

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. YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p> <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.</p>	<p>FOOD ALLERGIES 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>To cancel a meal Please call 617-735-7588 By 11am The day before.</p>	<p>1. Chicken Vegetable Ditalini Soup HOT: Potato Pollack Filet w/Spinach Alfredo Sauce, Fresh Butternut Squash, Broccoli & Carrots & Multigrain Bread. COLD: Roast Beef w/Swiss Cheese & Mustard on Oat Bread, Corn Salad & Spinach Mandarin Salad w/Lite Italian Dressing. Peaches</p>	
<p>4. Oriental Vegetable Soup: HOT: Chicken Lo Mein, Oriental Vegetable Blend & Multigrain Bread. COLD: Tuna Salad on Multigrain Bread, Potato Salad & Summer Squash, Red Onions & Zucchini Salad. Fruited Jell-O w/Topping</p>	<p>5. HOT: Fish w/Broccoli Cheese Sauce, Sweet Potatoes, Italian Style Vegetable Blend & Rye Bread. COLD: Roast Beef w/Provolone Cheese & Mustard on Bulkie Roll, Root Vegetable Salad & Broccoli Slaw. Vanilla Pudding w/Topping</p>	<p>6. Vegetable Soup HOT: Beef Stroganoff over Noodles, Carrot & Wheat Bread. COLD: Turkey w/Swiss Cheese & Lite Mayo on Oatmeal Bread, Cole Slaw & Summer Potato Salad. Brownie</p>	<p>7. Cream of Tomato Soup HOT: Spinach & Red Pepper Quiche (V), Green Beans, Red Bliss Potatoes & Whole Wheat Roll. COLD: Curry Chicken Salad on Wheat Bread, Beet Salad & English Pea Salad. Pears</p>	<p>8. HOT: American Chop Suey, Tossed Garden Salad w/Lite Italian Dressing, Garlic Dinner Roll, Fresh Broccoli & Cauliflower. COLD: Seafood Salad on Rye Bread, Cucumber Dill Salad & Southwest Black Bean Salad. Cantaloupe Wedge</p>
<p>11. HOT: 3 Chicken Meatball Sub w/Marinara Sauce & Parmesan Cheese, Roasted Potatoes, Green Beans & Red Peppers. COLD: Turkey w/American Cheese & Lite Mayo on Multigrain Bread, Balsamic Pasta Salad & Cauliflower Carrot Salad. Pear</p>	<p>12. Cream of Butternut Squash Soup HOT: Lemon Dijon Chicken, Mashed Potatoes, Spinach & Wheat Bread. COLD: Tuna Salad on Wheat Bread, Tomato Red Pepper Salad, Broccoli & Feta Orzo Salad. Cranberry Orange Snack Loaf</p>	<p>13. Split Pea Soup HOT: Salmon Boat w/Lemon Sauce, Sweet Potato, Fresh Baked Tomato Half & Multigrain Bread. COLD: Ham Chef Salad w/Lite Italian Dressing, Macaroni Salad & Wheat Roll. Pineapples</p>	<p>14. FATHER'S DAY SPECIAL Italian Garden Vegetable Soup: Beef Tips w/Mushroom Gravy: Cheddar Mashed Potatoes: Fresh Zucchini & Summer Squash: Snowflake Dinner Roll: Boston Cream Cup w/Topping</p>	<p>15. HOT: White Bean & Kale Stew (V), Herbed Brown Rice, Pumpernickel Bread & Tossed Garden Salad w/Lite Italian Dressing. COLD: Chicken Salad on Multigrain Bread, Potato Salad & Spinach Mandarin Salad w/Lite Italian Dressing. Peaches</p>
<p>18. Chicken Vegetable Soup HOT: Creole Chicken, Rice & Beans, Oatmeal Bread, Collard Greens & Onions. COLD: Seafood Salad on Rye Bread, Zucchini Salad & Greek Pasta Salad. Plum</p>	<p>19. HOT: Beef Stew, Corn, Tossed Garden Salad w/Lite Italian Dressing & Wheat Roll. COLD: California Chicken Salad on Wheat Bread, Riviera Salad & Potato Salad. Tropical Mixed Fruit</p>	<p>20. HOT: 2 Stuffed Shells w/Tomato Sauce & Chicken Meatball, Spinach Mandarin Salad w/Lite Italian Dressing, Multigrain Bread, Fresh Zucchini & Cauliflower. COLD: Roast Beef w/Provolone Cheese & Lite Mayo on Oatmeal Bread, Tri color Pasta Salad & Cole Slaw. Chocolate Chip Cookie</p>	<p>21. Seafood Chowder HOT: Potato Pollack Filet w/Newburg Sauce, Italian Roasted Potatoes, Dinner Roll & Fresh Broccoli & Carrots. COLD: Garden Salad w/Grilled Chicken Breast & Lite Italian Dressing, English Pea Salad & Wheat Dinner Roll. Ice Cream</p>	<p>22. HOT: Turkey Tetrazzini, Green Beans & Multigrain Bread. COLD: Ham, Swiss Cheese & Mustard on Multigrain Bread, Macaroni Salad & Broccoli Slaw. Pears</p>
<p>25. Tomato Basil Soup HOT: Fish Almondine w/Sauce, Rice Pilaf Browned Orzo, Summer Spring Vegetable Blend & Oatmeal Bread. COLD: Roast Beef w/Swiss Cheese & Mustard on Multigrain Bread, German Potato Salad & Broccoli Tomato Salad. Cinnamon Applesauce</p>	<p>26. Potato Leek Soup HOT: Chicken Broccoli Divan, Green Beans & Red Peppers, Fresh Whipped Butternut Squash & Wheat Dinner Roll. COLD: Tuna Salad on Wheat Bread, Tri Color Pasta Salad & Cauliflower Carrot Salad Birthday Cake</p>	<p>27. HOT: Hot Dog***w/Ketchup, Mustard & Relish on Roll, Bake Beans & Cole Slaw. COLD: Egg Salad on Multigrain Bread, Summer Squash Salad & Potato Salad. Nectarine</p>	<p>28. Escarole & Bean Soup HOT: Beef Stuffed Pepper, Creamy Parmesan Polenta, Dill Carrots & Multigrain Bread. COLD: Turkey w/Provolone Cheese & Lite Mayo on Wheat Bread, Vegetable Pasta Salad & Tossed Garden Salad w/Lite Italian Dressing. Tropical Fruit</p>	<p>29. HOT: Crumb Topped Macaroni & Cheese***, Fresh Baked Tomato Half & Rye Bread. COLD: Chicken Pesto Caesar Salad, Balsamic Vinaigrette Pasta Salad & Scali Bread. Ambrosia</p>