

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 style="text-align: center;">FOOD ALLERGIES:</p> <p>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>				<p>1. HOT: Veggie Burger w/Swiss Cheese, Ketchup, Lettuce & Tomato on Hamburger Roll, Roasted Potatoes & Cole Slaw. COLD: Garden Salad w/Grilled Chicken Breast & Lite Italian Dressing, English Pea Salad & Wheat Roll. Peaches</p>		<p>2. Cream of Broccoli Soup HOT: Turkey w/Gravy, Cranberry Sauce, Mashed Potatoes, Summer/Spring Vegetable Blend & Wheat Dinner Roll. COLD: Cottage Cheese & Fruit Plate, Balsamic Vinaigrette Pasta Salad & Cranberry Snack Loaf. Chocolate Chip Cookie</p>		<p>3. Chicken Vegetable Ditalini Soup HOT: Potato Pollack Filet w/Spinach Alfredo Sauce, Fresh Butternut Squash, Broccoli & Multigrain Bread. COLD: Roast Beef w/Swiss Cheese & Mustard on Oat Bread, Carrot Pineapple Salad & Corn Salad. Honeydew Wedge</p>	
<p>6. Vegetable Soup HOT: Beef Stroganoff over Noodles, Carrots & Cauliflower & Wheat Bread. COLD: Tuna Salad on Multigrain Bread, Potato Salad & Summer Squash, Red Onions & Zucchini Salad. Fruited Jell-O w/Topping</p>		<p>7. HOT: Fish w/Newburg Sauce, Herbed Brown Rice, Italian Style Vegetable Blend & Rye Bread. COLD: Roast Beef w/Provolone Cheese & Mustard on Bulkie Roll, Root Vegetable Salad & Broccoli Tomato Salad. Chocolate Pudding w/Topping</p>		<p>8. Summer Special Lunch Chicken Caprese Orzo Pilaf Fresh Zucchini & Summer Squash Caesar Salad Garlic Dinner Roll Strawberry Short Cake w/Topping</p>		<p>9. Lentil Spinach Soup HOT: Broccoli Mushroom Quiche (V), Green Beans, Red Bliss Potatoes & Whole Wheat Roll. COLD: California Chicken Salad on Wheat Bread, English Pea Salad & Garden Salad w/Lite Italian Dressing. Mixed Fruit</p>		<p>10. HOT: American Chop Suey, Spinach, Garden Salad w/Lite Italian Dressing & Multigrain Bread. COLD: Seafood Salad on Rye Bread, Cucumber Dill Salad & Southwest Black Bean Salad. Cantaloupe Wedge</p>	
<p>13. HOT: Chicken Meatball Sub w/Marinara Sauce & Parmesan Cheese, Roasted Potatoes & Green Beans & Red Peppers. COLD: Egg Salad on Rye Bread, Cauliflower Carrot Salad & Balsamic Pasta Salad. Pear</p>		<p>14. Split Pea Soup HOT: Turkey Marsala, Mashed Potatoes, Fresh Broccoli & Wheat Roll. COLD: Ham Chef Salad w/Lite Italian Dressing, Macaroni Salad & Wheat Roll. Ambrosia</p>		<p>15. Italian Garden Vegetable Soup HOT: Salmon Boat w/Lemon Dill Sauce, Sweet Potatoes, Jardinière Style Vegetable Blend & Multigrain Bread. COLD: Chicken Salad on Wheat Bread, Broccoli & Feta Orzo Salad & Tomato Red Pepper Salad. Cranberry Orange Snack Loaf</p>		<p>16. Cream of Mushroom Soup HOT: BBQ Grilled Chicken Breast, Chuckwagon Corn, Roasted Zucchini & Carrots & Wheat Bread. COLD: Tuna Salad on Multigrain Bread, Potato Salad & Summer Squash Salad. Pineapples</p>		<p>17. HOT: Crumb Topped Macaroni & Cheese***, Fresh Baked Tomato Half & Rye Bread. COLD: Turkey w/Swiss Cheese & Lite Mayo on Multigrain Bread, Cole Slaw & Greek Pasta Salad. Tropical Mixed Fruit</p>	
<p>20. Chicken Vegetable Soup HOT: Chicken Lo Mein, Oriental Vegetable Blend & Oatmeal Bread. COLD: Seafood Salad on Rye Bread, Summer Squash Salad & Southwest Black Bean Salad. Plum</p>		<p>21. HOT: Beef Stew, Corn, Tossed Garden Salad w/Lite Italian Dressing & Wheat Roll. COLD: Curry Chicken Salad on Wheat Bread, Potato Salad & Riviera Salad. Tropical Mixed Fruit</p>		<p>22. HOT: Stuffed Shells w/Tomato Sauce & Chicken Meatball, Zucchini & Cauliflower, Spinach Mandarin Salad w/Lite Italian Dressing & Multigrain Bread. COLD: Roast Beef w/Provolone Cheese & Lite Mayo on Oatmeal Bread, Tri Color Pasta Salad & Cole Slaw. Sugar Cookie</p>		<p>23. Minestrone Soup HOT: Potato Pollack Filet w/Newburg Sauce, Mashed Potatoes, Fresh Broccoli & Dinner Roll. COLD: Ham, Swiss Cheese & Mustard on Multigrain Bread, Macaroni Salad & Summer Squash, Red Onions & Zucchini Salad. Ice Cream</p>		<p>24. HOT: White Bean & Kale Stew (V), Herbed Brown Rice, Rye Bread & Tossed Garden Salad w/Lite Italian Dressing. COLD: Chicken Pesto Caesar Salad w/Lite Italian Dressing, English Pea Salad & Wheat Dinner Roll. Pears</p>	
<p>27. Seafood Chowder HOT: Fish Almondine w/Sauce, Orzo Rice w/Peas, Summer/Spring Vegetable Blend & Oatmeal Bread. COLD: Roast Beef w/Swiss Cheese & Mustard on Multigrain Bread, German Potato Salad & Broccoli Tomato Salad. Tapioca Pudding w/Topping</p>		<p>28. 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>29. HOT: Hot Dog w/Ketchup, Mustard & Relish on Hot Dog Roll, Baked Beans & Cole Slaw. COLD: Egg Salad on Multigrain Bread, Broccoli Slaw & Summer Potato Salad. Nectarine</p>		<p>30. Escarole & Beans Soup HOT: Beef Stuffed Pepper, Peas, Dill Carrots & Multigrain Bread. COLD: Vegetarian Chef Salad w/Lite Italian Dressing, Scali Bread & Balsamic Vinaigrette Pasta Salad. Pears</p>		<p>31. HOT: Spinach & Red Pepper Quiche (V), Red Bliss Potatoes, Fresh Broccoli & Wheat Bread. COLD: Turkey w/Provolone Cheese & Lite Mayo on Wheat Bread, Beet Salad & Vegetable Pasta Salad. Mandarin Oranges</p>	

Springwell Nutrition Program: LUNCH MENU –Nutrition Information AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Nutrition information: Mg of sodium is listed next to menu items. <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.</p> <p>***Denotes Higher Sodium \$2.00 Suggested donation per meal All soups served with crackers</p>		1. HOT Veggie Burger w/ Swiss & Ketchup on Hamburger Roll: 790 Roasted Potatoes: 45 Cole Slaw: 45 Peaches: 5 Calories: 755 Sodium: 960	COLD Garden Salad w/Grilled Chicken & Lite Italian Dressing: 495 English Pea Salad: 155 Wheat Roll: 130 Peaches: 5 Calories: 577 Sodium: 930	2. Cream of Broccoli Soup: 105 HOT Turkey w/Gravy: 460 Mashed Potatoes: 70 Summer/Spring Blend: 70 Wheat Dinner Roll: 130 Chocolate Pudding w/Topping: 175 Calories: 860 Sodium: 1100	3. Chicken Vegetable Ditalini Soup: 132 HOT Potato Pollack Filet w/Sauce: 505 Butternut Squash: 5 Broccoli: 10 Multigrain Bread: 100 Honeydew Wedge: 15 Calories: 745 Sodium: 940
6. Vegetable Soup: 105 HOT Beef Stroganoff over Noodles: 205 Carrots & Cauliflower: 50 Wheat Bread: 125 Fruited Jell-O w/Topping: 10 Calories: 795 Sodium: 700	7. COLD Tuna Salad on Multigrain Bread: 440 Potato Salad: 100 Summer Squash, Red Onions & Zucchini: 40 Fruited Jell-O w/Topping: 10 Calories: 810 Sodium: 865	8. SUMMER SPECIAL LUNCH Chicken Caprese: 130 Orzo Pilaf: 100 Fresh Zucchini & Summer Squash: 5 Caesar Salad: 295 Garlic Dinner Roll: 130 Strawberry Short Cake w/Topping: 340 Calories: 1040 Sodium: 1140	9. Lentil Spinach Soup: 140 HOT Broccoli Mushroom Quiche (V): 255 Green Beans: 5 Red Bliss Potatoes: 10 Wheat Roll: 130 Mixed Fruit: 5 Calories: 750 Sodium: 740	10. COLD California Chicken Salad on Wheat Bread: 325 Garden Salad w/Lite Italian Dressing: 170 English Pea Salad: 155 Mixed Fruit: 5 Calories: 715 Sodium: 955	
13. HOT Chicken Meatball Sub: 1015 Roasted Potatoes: 5 Green Beans & Red Peppers: 5 Pear: 0 Calories: 1060 Sodium: 1245	14. Split Pea Soup: 45 HOT Turkey Marsala: 495 Mashed Potatoes: 70 Fresh Broccoli: 10 Wheat Roll: 130 Ambrosia: 5 Calories: 860 Sodium: 950	15. Italian Garden Vegetable Soup: 140 HOT Salmon Boat w/Lemon Dill Sauce: 250 Sweet Potatoes: 25 Jardiniere Style Blend: 30 Multigrain Bread: 100 Cran/Orange Loaf: 120 Calories: 775 Sodium: 665	16. Cream of Mushroom Soup: 195 HOT BBQ Grilled Chicken: 695 Chuckwagon Corn: 0 Roasted Zucchini & Carrots: 40 Wheat Bread: 125 Pineapples: 0 Calories: 660 Sodium: 1195	17. HOT Crumb Topped Macaroni & Cheese: 550 Baked Tomato Half: 260 Rye Bread: 150 Tropical Mixed Fruit: 10 Calories: 880 Sodium: 1120	
20. Chicken Vegetable Soup: 110 HOT Chicken Lo Mein: 450 Oriental Vegetable Blend: 10 Oatmeal Bread: 120 Plum: 0 Calories: 665 Sodium: 885	21. HOT Beef Stew: 325 Corn: 0 Tossed Garden Salad w/Lite Italian Dressing: 170 Wheat Roll: 130 Tropical Mixed Fruit: 10 Calories: 600 Sodium: 745	22. HOT Stuffed Shells w/Meatball: 610 Spinach Mandarin Salad w/Lite Italian Dressing: 210 Zucchini & Cauliflower: 5 Multigrain Bread: 100 Sugar Cookie: 60 Calories: 625 Sodium: 1110	23. Minestrone Soup: 239 HOT Potato Pollack Filet w/Newburg Sauce: 460 Mashed Potatoes: 70 Broccoli: 45 Dinner Roll: 130 Ice Cream: 55 Calories: 1020 Sodium: 1135	24. HOT White Bean & Kale Stew: 280 Herbed Brown Rice: 80 Rye Bread: 150 Garden Salad w/Lite Italian Dressing: 170 Pears: 5 Calories: 610 Sodium: 820	
27. Seafood Chowder: 160 HOT Fish Almondine w/Sauce: 380 Orzo Rice w/Peas: 85 Summer/Spring Blend: 65 Oatmeal Bread: 120 Tapioca Pudding w/Topping: 230 Calories: 1130 Sodium: 1255	28. Potato Leek Soup: 67 HOT Chicken Broccoli Divan: 565 Green Beans & Red Peppers: 5 Butternut Squash: 0 Wheat Dinner Roll: 130 Birthday Cake: 95 Calories: 680 Sodium: 1066	29. HOT Hot Dog on Roll: 715 Ketchup, Mustard & Relish: 218 Baked Beans: 145 Cole Slaw: 45 Nectarine: 0 Calories: 680 Sodium: 1055	30. Escarole & Bean Soup: 145 HOT Beef Stuffed Pepper: 190 Peas & Dill Carrots: 80 Multigrain Bread: 100 Pears: 5 Calories: 675 Sodium: 805	31. HOT Spinach & Red Pepper Quiche (V): 255 Red Bliss Potatoes: 20 Fresh Broccoli: 10 Wheat Bread: 125 Mandarin Oranges: 5 Calories: 640 Sodium: 540	
COLD Roast Beef w/Swiss & Mustard on Multigrain Bread: 500 German Potato Salad: 70 Broccoli Tomato: 65 Tapioca Pudding w/Topping: 230 Calories: 995 Sodium: 1190	COLD Roast Beef w/Provolone & Mustard on Bulkie Roll: 620 Root Vegetable Blend: 65 Broccoli Tomato: 85 Chocolate Pudding w/Topping: 175 Calories: 690 Sodium: 1060	COLD Ham Chef Salad w/Lite Italian Dressing: 570 Macaroni Salad: 140 Wheat Roll: 130 Ambrosia: 5 Calories: 1020 Sodium: 1080	COLD Chicken Salad on Wheat Bread: 330 Broccoli & Feta Orzo Salad: 220 Tomato Red Pepper: 5 Cran/Orange Loaf: 120 Calories: 855 Sodium: 985	COLD Tuna Salad on Multigrain Bread: 440 Potato Salad: 100 Summer Squash Salad: 40 Pineapples: 0 Calories: 805 Sodium: 945	
COLD Seafood Salad on Rye Bread: 530 Summer Squash Salad: 40 Southwest Black Bean Salad: 295 Plum: 0 Calories: 1000 Sodium: 1170	COLD Curry Chicken Salad on Wheat Bread: 325 Potato Salad: 100 Riviera Salad: 90 Tropical Mixed Fruit: 10 Calories: 725 Sodium: 640	COLD Roast Beef w/Provolone Cheese & Lite Mayo on Oatmeal Bread: 590 Tri Color Pasta Salad: 60 Cole Slaw: 45 Sugar Cookie: 60 Calories: 765 Sodium: 870	COLD Ham, Swiss Cheese & Mustard on Multigrain Bread: 780 Macaroni Salad: 140 Summer Squash, Red Onions & Zucchini: 40 Ice Cream: 55 Calories: 970 Sodium: 1375	COLD Chicken Pesto Caesar Salad w/Lite Italian Dressing: 680 English Pea Salad: 155 Wheat Dinner Roll: 130 Pears: 0 Calories: 735 Sodium: 1110	
COLD Roast Beef w/Swiss & Mustard on Multigrain Bread: 500 German Potato Salad: 70 Broccoli Tomato: 65 Tapioca Pudding w/Topping: 230 Calories: 995 Sodium: 1190	COLD Tuna Salad on Wheat Bread: 495 Tri Color Pasta Salad: 60 Cauliflower Carrot: 95 Birthday Cake: 95 Calories: 770 Sodium: 990	COLD Egg Salad on Multigrain Bread: 335 Broccoli Slaw: 145 Summer Potato Salad: 100 Nectarine: 0 Calories: 695 Sodium: 690	COLD Vegetarian Chef Salad w/Lite Italian Dressing: 555 Balsamic Vin. Pasta: 15 Scali Bread: 125 Pears: 5 Calories: 725 Sodium: 1040	COLD Turkey w/Provolone & Lite Mayo on Wheat Bread: 765 Beet Salad: 145 Vegetable Pasta Salad: 140 Mandarin Oranges: 5 Calories: 770 Sodium: 1165	