



Nutrition Program – Lunch Menu
The Wellness Center at the Mill
AUGUST 2018

*** High Sodium | LS / LF = Low Sodium / Low Fat

Lunch is served on Tuesdays at 11:30am. \$2.00 donation is suggested for the meal.

To make a reservation, please call 617-972-5700. All meals are served with 1% milk

AUGUST 7TH

Fish w/Newburg Sauce: 295mg
 Herbed Brown Rice: 5mg
 Italian Style Vegetable Blend: 45mg
 Rye Bread: 150mg
 Chocolate Pudding w/Topping: 175mg
Calories: 665 / Sodium: 745

AUGUST 14TH

Springwell's Annual BBQ
 Hot Dog & Hamburger
 w/Ketchup, Mustard & Relish
 Potato Salad
 Cole Slaw
 Refreshing Beverage
Watermelon Wedge

AUGUST 21st

Beef Stew: 325mg
 Corn: 0mg
 Tossed Garden Salad
 w/Lite Italian Dressing: 170mg
 Wheat Roll: 130mg
 Tropical Mixed Fruit: 10mg
Calories: 600 / Sodium: 745mg

AUGUST 27TH

Potato Leek Soup: 67mg
 Chicken Broccoli Divan: 565mg
 Green Beans & Red Peppers: 5mg
 Fresh Whipped Butternut Squash:
 0mg
 Wheat Dinner Roll: 130mg
 Birthday Cake: 95mg
Calories: 680 / Sodium: 1066mg

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