22.</b> Ham, Swiss Cheese &amp; Mustard<br/>           On Multigrain Bread:<br/>           Macaroni Salad:<br/>           Broccoli Slaw:<br/>           Pears:<br/> <b>Calories: / Sodium:</b></p>                 |
| <p><b>25.</b> Roast Beef w/Swiss Cheese &amp; Mustard on Multigrain Bread:<br/>           German Potato Salad:<br/>           Broccoli Tomato Salad:<br/>           Cinnamon Applesauce:<br/> <b>Calories: / Sodium:</b></p>   | <p><b>26.</b> Tuna Salad<br/>           On Wheat Bread:<br/>           Tri Color Pasta Salad:<br/>           Cauliflower Carrot Salad:<br/>           Birthday Cake:<br/> <b>Calories: / Sodium:</b></p>                                     | <p><b>27.</b> Egg Salad<br/>           Multigrain Bread:<br/>           Summer Squash Salad:<br/>           Summer Potato Salad:<br/>           Nectarine:<br/> <b>Calories: / Sodium:</b></p>  | <p><b>28.</b> Turkey w/Provolone Cheese &amp; Lite Mayo on Wheat Bread:<br/>           Vegetable Pasta Salad:<br/>           Tossed Garden Salad<br/>           w/Lite Italian Dressing:<br/>           Tropical Fruit:<br/> <b>Calories: / Sodium:</b></p> | <p><b>29.</b> Chicken Pesto Caesar Salad:<br/>           Balsamic Vinaigrette Pasta Salad:<br/>           Scali Bread:<br/>           Ambrosia:<br/> <b>Calories: / Sodium:</b></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**