

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>YOUR NAME: _____ PHONE: _____</p> <p>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.</p>									
<p>3. LABOR DAY HOLIDAY VOTING DAY-SET UP</p> <p>NO MEAL SERVICE TODAY NO BREAKFAST SERVICE TODAY. Please Order Your Frozen Meals For 9/3 & 9/4 on August 29 by 11am</p>		<p>4. VOTING DAY</p> <p>MEAL SITE CLOSED NO MEAL SERVICE TODAY Please Pick Up Your Frozen Meals By 11AM on Friday, August 31.</p>		<p>5. White Bean & Escarole Soup HOT: Stuffed Shells w/Tomato Sauce & Chicken Meatball, Fresh Broccoli & Scali Bread. COLD: California Chicken Salad on Rye Bread, Potato Salad & Tossed Garden Salad w/Lite Italian Dressing. Lorna Doone Cookies:</p>		<p>6. LABOR DAY SPECIAL LUNCH Chicken Vegetable Soup Oven Fried Chicken Oven Fried Potato Wedges Cole Slaw Corn Bread Apple Pie</p>		<p>7. HOT: Hamburger Patty w/Ketchup on Hamburger Roll, Home Fries & Carrot Raisin Salad. COLD: Cottage Cheese Fruit Plate, Garden Shell Pasta Salad & Cranberry Snack Loaf. Orange</p>	
<p>10. Split Pea Soup HOT: Roast Turkey w/Gravy, Cranberry Sauce, Mashed Potatoes, Spring/Summer Vegetable Blend & Rye Bread. COLD: Roast Beef w/Swiss Cheese & Lite Mayo on Multigrain Bread, Summer Potato Salad & Cucumber, Feta & Onion Salad. Chocolate Pudding w/Topping</p>		<p>11. Seafood Chowder HOT: Teriyaki Salmon, Lo Mein Noodles, Oriental Vegetable Blend & Oatmeal Bread. COLD: Chicken Pesto Caesar Salad, Garden Shell Pasta Salad & Whole Wheat Roll. Pears</p>		<p>12. HOT: American Chop Suey, Green Beans, Parmesan Cheese & Scali Bread. COLD: Tuna Salad on Rye Bread, Summer Squash, Red Onions & Zucchini Salad, Tri Color Pasta Salad. Tropical Mixed Fruit</p>		<p>13. HOT: Spinach Red Pepper Quiche (V), Broccoli Slaw, Red Bliss Potatoes & Whole Wheat Roll. COLD: Turkey w/Swiss Cheese & Lite Mayo on Multigrain Bread & Cauliflower Carrot Salad. Oatmeal Raisin Cookie</p>		<p>14. Lentil Spinach Soup HOT: Lemon Chicken w/Peas, Rice Pilaf Browned Orzo, Ratatouille & Wheat Bread. COLD: Seafood Salad on Oatmeal Bread, Lo Mein Pasta Salad & Cole Slaw. Watermelon Slice</p>	
<p>17. Mushroom Barley Soup HOT: Creole Fish w/Sauce, Rice & Beans, Collard Greens & Onions & Mini Corn Bread Loaf. COLD: Curry Chicken Salad on Oat Bread, Tomato Red Pepper Salad & Corn Salad. Tapioca Pudding w/Topping</p>		<p>18. Beef Vegetable Soup HOT: Chicken Swedish Meatball over Egg Noodles, Italian Green Beans & Marble Rye. COLD: Roast Beef w/Swiss Cheese & Lite Mayo on Multigrain Bread, Italian Pasta Salad & Zucchini Salad. Pineapples</p>		<p>19. HOT: Lentil Stew (V), Herbed Brown Rice, Garden Salad w/Lite Italian Dressing & Multigrain Bread. COLD: BBQ Chicken Breast w/Red Onions & Mozzarella on Hamburger Roll, Tri Color Pasta Salad & Cauliflower Carrot Salad. Plum</p>		<p>20. Italian Garden Vegetable Soup HOT: Meatloaf w/Onion Gravy, Mashed Potatoes, Scandinavian Vegetable Blend & Garlic Dinner Roll. COLD: Turkey w/Provolone Cheese & Lite Mayo on Oat Bread, Broccoli & Feat Orzo Salad & Cucumber Dill Salad. Apple Dried Cranberry Compote</p>		<p>21. Cream of Butternut Squash Soup HOT: Marsala Chicken, Italian Roasted Potatoes, Fresh Broccoli & Carrots & Whole Wheat Dinner Roll. COLD: Egg Salad on Wheat Bread, Three Bean Salad & Summer Potato Salad. Brownie</p>	
<p>24. HOT: Baked Fish (Haddock) w/Broccoli Cheese Sauce, Red Bliss Potatoes, Fresh Cauliflower & Rye Bread. COLD: Roast Beef w/American Cheese & Lite Mayo on Wheat Bread, Summer Squash Salad & Greek Pasta Salad. Birthday Cake</p>		<p>25. Chicken & White Bean Soup HOT: Chicken Cacciatore over Ziti, Fresh Broccoli & Whole Wheat Dinner Roll. COLD: Chef Salad w/Turkey & Lite Italian Dressing, Multigrain Bread & English Pea Salad. Fruited Yogurt</p>		<p>26. HOT: Crumb Topped Macaroni & Cheese***, Fresh Baked Tomato Half & Oat Bread. COLD: Chicken Salad on Oatmeal Bread, Orzo Vegetable Salad & Riviera Salad. Plum</p>		<p>27. HOT: Beef Stew, Corn, Tossed Garden Salad w/Lite Italian Dressing, & Multigrain Bread. COLD: Tuna Salad on Rye Bread, Broccoli Slaw & Potato Salad. Mandarin Oranges</p>		<p>28. HOT: Hot Dog***on Roll, Ketchup, Mustard & Relish, Baked Beans & Cole Slaw. COLD: Chicken Pesto Caesar Salad, Corn Salad & Scali Bread. Mixed Fruit</p>	
<p>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM <u>Nutrition information: Mg of sodium is listed next to menu items.</u></p> <ul style="list-style-type: none"> 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 <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>FOOD ALLERGIES: 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. 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>			

Springwell Nutrition Program: LUNCH MENU –Nutrition Information SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
3. LABOR DAY HOLIDAY	4.	5. White Bean & Escarole Soup: 145	6. LABOR DAY SPECIAL LUNCH	7.					
VOTING DAY-SET UP NO MEAL SERVICE TODAY NO BREAKFAST SERVICE TODAY. Please Order Your Frozen Meals For 9/3 & 9/4 on August 29 by 11am	VOTING DAY MEAL SITE CLOSED NO MEAL SERVICE TODAY Please Pick Up Your Frozen Meals By 11AM on Friday, August 31.	HOT Stuffed Shells w/Tomato Sauce: 540 Chicken Meatball: 65 Broccoli: 10 Scali Bread: 125 Lorna Doone Cookies: 100 Calories: 745 Sodium: 1180	COLD California Chicken Salad on Rye Bread: 370 Potato Salad: 100 Tossed Garden Salad w/Lite Italian Dressing: 170 Lorna Doone Cookies: 100 Calories: 855 Sodium: 1045	Chicken Vegetable Soup: 110 Oven Fried Chicken: 620 Oven Fried Potato Wedges: 5 Cole Slaw: 45 Corn Bread: 210 Apple Pie: 265 Calories: 1170 Sodium: 1420	HOT Hamburger Patty on Hamburger Roll: 575 Ketchup: 80 Home Fries: 35 Carrot Raisin Salad: 135 Orange: 0 Calories: 870 Sodium: 945	COLD Cottage Cheese & Fruit Plate: 180 Garden Shell Pasta Salad: 200 Cranberry Snack Loaf: 120 Orange: 0 Calories: 745 Sodium: 640			
10. Split Pea Soup: 45	11. Seafood Chowder: 160	12.	13.	14. Lentil Spinach Soup: 140					
HOT Turkey w/Gravy: 460 Cranberry Sauce: 70 Mashed Potatoes: 65 Spring/Summer Veg.: 79 Rye Bread: 150 Chocolate Pudding w/Topping: 175 Calories: 935 Sodium: 1165	COLD Roast Beef w/Swiss & Lite Mayo on Multigrain Bread: 450 Summer Potato: 65 Cucumber, Feta & Onion Salad: 80 Chocolate Pudding w/Topping: 175 Calories: 875 Sodium: 875	HOT Teriyaki Salmon: 380 Lo Mein Noodles: 55 Oriental Veg. Blend: 10 Oatmeal Bread: 120 Pears: 5 Calories: 855 Sodium: 900	COLD Chicken Pesto Caesar Salad: 680 Garden Shell Pasta Salad: 15 Whole Wheat Roll: 130 Pears: 5 Calories: 1005 Sodium: 1200	HOT American Chop Suey: 315 Parmesan Cheese: 100 Green Beans: 5 Scali Bread: 125 Tropical Mixed Fruit: 10 Calories: 945 Sodium: 695	COLD Tuna Salad on Rye Bread: 540 Summer Squash, Red Onions & Zucchini: 5 Tri Color Pasta Salad: 60 Tropical Mixed Fruit: 10 Calories: 675 Sodium: 720	HOT Spinach Red Pepper Quiche (V): 255 Broccoli Slaw: 146 Red Bliss Potatoes: 10 Wheat Roll: 130 Oatmeal Raisin Cookie: 65 Calories: 685 Sodium: 755	COLD Turkey w/Swiss & Lite Mayo on Multigrain Bread: 615 Cauliflower Carrot Salad: 95 Potato Salad: 100 Oatmeal Raisin Cookie: 65 Calories: 750 Sodium: 990	HOT Lemon Chicken w/Peas: 340 Rice Pilaf Browned Orzo: 100 Ratatouille: 115 Wheat Bread: 125 Watermelon Slice: 0 Calories: 675 Sodium: 985	COLD Seafood Salad on Oatmeal Bread: 470 Lo Mein Pasta Salad: 100 Cole Slaw: 45 Watermelon Slice: 0 Calories: 1005 Sodium: 865
17. Mushroom Barley Soup: 145	18. Beef Vegetable Soup: 145	19.	20. Italian Garden Vegetable Soup: 140	21. Cream of Butternut Squash Soup: 100					
HOT Creole Fish w/Sauce: 240 Rice & Beans: 80 Collard Greens & Onions: 55 Mini Corn Bread: 210 Tapioca Pudding w/Topping: 230 Calories: 1055 Sodium: 1155	COLD Curry Chicken on Oat Bread: 315 Tomato Red Pepper Salad: 5 Corn Salad: 190 Tapioca Pudding w/Topping: 230 Calories: 925 Sodium: 855	HOT Chicken Swedish Meatball over Egg Noodles: 300 Italian Green Beans: 5 Marble Rye: 150 Pineapples: 5 Calories: 1015 Sodium: 1020	COLD Roast Beef w/Swiss & Lite Mayo on Multigrain Bread: 505 Italian Pasta Salad: 140 Zucchini Salad: 65 Pineapples: 5 Calories: 970 Sodium: 1015	HOT Lentil Stew (V): 424 Herbed Brown Rice: 13 Garden Salad w/Lite Italian Dressing: 170 Multigrain Bread: 100 Plum: 0 Calories: 760 Sodium: 1045	COLD BBQ Chicken Sandwich w/Red Onions & Mozzarella On Hamburger Roll: 985 Tri Color Pasta Salad: 60 Cauliflower Carrot Salad: 95 Plum: 0 Calories: 750 Sodium: 1255	HOT Meatloaf w/Onion Gravy: 170 Mashed Potatoes: 70 Scandinavian Veg. Blend: 40 Garlic Dinner Roll: 130 Apple Dried Cranberry Compote: 5 Calories: 895 Sodium: 610	COLD Turkey w/Provolone Cheese & Lite Mayo on Oat Bread: 755 Broccoli & Feta Orzo Salad: 220 Cucumber Dill Salad: 50 Apple Dried Cranberry Compote: 5 Calories: 770 Sodium: 1135	HOT Marsala Chicken: 385 Italian Roasted Potatoes: 5 Broccoli & Carrots: 45 Wheat Dinner Roll: 130 Brownie: 245 Calories: 885 Sodium: 1105	COLD Egg Salad on Wheat Bread: 390 Three Bean Salad: 35 Summer Potato Salad: 65 Brownie: 245 Calories: 935 Sodium: 1000
24.	25. Chicken & White Bean Soup: 190	26.	27.	28.					
HOT Baked Fish w/Broccoli Cheese Sauce: 450 Red Bliss Potatoes: 10 Cauliflower: 15 Rye Bread: 150 Birthday Cake: 95 Calories: 505 Sodium: 860	COLD Roast Beef w/American Cheese & Lite Mayo on Wheat Bread: 675 Summer Squash Salad: 40 Greek Pasta Salad: 190 Birthday Cake: 95 Calories: 805 Sodium: 1015	HOT Chicken Cacciatore over Ziti: 570 Broccoli: 10 Wheat Dinner Roll: 130 Fruited Yogurt: 80 Calories: 820 Sodium: 1175	COLD Chef Salad w/Turkey & Lite Italian Dressing: 445 Multigrain Bread: 100 English Pea Salad: 155 Fruited Yogurt: 80 Calories: 800 Sodium: 955	HOT Crumb Topped Macaroni & Cheese: 560 Baked Tomato Half: 260 Oat Bread: 120 Plum: 0 Calories: 895 Sodium: 1065	COLD Chicken Salad on Oatmeal Bread: 415 Orzo Vegetable Salad: 15 Riviera Salad: 90 Plum: 0 Calories: 710 Sodium: 590	HOT Beef Stew: 325 Corn: 0 Tossed Garden Salad w/Lite Italian Dressing: 170 Multigrain Bread: 100 Mandarin Oranges: 5 Calories: 650 Sodium: 790	COLD Tuna Salad on Rye Bread: 540 Broccoli Slaw: 145 Potato Salad: 100 Mandarin Oranges: 5 Calories: 775 Sodium: 1145	HOT Hot Dog on Roll: 715 Ketchup (80), Mustard (55) & Relish (90) Baked Beans: 140 Cole Slaw: 145 Mixed Fruit: 10 Calories: 780 Sodium: 1290	COLD Chicken Pesto Caesar Salad: 680 Corn Salad: 190 Scali Bread: 125 Mixed Fruit: 10 Calories: 775 Sodium: 1135