

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>YOUR NAME:</b> _____ <b>PHONE:</b> _____</p>				
<p>Please note the days you have reserved your meals &amp; 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><b>2. Italian Garden Vegetable Soup</b>  <b>HOT:</b> Potato Pollack Filet w/Spinach Alfredo Sauce, Red Bliss Potatoes, Carrots &amp; Multigrain Bread.  <b>COLD:</b> Ham, Swiss Cheese &amp; Mustard on Wheat Bread, Italian Pasta Salad &amp; Tomato Red Pepper Salad.  <b>Mandarin Oranges</b></p>	<p><b>3. INDEPENDENCE DAY SPECIAL</b>            Cheeseburger w/Lettuce &amp; Ketchup On Hamburger Roll            Home Fries            Summer Squash Salad  <b>Berry Trifle</b></p>	<p><b>4. INDEPENDENCE DAY HOLIDAY</b>    <b>MEAL SITE CLOSED</b>  <b>NO MEAL SERVICE TODAY</b></p>	<p><b>5. Chicken Orzo Soup</b>  <b>HOT:</b> Oven Fried Chicken Breast, Corn, Collard Greens &amp; Onions, Wheat Dinner Roll.  <b>COLD:</b> Cottage Cheese &amp; Fruit Plate, Macaroni Salad &amp; Cranberry Snack Loaf  <b>Brownie</b></p>	<p><b>6. HOT:</b> Stuffed Shells w/Tomato Sauce &amp; Meatball, Green Beans, Scali Bread &amp; Tossed Garden Salad w/Lite Italian Dressing.  <b>COLD:</b> Vegetarian Chef Salad w/Lite Italian Dressing, Wheat Dinner Roll &amp; English Pea Salad.  <b>Apple</b></p>
<p><b>9. Seafood Chowder</b>  <b>HOT:</b> Salmon Boat w/Lemon Dill Sauce, Herbed Brown Rice, Oriental Vegetable Blend &amp; Oatmeal Bread.  <b>COLD:</b> Turkey, Swiss Cheese &amp; Lite Mayo on Multigrain Bread, Summer Potato Salad &amp; Cucumber, Feta &amp; Onion Salad.  <b>Chocolate Pudding w/Topping</b></p>	<p><b>10. HOT:</b> American Chop Suey, Parmesan Cheese, Fresh Broccoli &amp; Scali Bread.  <b>COLD:</b> Chicken Pesto Caesar Salad, Garden Shell Pasta Salad &amp; Wheat Roll.  <b>Pears</b></p>	<p><b>11. Chicken Vegetable Soup</b>  <b>HOT:</b> BBQ Chicken, Italian Roasted Potatoes, Cole Slaw &amp; Wheat Bread.  <b>COLD:</b> Tuna Salad on Rye Bread, Balsamic Vinaigrette Pasta Salad &amp; Summer Squash, Red Onions &amp; Zucchini Salad.  <b>Plum</b></p>	<p><b>12. Lentil Spinach Soup</b>  <b>HOT:</b> Turkey w/Gravy, Cranberry Sauce, Mashed Potatoes, Spring/Summer Vegetable Blend &amp; Rye Bread.  <b>COLD:</b> Roast Beef w/Swiss Cheese &amp; Lite Mayo on Multigrain Bread, Cauliflower Carrot Salad &amp; Potato Salad.  <b>Pineapples</b></p>	<p><b>13. HOT:</b> Spinach Red Pepper Quiche (V), Green Beans, Fresh Butternut Squash &amp; Wheat Roll.  <b>COLD:</b> Seafood Salad on Oatmeal Bread, Macaroni Salad &amp; Cole Slaw.  <b>Oatmeal Raisin Cookie</b></p>
<p><b>16. Split Pea Soup</b>  <b>HOT:</b> Creole Fish w/Sauce, Rice &amp; Beans, Collard Greens &amp; Onions, Multigrain Bread.  <b>COLD:</b> BBQ Chicken Breast w/Red Onions &amp; Mozzarella Cheese On Hamburger Roll, Tri Color Pasta Salad &amp; Cauliflower Carrot Salad.  <b>Peaches</b></p>	<p><b>17. Springwell's Annual BBQ</b>            Hot Dog &amp; Hamburger w/Ketchup, Mustard &amp; Relish            Potato Salad            Cole Slaw            Refreshing Beverage  <b>Watermelon Wedge</b></p>	<p><b>18. COLD LUNCH BOX DAY</b>  <b>COLD:</b> Egg Salad on Oat Bread, Tomato Red Pepper Salad &amp; Corn Salad.  <b>Piña Colada Cake</b></p>	<p><b>19. Italian Garden Vegetable Soup</b>  <b>HOT:</b> Meatloaf w/Onion Gravy, Mashed Potatoes, Fresh Broccoli &amp; Cauliflower &amp; Garlic Dinner Roll.  <b>COLD:</b> Chef Salad w/Turkey &amp; Lite Italian Dressing, Summer Potato Salad &amp; Multigrain Bread.  <b>Tapioca Pudding w/Topping</b></p>	<p><b>20. HOT:</b> Chicken Meatball Sub w/Parmesan Cheese, Roasted Potatoes &amp; Tuscan Vegetable Blend.  <b>COLD:</b> Roast Beef w/Swiss Cheese &amp; Mustard on Wheat Bread, Broccoli &amp; Feta Orzo Salad &amp; Carrot Raisin Salad.  <b>Pineapples</b></p>
<p><b>23. Vegetable Soup</b>  <b>HOT:</b> Chicken Cacciatore Over Ziti w/Sauce, Broccoli &amp; Wheat Dinner Roll.  <b>COLD:</b> Mediterranean Plate, Hummus, Pita Bread, Israeli Couscous Salad, Cucumber, Feta &amp; Onions  <b>Nectarine</b></p>	<p><b>24. HOT:</b> Baked Fish w/Broccoli Cheese Sauce, Red Bliss Potatoes, Fresh Cauliflower, Rye Bread &amp; Tossed Garden Salad w/Lite Italian Dressing.  <b>COLD:</b> Roast Beef w/American Cheese &amp; Lite Mayo on Wheat Bread, Greek Pasta Salad &amp; Summer Squash Salad.  <b>Cinnamon Apple Slices</b></p>	<p><b>25. HOT:</b> Hot Dog***w/Ketchup, Mustard &amp; Relish on Hot Dog Roll, Baked Beans &amp; Cole Slaw.  <b>COLD:</b> Tuna Salad on Oatmeal Bread, Orzo Vegetable Salad &amp; Riviera Salad.  <b>Mixed Fruit</b></p>	<p><b>26. Beef Vegetable Soup</b>  <b>HOT:</b> Stuffed Pepper w/Beef &amp; Tomato Sauce, Fresh Zucchini/Summer Squash &amp; Oatmeal Bread.  <b>COLD:</b> Chef Salad w/Turkey &amp; Lite Italian Dressing, Multigrain Bread &amp; English Pea Salad.  <b>Birthday Cake</b></p>	<p><b>27. HOT:</b> Lentil Stew (V), Herbed Brown Rice, Caesar Salad w/Dressing &amp; Multigrain Bread.  <b>COLD:</b> Chicken Salad on Wheat Bread, Potato Salad &amp; Tomato Red Pepper Salad.  <b>Fruited Yogurt</b></p>
<p><b>30. HOT:</b> Lemon Dijon Chicken, Whipped Sweet Potatoes, Green Beans &amp; Oatmeal Bread.  <b>COLD:</b> Egg Salad on Rye Bread, German Potato Salad &amp; Summer Squash, Red Onions &amp; Zucchini Salad.  <b>Ice Cream</b></p>	<p><b>31. Spinach Mixed Bean Soup</b>  <b>HOT:</b> Vegetable Lasagna Rollup w/Tomato Sauce &amp; Meatball, Tuscan Vegetable Blend &amp; Scali Bread.  <b>COLD:</b> Tuna Salad on Wheat Bread, Broccoli &amp; Feta Orzo Salad &amp; Root Vegetable Blend.  <b>Pears</b></p>	<p><b>To cancel a meal</b>  <b>Please call</b>  <b>617-735-7588</b>  <b>By 11am</b>  <b>The day before.</b></p>	<p><b>FOOD ALLERGIES</b>            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>            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 JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2. Italian Garden Vegetable Soup: 126</b> <b>HOT</b> Potato Pollack Filet: 205 Carrots: 75 Red Bliss Potatoes: 10 Multigrain Bread: 100 Mandarin Oranges: 5 <b>Calories: 785</b> <b>Sodium: 940</b>	<b>3. INDEPENDENCE DAY SPECIAL</b>  Cheeseburger w/Lettuce & Ketchup On Hamburger Roll: 600 Home Fries: 42 Summer Squash Salad: 42 Berry Trifle: 150 <b>Calories: 980</b> <b>Sodium: 1185</b>	<b>4. INDEPENDENCE DAY HOLIDAY</b>  <p style="text-align: center;"><b>MEAL SITE CLOSED NO MEAL SERVICE TODAY</b></p>	<b>5. Chicken Orzo Soup: 56</b> <b>HOT</b> Oven Fried Chicken Breast: 700 Corn: 0 Collard Greens & Onions: 55 Wheat Dinner Roll: 130 Brownie: 245 <b>Calories: 960</b> <b>Sodium: 1035</b>	<b>6.</b> <b>HOT</b> Stuffed Shells w/Meatball: 490 Green Beans: 5 Scali Bread: 120 Garden Salad w/Lite Italian Dressing: 170 Apple: 0 <b>Calories: 650</b> <b>Sodium: 1045</b>
<b>9. Seafood Chowder: 160</b> <b>HOT</b> Salmon Boat: 230 Herbed Brown Rice: 15 Oriental Veg. Blend: 10 Oatmeal Bread: 121 Chocolate Pudding w/Topping: 175 <b>Calories: 920</b> <b>Sodium: 920</b>	<b>10.</b> <b>HOT</b> American Chop Suey: 190 Parmesan Cheese: 110 Broccoli: 10 Scali Bread: 120 Pears: 5 <b>Calories: 755</b> <b>Sodium: 825</b>	<b>11. Chicken Vegetable Soup: 132</b> <b>HOT</b> BBQ Chicken: 655 Italian Roasted Potatoes: 5 Cole Slaw: 45 Wheat Bread: 125 Plum: 0 <b>Calories: 755</b> <b>Sodium: 920</b>	<b>12. Lentil Spinach Soup: 140</b> <b>HOT</b> Turkey w/Gravy: 460 Cranberry Sauce: 5 Mashed Potatoes: 105 Spring/Summer Veg.: 65 Rye Bread: 120 Pineapples: 0 <b>Calories: 800</b> <b>Sodium: 1120</b>	<b>13.</b> <b>HOT</b> Spinach Red Pepper Quiche (V): 290 Green Beans: 5 Butternut Squash: 0 Wheat Roll: 130 Oatmeal Raisin Cookie: 75 <b>Calories: 655</b> <b>Sodium: 610</b>
<b>16. Split Pea Soup: 45</b> <b>HOT</b> Creole Fish: 205 Rice & Beans: 80 Collard Greens & Onions: 55 Multigrain Bread: 100 Peaches: 5 <b>Calories: 765</b> <b>Sodium: 680</b>	<b>17. Springwell's Annual BBQ</b>  Hot Dog & Hamburger w/Ketchup, Mustard & Relish Potato Salad Cole Slaw Refreshing Beverage Watermelon Wedge	<b>18. COLD LUNCH BOX DAY</b>  <b>COLD:</b> Egg Salad on Oat Bread: 375 Tomato Red Pepper Salad: 190 Corn Salad: 5 Piña Colada Cake: 95 <b>Calories: 915</b> <b>Sodium: 775</b>	<b>19. Italian Garden Vegetable Soup: 140</b> <b>HOT</b> Meatloaf w/Gravy: 170 Mashed Potatoes: 70 Broccoli & Cauliflower: 15 Garlic Dinner Roll: 130 Tapioca Pudding w/Topping: 230 <b>Calories: 1130</b> <b>Sodium: 945</b>	<b>20.</b> <b>HOT</b> Chicken Meatball Sub: 1015 Parmesan Cheese: 110 Roasted Potatoes: 5 Tuscany Veg. Blend: 45 Pineapples: 0 <b>Calories: 1035</b> <b>Sodium: 1285</b>
<b>23. Vegetable Soup: 105</b> <b>HOT</b> Chicken Cacciatore Over Ziti w/Sauce: 570 Broccoli: 10 Wheat Dinner Roll: 130 Nectarine: 0 <b>Calories: 670</b> <b>Sodium: 1015</b>	<b>24.</b> <b>HOT</b> Baked Fish w/Broccoli Cheese Sauce: 450 Cauliflower: 15 Garden Salad w/Lite Italian Dressing: 170 Rye Bread: 150 Cin. Apple Slices: 10 <b>Calories: 510</b> <b>Sodium: 945</b>	<b>25.</b> <b>HOT</b> Hot Dog on Roll: 715 Ketchup, Mustard & Relish: 218 Baked Beans: 145 Cole Slaw: 45 Mixed Fruit: 5 <b>Calories: 755</b> <b>Sodium: 1275</b>	<b>26. Beef Vegetable Soup: 145</b> <b>HOT</b> Stuffed Pepper: 190 Zucchini/Summer Squash: 5 Oatmeal Bread: 120 Birthday Cake: 95 <b>Calories: 625</b> <b>Sodium: 750</b>	<b>27.</b> <b>HOT</b> Lentil Stew (V): 530 Herbed Brown Rice: 5 Caesar Salad w/Dressing: 295 Multigrain Bread: 100 Fruited Yogurt: 75 <b>Calories: 850</b> <b>Sodium: 1120</b>
<b>30.</b> <b>HOT</b> Lemon Dijon Chicken: 385 Sweet Potatoes: 25 Green Beans: 5 Oatmeal Bread: 120 Ice Cream: 55 <b>Calories: 645</b> <b>Sodium: 730</b>	<b>31. Spinach Mixed Beans Soup: 160</b> <b>HOT</b> Vegetable Lasagna Rollup w/Meatball: 590 Tuscany Veg. Blend: 45 Scali Bread: 120 Pears: 5 <b>Calories: 640</b> <b>Sodium: 1114</b>	<b>31. Spinach Mixed Beans Soup: 160</b> <b>COLD</b> Tuna Salad on Wheat Bread: 485 Root Veg. Salad: 5 Broccoli & Feta Orzo: 220 Pears: 5 <b>Calories: 680</b> <b>Sodium: 1120</b>		
<b>Nutrition information: Mg of sodium is listed next to menu items.</b>				
<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>				
(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				