

Springwell Nutrition Program: LUNCH MENU – Center at the Heights JULY 2018 300 Hillside Avenue, Needham MA 781-455-7555 EXT. 203

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>2. Italian Garden Vegetable Soup HOT: Potato Pollack Filet w/Spinach Alfredo Sauce, Red Bliss Potatoes, Carrots & Multigrain Bread. COLD: Ham, Swiss Cheese & Mustard on Wheat Bread, Italian Pasta Salad & Tomato Red Pepper Salad. Mandarin Oranges</p>	<p>3. INDEPENDENCE DAY SPECIAL Cheeseburger w/Lettuce & Ketchup On Hamburger Roll Home Fries Summer Squash Salad Berry Trifle</p>	<p>4. INDEPENDENCE DAY HOLIDAY MEAL SITE CLOSED NO MEAL SERVICE TODAY</p>	<p>5. Chicken Orzo Soup HOT: Oven Fried Chicken Breast, Corn, Collard Greens & Onions, Wheat Dinner Roll. COLD: Cottage Cheese & Fruit Plate, Macaroni Salad & Cranberry Snack Loaf Brownie</p>	<p>6. HOT: Stuffed Shells w/Tomato Sauce & Meatball, Green Beans, Scali Bread & Tossed Garden Salad w/Lite Italian Dressing. COLD: Vegetarian Chef Salad w/Lite Italian Dressing, Wheat Dinner Roll & English Pea Salad. Apple</p>
<p>9. Seafood Chowder HOT: Salmon Boat w/Lemon Dill Sauce, Herbed Brown Rice, Oriental Vegetable Blend & Oatmeal Bread. COLD: Turkey, Swiss Cheese & Lite Mayo on Multigrain Bread, Summer Potato Salad & Cucumber, Feta & Onion Salad. Chocolate Pudding w/Topping</p>	<p>10. HOT: American Chop Suey, Parmesan Cheese, Fresh Broccoli & Scali Bread. COLD: Chicken Pesto Caesar Salad, Garden Shell Pasta Salad & Wheat Roll. Pears</p>	<p>11. Springwell's Annual BBQ Hot Dog & Hamburger w/Ketchup, Mustard & Relish Potato Salad Cole Slaw Refreshing Beverage Watermelon Wedge</p>	<p>12. Lentil Spinach Soup HOT: Turkey w/Gravy, Cranberry Sauce, Mashed Potatoes, Spring/Summer Vegetable Blend & Rye Bread. COLD: Roast Beef w/Swiss Cheese & Lite Mayo on Multigrain Bread, Cauliflower Carrot Salad & Potato Salad. Pineapples</p>	<p>13. HOT: Spinach Red Pepper Quiche (V), Green Beans, Fresh Butternut Squash & Wheat Roll. COLD: Seafood Salad on Oatmeal Bread, Macaroni Salad & Cole Slaw. Oatmeal Raisin Cookie</p>
<p>16. Split Pea Soup HOT: Creole Fish w/Sauce, Rice & Beans, Collard Greens & Onions, Multigrain Bread. COLD: BBQ Chicken Breast w/Red Onions & Mozzarella Cheese On Hamburger Roll, Tri Color Pasta Salad & Cauliflower Carrot Salad. Peaches</p>	<p>17. HOT: Crumb Topped Macaroni & Cheese***, Fresh Baked Tomato Half & Wheat Bread. COLD: Turkey, Swiss Cheese & Lite Mayo on Pumpernickel Bread, Italian Pasta Salad & Zucchini Salad. Plum</p>	<p>18. COLD LUNCH BOX DAY COLD: Egg Salad on Oat Bread, Tomato Red Pepper Salad & Corn Salad. Piña Colada Cake</p>	<p>19. Italian Garden Vegetable Soup HOT: Meatloaf w/Onion Gravy, Mashed Potatoes, Fresh Broccoli & Cauliflower & Garlic Dinner Roll. COLD: Chef Salad w/Turkey & Lite Italian Dressing, Summer Potato Salad & Multigrain Bread. Tapioca Pudding w/Topping</p>	<p>20. HOT: Chicken Meatball Sub w/Parmesan Cheese, Roasted Potatoes & Tuscan Vegetable Blend. COLD: Roast Beef w/Swiss Cheese & Mustard on Wheat Bread, Broccoli & Feta Orzo Salad & Carrot Raisin Salad. Pineapples</p>
<p>23. Vegetable Soup HOT: Chicken Cacciatore Over Ziti w/Sauce, Broccoli & Wheat Dinner Roll. COLD: Mediterranean Plate, Hummus, Pita Bread, Israeli Couscous Salad, Cucumber, Feta & Onions Nectarine</p>	<p>24. HOT: Baked Fish w/Broccoli Cheese Sauce, Red Bliss Potatoes, Fresh Cauliflower, Rye Bread & Tossed Garden Salad w/Lite Italian Dressing. COLD: Roast Beef w/American Cheese & Lite Mayo on Wheat Bread, Greek Pasta Salad & Summer Squash Salad. Cinnamon Apple Slices</p>	<p>25. HOT: Hot Dog***w/Ketchup, Mustard & Relish on Hot Dog Roll, Baked Beans & Cole Slaw. COLD: Tuna Salad on Oatmeal Bread, Orzo Vegetable Salad & Riviera Salad. Mixed Fruit</p>	<p>26. Beef Vegetable Soup HOT: Stuffed Pepper w/Beef & Tomato Sauce, Fresh Zucchini/Summer Squash & Oatmeal Bread. COLD: Chef Salad w/Turkey & Lite Italian Dressing, Multigrain Bread & English Pea Salad. Birthday Cake</p>	<p>27. HOT: Lentil Stew (V), Herbed Brown Rice, Caesar Salad w/Dressing & Multigrain Bread. COLD: Chicken Salad on Wheat Bread, Potato Salad & Tomato Red Pepper Salad. Fruited Yogurt</p>
<p>30. HOT: Lemon Dijon Chicken, Whipped Sweet Potatoes, Green Beans & Oatmeal Bread. COLD: Egg Salad on Rye Bread, German Potato Salad & Summer Squash, Red Onions & Zucchini Salad. Ice Cream</p>	<p>31. Spinach Mixed Bean Soup HOT: Vegetable Lasagna Rollup w/Tomato Sauce & Meatball, Tuscan Vegetable Blend & Scali Bread. COLD: Tuna Salad on Wheat Bread, Broccoli & Feta Orzo Salad & Root Vegetable Blend. Pears</p>	<p align="center">To cancel a meal Please call 781-455-7555 EXT. 203 By 11am The day before.</p>	<p align="center">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 align="center">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>

Springwell Nutrition Program: LUNCH MENU –Nutrition Information JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Italian Garden Vegetable Soup: 126 HOT Potato Pollack Filet: 205 Carrots: 75 Red Bliss Potatoes: 10 Multigrain Bread: 100 Mandarin Oranges: 5 Calories: 785 Sodium: 940	3. INDEPENDENCE DAY SPECIAL Cheeseburger w/Lettuce & Ketchup On Hamburger Roll: 600 Home Fries: 42 Summer Squash Salad: 42 Berry Trifle: 150 Calories: 980 Sodium: 1185	4. INDEPENDENCE DAY HOLIDAY <p style="text-align: center;">MEAL SITE CLOSED NO MEAL SERVICE TODAY</p>	5. Chicken Orzo Soup: 56 HOT Oven Fried Chicken Breast: 700 Corn: 0 Collard Greens & Onions: 55 Wheat Dinner Roll: 130 Brownie: 245 Calories: 960 Sodium: 1035	6. HOT Stuffed Shells w/Meatball: 490 Green Beans: 5 Scali Bread: 120 Garden Salad w/Lite Italian Dressing: 170 Apple: 0 Calories: 650 Sodium: 1045
9. Seafood Chowder: 160 HOT Salmon Boat: 230 Herbed Brown Rice: 15 Oriental Veg. Blend: 10 Oatmeal Bread: 121 Chocolate Pudding w/Topping: 175 Calories: 920 Sodium: 920	10. HOT American Chop Suey: 190 Parmesan Cheese: 110 Broccoli: 10 Scali Bread: 120 Pears: 5 Calories: 755 Sodium: 825	11. Springwell's Annual BBQ Hot Dog & Hamburger w/Ketchup, Mustard & Relish Potato Salad Cole Slaw Refreshing Beverage Watermelon Wedge	12. Lentil Spinach Soup: 140 HOT Turkey w/Gravy: 460 Cranberry Sauce: 5 Mashed Potatoes: 105 Spring/Summer Veg.: 65 Rye Bread: 120 Pineapples: 0 Calories: 800 Sodium: 1120	13. HOT Spinach Red Pepper Quiche (V): 290 Green Beans: 5 Butternut Squash: 0 Wheat Roll: 130 Oatmeal Raisin Cookie: 75 Calories: 655 Sodium: 610
16. Split Pea Soup: 45 HOT Creole Fish: 205 Rice & Beans: 80 Collard Greens & Onions: 55 Multigrain Bread: 100 Peaches: 5 Calories: 765 Sodium: 680	17. HOT Crumb Topped Macaroni & Cheese: 560 Baked Tomato Half: 260 Wheat Bread: 125 Plum: 0 Calories: 845 Sodium: 1075	18. COLD LUNCH BOX DAY COLD: Egg Salad on Oat Bread: 375 Tomato Red Pepper Salad: 190 Corn Salad: 5 Piña Colada Cake: 95 Calories: 915 Sodium: 775	19. Italian Garden Vegetable Soup: 140 HOT Meatloaf w/Gravy: 170 Mashed Potatoes: 70 Broccoli & Cauliflower: 15 Garlic Dinner Roll: 130 Tapioca Pudding w/Topping: 230 Calories: 1130 Sodium: 945	20. HOT Chicken Meatball Sub: 1015 Parmesan Cheese: 110 Roasted Potatoes: 5 Tuscany Veg. Blend: 45 Pineapples: 0 Calories: 1035 Sodium: 1285
23. Vegetable Soup: 105 HOT Chicken Cacciatore Over Ziti w/Sauce: 570 Broccoli: 10 Wheat Dinner Roll: 130 Nectarine: 0 Calories: 670 Sodium: 1015	24. HOT Baked Fish w/Broccoli Cheese Sauce: 450 Cauliflower: 15 Garden Salad w/Lite Italian Dressing: 170 Rye Bread: 150 Cin. Apple Slices: 10 Calories: 510 Sodium: 945	25. HOT Hot Dog on Roll: 715 Ketchup, Mustard & Relish: 218 Baked Beans: 145 Cole Slaw: 45 Mixed Fruit: 5 Calories: 755 Sodium: 1275	26. Beef Vegetable Soup: 145 HOT Stuffed Pepper: 190 Zucchini/Summer Squash: 5 Oatmeal Bread: 120 Birthday Cake: 95 Calories: 625 Sodium: 750	27. HOT Lentil Stew (V): 530 Herbed Brown Rice: 5 Caesar Salad w/Dressing: 295 Multigrain Bread: 100 Fruited Yogurt: 75 Calories: 850 Sodium: 1120
30. HOT Lemon Dijon Chicken: 385 Sweet Potatoes: 25 Green Beans: 5 Oatmeal Bread: 120 Ice Cream: 55 Calories: 645 Sodium: 730	31. Spinach Mixed Beans Soup: 160 HOT Vegetable Lasagna Rollup w/Meatball: 590 Tuscany Veg. Blend: 45 Scali Bread: 120 Pears: 5 Calories: 640 Sodium: 1114	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 style="text-align: center;">(V) = Vegetarian All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.</p> <p style="text-align: center;">***Denotes Higher Sodium \$2.00 Suggested donation per meal All soups served with crackers</p>		