

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>3. LABOR DAY HOLIDAY</b></p> <p><b>MEAL SITE CLOSED</b></p> <p><b>NO MEAL SERVICE TODAY</b></p>		<p><b>4.</b></p> <p><b>HOT:</b> Potato Pollack w/Lemon Dill Sauce, Fresh Butternut Squash, Spinach &amp; Multigrain Bread.</p> <p><b>COLD:</b> Ham, Swiss Cheese &amp; Mustard on Wheat Bread, Italian Pasta Salad &amp; Tomato Red Pepper Salad.</p> <p><b>Mandarin Oranges</b></p>		<p><b>5. White Bean &amp; Escarole Soup</b></p> <p><b>HOT:</b> Stuffed Shells w/Tomato Sauce &amp; Chicken Meatball, Fresh Broccoli &amp; Scali Bread.</p> <p><b>COLD:</b> California Chicken Salad on Rye Bread, Potato Salad &amp; Tossed Garden Salad w/Lite Italian Dressing.</p> <p><b>Lorna Doone Cookies:</b></p>		<p><b>6. LABOR DAY SPECIAL LUNCH</b></p> <p><b>Chicken Vegetable Soup</b></p> <p>Oven Fried Chicken</p> <p>Oven Fried Potato Wedges</p> <p>Cole Slaw</p> <p>Corn Bread</p> <p><b>Apple Pie</b></p>		<p><b>7.</b></p> <p><b>HOT:</b> Hamburger Patty w/Ketchup on Hamburger Roll, Home Fries &amp; Carrot Raisin Salad.</p> <p><b>COLD:</b> Cottage Cheese Fruit Plate, Garden Shell Pasta Salad &amp; Cranberry Snack Loaf.</p> <p><b>Orange</b></p>	
<p><b>10. Split Pea Soup</b></p> <p><b>HOT:</b> Roast Turkey w/Gravy, Cranberry Sauce, Mashed Potatoes, Spring/Summer Vegetable Blend &amp; Rye Bread.</p> <p><b>COLD:</b> Roast Beef w/Swiss Cheese &amp; Lite Mayo on Multigrain Bread, Summer Potato Salad &amp; Cucumber, Feta &amp; Onion Salad.</p> <p><b>Chocolate Pudding w/Topping</b></p>		<p><b>11. Seafood Chowder</b></p> <p><b>HOT:</b> Teriyaki Salmon, Lo Mein Noodles, Oriental Vegetable Blend &amp; Oatmeal Bread.</p> <p><b>COLD:</b> Chicken Pesto Caesar Salad, Garden Shell Pasta Salad &amp; Whole Wheat Roll.</p> <p><b>Pears</b></p>		<p><b>12.</b></p> <p><b>HOT:</b> American Chop Suey, Green Beans, Parmesan Cheese &amp; Scali Bread.</p> <p><b>COLD:</b> Tuna Salad on Rye Bread, Summer Squash, Red Onions &amp; Zucchini Salad, Tri Color Pasta Salad.</p> <p><b>Tropical Mixed Fruit</b></p>		<p><b>13.</b></p> <p><b>HOT:</b> Spinach Red Pepper Quiche (V), Broccoli Slaw, Red Bliss Potatoes &amp; Whole Wheat Roll.</p> <p><b>COLD:</b> Turkey w/Swiss Cheese &amp; Lite Mayo on Multigrain Bread &amp; Cauliflower Carrot Salad.</p> <p><b>Oatmeal Raisin Cookie</b></p>		<p><b>14. Lentil Spinach Soup</b></p> <p><b>HOT:</b> Lemon Chicken w/Peas, Rice Pilaf Browned Orzo, Ratatouille &amp; Wheat Bread.</p> <p><b>COLD:</b> Seafood Salad on Oatmeal Bread, Lo Mein Pasta Salad &amp; Cole Slaw.</p> <p><b>Watermelon Slice</b></p>	
<p><b>17. Mushroom Barley Soup</b></p> <p><b>HOT:</b> Creole Fish w/Sauce, Rice &amp; Beans, Collard Greens &amp; Onions &amp; Mini Corn Bread Loaf.</p> <p><b>COLD:</b> Curry Chicken Salad on Oat Bread, Tomato Red Pepper Salad &amp; Corn Salad.</p> <p><b>Tapioca Pudding w/Topping</b></p>		<p><b>18. Beef Vegetable Soup</b></p> <p><b>HOT:</b> Chicken Swedish Meatball over Egg Noodles, Italian Green Beans &amp; Marble Rye.</p> <p><b>COLD:</b> Roast Beef w/Swiss Cheese &amp; Lite Mayo on Multigrain Bread, Italian Pasta Salad &amp; Zucchini Salad.</p> <p><b>Pineapples</b></p>		<p><b>19.</b></p> <p><b>HOT:</b> Lentil Stew (V), Herbed Brown Rice, Garden Salad w/Lite Italian Dressing &amp; Multigrain Bread.</p> <p><b>COLD:</b> BBQ Chicken Breast w/Red Onions &amp; Mozzarella on Hamburger Roll, Tri Color Pasta Salad &amp; Cauliflower Carrot Salad.</p> <p><b>Plum</b></p>		<p><b>20. Italian Garden Vegetable Soup</b></p> <p><b>HOT:</b> Meatloaf w/Onion Gravy, Mashed Potatoes, Scandinavian Vegetable Blend &amp; Garlic Dinner Roll.</p> <p><b>COLD:</b> Turkey w/Provolone Cheese &amp; Lite Mayo on Oat Bread, Broccoli &amp; Feat Orzo Salad &amp; Cucumber Dill Salad.</p> <p><b>Apple Dried Cranberry Compote</b></p>		<p><b>21. Cream of Butternut Squash Soup</b></p> <p><b>HOT:</b> Marsala Chicken, Italian Roasted Potatoes, Fresh Broccoli &amp; Carrots &amp; Whole Wheat Dinner Roll.</p> <p><b>COLD:</b> Egg Salad on Wheat Bread, Three Bean Salad &amp; Summer Potato Salad.</p> <p><b>Brownie</b></p>	
<p><b>24.</b></p> <p><b>HOT:</b> Baked Fish (Haddock) w/Broccoli Cheese Sauce, Red Bliss Potatoes, Fresh Cauliflower &amp; Rye Bread.</p> <p><b>COLD:</b> Roast Beef w/American Cheese &amp; Lite Mayo on Wheat Bread, Summer Squash Salad &amp; Greek Pasta Salad.</p> <p><b>Birthday Cake</b></p>		<p><b>25. Chicken &amp; White Bean Soup</b></p> <p><b>HOT:</b> Chicken Cacciatore over Ziti, Fresh Broccoli &amp; Whole Wheat Dinner Roll.</p> <p><b>COLD:</b> Chef Salad w/Turkey &amp; Lite Italian Dressing, Multigrain Bread &amp; English Pea Salad.</p> <p><b>Fruited Yogurt</b></p>		<p><b>26.</b></p> <p><b>HOT:</b> Crumb Topped Macaroni &amp; Cheese***, Fresh Baked Tomato Half &amp; Oat Bread.</p> <p><b>COLD:</b> Chicken Salad on Oatmeal Bread, Orzo Vegetable Salad &amp; Riviera Salad.</p> <p><b>Plum</b></p>		<p><b>27.</b></p> <p><b>HOT:</b> Beef Stew, Corn, Tossed Garden Salad w/Lite Italian Dressing, &amp; Multigrain Bread.</p> <p><b>COLD:</b> Tuna Salad on Rye Bread, Broccoli Slaw &amp; Potato Salad.</p> <p><b>Mandarin Oranges</b></p>		<p><b>28.</b></p> <p><b>HOT:</b> Hot Dog*** on Roll, Ketchup, Mustard &amp; Relish, Baked Beans &amp; Cole Slaw.</p> <p><b>COLD:</b> Chicken Pesto Caesar Salad, Corn Salad &amp; Scali Bread.</p> <p><b>Mixed Fruit</b></p>	
<p>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></p> <p><u>Nutrition information: Mg of sodium is listed next to menu items.</u></p> <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> <p><u>(V) = Vegetarian   All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.</u></p> <p>***Denotes Higher Sodium    \$2.00 Suggested donation per meal    All soups served with crackers</p>						<p><b>FOOD ALLERGIES:</b></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>			

## Springwell Nutrition Program: LUNCH MENU –Nutrition Information SEPTEMBER 2018

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<b>3. LABOR DAY HOLIDAY</b>	<b>4.</b>	<b>5. White Bean &amp; Escarole Soup: 145</b>	<b>6. LABOR DAY SPECIAL LUNCH</b>	<b>7.</b>										
<b>MEAL SITE CLOSED NO MEAL SERVICE TODAY</b>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <b>HOT</b>                      Potato Pollack w/Lemon Dill Sauce: 380                      Butternut Squash: 5                      Spinach: 145                      Multigrain Bread: 100                      Mandarin Oranges: 5  <b>Calories: 735</b>  <b>Sodium: 820</b> </td> <td style="width: 50%; vertical-align: top;"> <b>COLD</b>                      Ham, Swiss Cheese &amp; Mustard on Wheat Bread: 835                      Italian Pasta Salad: 140                      Tomato Red Pepper Salad: 5                      Mandarin Oranges: 5  <b>Calories: 805</b>  <b>Sodium: 1090</b> </td> </tr> </table>	<b>HOT</b> Potato Pollack w/Lemon Dill Sauce: 380 Butternut Squash: 5 Spinach: 145 Multigrain Bread: 100 Mandarin Oranges: 5 <b>Calories: 735</b> <b>Sodium: 820</b>	<b>COLD</b> Ham, Swiss Cheese & Mustard on Wheat Bread: 835 Italian Pasta Salad: 140 Tomato Red Pepper Salad: 5 Mandarin Oranges: 5 <b>Calories: 805</b> <b>Sodium: 1090</b>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <b>HOT</b>                      Stuffed Shells w/Tomato Sauce: 540                      Chicken Meatball: 65                      Broccoli: 10                      Scali Bread: 125                      Lorna Doone Cookies: 100  <b>Calories: 745</b>  <b>Sodium: 1180</b> </td> <td style="width: 50%; vertical-align: top;"> <b>COLD</b>                      California Chicken Salad on Rye Bread: 370                      Potato Salad: 100                      Tossed Garden Salad w/Lite Italian Dressing: 170                      Lorna Doone Cookies: 100  <b>Calories: 855</b>  <b>Sodium: 1045</b> </td> </tr> </table>	<b>HOT</b> Stuffed Shells w/Tomato Sauce: 540 Chicken Meatball: 65 Broccoli: 10 Scali Bread: 125 Lorna Doone Cookies: 100 <b>Calories: 745</b> <b>Sodium: 1180</b>	<b>COLD</b> California Chicken Salad on Rye Bread: 370 Potato Salad: 100 Tossed Garden Salad w/Lite Italian Dressing: 170 Lorna Doone Cookies: 100 <b>Calories: 855</b> <b>Sodium: 1045</b>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <b>Chicken Vegetable Soup: 110</b>                      Oven Fried Chicken: 620                      Oven Fried Potato Wedges: 5                      Cole Slaw: 45                      Corn Bread: 210                      Apple Pie: 265  <b>Calories: 1170</b>  <b>Sodium: 1420</b> </td> <td style="width: 50%; vertical-align: top;"> <b>HOT</b>                      Hamburger Patty on Hamburger Roll: 575                      Ketchup: 80                      Home Fries: 35                      Carrot Raisin Salad: 135                      Orange: 0  <b>Calories: 870</b>  <b>Sodium: 945</b> </td> </tr> <tr> <td style="width: 50%; vertical-align: top;"> <b>COLD</b>                      Cottage Cheese &amp; Fruit Plate: 180                      Garden Shell Pasta Salad: 200                      Cranberry Snack Loaf: 120                      Orange: 0  <b>Calories: 745</b>  <b>Sodium: 640</b> </td> <td style="width: 50%;"></td> </tr> </table>	<b>Chicken Vegetable Soup: 110</b> Oven Fried Chicken: 620 Oven Fried Potato Wedges: 5 Cole Slaw: 45 Corn Bread: 210 Apple Pie: 265 <b>Calories: 1170</b> <b>Sodium: 1420</b>	<b>HOT</b> Hamburger Patty on Hamburger Roll: 575 Ketchup: 80 Home Fries: 35 Carrot Raisin Salad: 135 Orange: 0 <b>Calories: 870</b> <b>Sodium: 945</b>	<b>COLD</b> Cottage Cheese & Fruit Plate: 180 Garden Shell Pasta Salad: 200 Cranberry Snack Loaf: 120 Orange: 0 <b>Calories: 745</b> <b>Sodium: 640</b>				
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<b>10. Split Pea Soup: 45</b>	<b>11. Seafood Chowder: 160</b>	<b>12.</b>	<b>13.</b>	<b>14. Lentil Spinach Soup: 140</b>										
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <b>HOT</b>                      Turkey w/Gravy: 460                      Cranberry Sauce: 70                      Mashed Potatoes: 65                      Spring/Summer Veg.: 79                      Rye Bread: 150                      Chocolate Pudding w/Topping: 175  <b>Calories: 935</b>  <b>Sodium: 1165</b> </td> <td style="width: 50%; vertical-align: top;"> <b>COLD</b>                      Roast Beef w/Swiss &amp; Lite Mayo on Multigrain Bread: 450                      Summer Potato: 65                      Cucumber, Feta &amp; Onion Salad: 80                      Chocolate Pudding w/Topping: 175  <b>Calories: 875</b>  <b>Sodium: 875</b> </td> </tr> </table>	<b>HOT</b> Turkey w/Gravy: 460 Cranberry Sauce: 70 Mashed Potatoes: 65 Spring/Summer Veg.: 79 Rye Bread: 150 Chocolate Pudding w/Topping: 175 <b>Calories: 935</b> <b>Sodium: 1165</b>	<b>COLD</b> Roast Beef w/Swiss & Lite Mayo on Multigrain Bread: 450 Summer Potato: 65 Cucumber, Feta & Onion Salad: 80 Chocolate Pudding w/Topping: 175 <b>Calories: 875</b> <b>Sodium: 875</b>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <b>HOT</b>                      Teriyaki Salmon: 380                      Lo Mein Noodles: 55                      Oriental Veg. 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<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <b>HOT</b>                      Creole Fish w/Sauce: 240                      Rice &amp; Beans: 80                      Collard Greens &amp; Onions: 55                      Mini Corn Bread: 210                      Tapioca Pudding w/Topping: 230  <b>Calories: 1055</b>  <b>Sodium: 1155</b> </td> <td style="width: 50%; vertical-align: top;"> <b>COLD</b>                      Curry Chicken on Oat Bread: 315                      Tomato Red Pepper Salad: 5                      Corn Salad: 190                      Tapioca Pudding w/Topping: 230  <b>Calories: 925</b>  <b>Sodium: 855</b> </td> </tr> </table>	<b>HOT</b> Creole Fish w/Sauce: 240 Rice & Beans: 80 Collard Greens & Onions: 55 Mini Corn Bread: 210 Tapioca Pudding w/Topping: 230 <b>Calories: 1055</b> <b>Sodium: 1155</b>	<b>COLD</b> Curry Chicken on Oat Bread: 315 Tomato Red Pepper Salad: 5 Corn Salad: 190 Tapioca Pudding w/Topping: 230 <b>Calories: 925</b> <b>Sodium: 855</b>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <b>HOT</b>                      Chicken Swedish Meatball over Egg Noodles: 300                      Italian Green Beans: 5                      Marble Rye: 150                      Pineapples: 5  <b>Calories: 1015</b>  <b>Sodium: 1020</b> </td> <td style="width: 50%; vertical-align: top;"> <b>COLD</b>                      Roast Beef w/Swiss &amp; Lite Mayo on Multigrain Bread: 505                      Italian Pasta Salad: 140                      Zucchini Salad: 65                      Pineapples: 5  <b>Calories: 970</b>  <b>Sodium: 1015</b> </td> </tr> </table>	<b>HOT</b> Chicken Swedish Meatball over Egg Noodles: 300 Italian Green Beans: 5 Marble Rye: 150 Pineapples: 5 <b>Calories: 1015</b> <b>Sodium: 1020</b>	<b>COLD</b> Roast Beef w/Swiss & Lite Mayo on Multigrain Bread: 505 Italian Pasta Salad: 140 Zucchini Salad: 65 Pineapples: 5 <b>Calories: 970</b> <b>Sodium: 1015</b>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <b>HOT</b>                      Lentil Stew (V): 424                      Herbed Brown Rice: 13                      Garden Salad w/Lite Italian Dressing: 170                      Multigrain Bread: 100                      Plum: 0  <b>Calories: 760</b>  <b>Sodium: 1045</b> </td> <td style="width: 50%; vertical-align: top;"> <b>COLD</b>                      BBQ Chicken Sandwich w/Red Onions &amp; Mozzarella On Hamburger Roll: 985                      Tri Color Pasta Salad: 60                      Cauliflower Carrot Salad: 95                      Plum: 0  <b>Calories: 750</b>  <b>Sodium: 1255</b> </td> </tr> </table>	<b>HOT</b> Lentil Stew (V): 424 Herbed Brown Rice: 13 Garden Salad w/Lite Italian Dressing: 170 Multigrain Bread: 100 Plum: 0 <b>Calories: 760</b> <b>Sodium: 1045</b>	<b>COLD</b> BBQ Chicken Sandwich w/Red Onions & Mozzarella On Hamburger Roll: 985 Tri Color Pasta Salad: 60 Cauliflower Carrot Salad: 95 Plum: 0 <b>Calories: 750</b> <b>Sodium: 1255</b>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <b>HOT</b>                      Meatloaf w/Onion Gravy: 170                      Mashed Potatoes: 70                      Scandinavian Veg. Blend: 40                      Garlic Dinner Roll: 130                      Apple Dried Cranberry Compote: 5  <b>Calories: 895</b>  <b>Sodium: 610</b> </td> <td style="width: 50%; vertical-align: top;"> <b>COLD</b>                      Turkey w/Provolone Cheese &amp; Lite Mayo on Oat Bread: 755                      Broccoli &amp; Feta Orzo Salad: 220                      Cucumber Dill Salad: 50                      Apple Dried Cranberry Compote: 5  <b>Calories: 770</b>  <b>Sodium: 1135</b> </td> </tr> </table>	<b>HOT</b> Meatloaf w/Onion Gravy: 170 Mashed Potatoes: 70 Scandinavian Veg. 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<b>24.</b>	<b>25. Chicken &amp; White Bean Soup: 190</b>	<b>26.</b>	<b>27.</b>	<b>28.</b>										
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