

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. <b><u>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></u></b></p> <p><b><u>(V) = Vegetarian   All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.</u></b> ***Denotes Higher Sodium     \$2.00 Suggested donation per meal     All soups served with crackers</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>To cancel a meal</b> <b>Please call</b> <b>781-455-7555 ext. 203</b> <b>By 11am</b> <b>The day before.</b></p>		<p><b>1. Chicken Vegetable Ditalini Soup</b> <b>HOT:</b> Potato Pollack Filet w/Spinach Alfredo Sauce, Fresh Butternut Squash, Broccoli &amp; Carrots &amp; Multigrain Bread. <b>COLD:</b> Roast Beef w/Swiss Cheese &amp; Mustard on Oat Bread, Corn Salad &amp; Spinach Mandarin Salad w/Lite Italian Dressing. <b>Peaches</b></p>
<p><b>4. Oriental Vegetable Soup:</b> <b>HOT:</b> Chicken Lo Mein, Oriental Vegetable Blend &amp; Multigrain Bread. <b>COLD:</b> Tuna Salad on Multigrain Bread, Potato Salad &amp; Summer Squash, Red Onions &amp; Zucchini Salad. <b>Fruited Jell-O w/Topping</b></p>	<p><b>5. 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> <p><b>HOT:</b> Fish w/Broccoli Cheese Sauce, Sweet Potatoes, Italian Style Vegetable Blend &amp; Rye Bread. <b>COLD:</b> Roast Beef w/Provolone Cheese &amp; Mustard on Bulkie Roll, Root Vegetable Salad &amp; Broccoli Slaw. <b>Vanilla Pudding w/Topping</b></p>	<p><b>6. Vegetable Soup</b> <b>HOT:</b> Beef Stroganoff over Noodles, Carrot &amp; Wheat Bread. <b>COLD:</b> Turkey w/Swiss Cheese &amp; Lite Mayo on Oatmeal Bread, Cole Slaw &amp; Summer Potato Salad. <b>Brownie</b></p>	<p><b>7. Cream of Tomato Soup</b> <b>HOT:</b> Spinach &amp; Red Pepper Quiche (V), Green Beans, Red Bliss Potatoes &amp; Whole Wheat Roll. <b>COLD:</b> Curry Chicken Salad on Wheat Bread, Beet Salad &amp; English Pea Salad. <b>Pears</b></p>	<p><b>8. HOT:</b> American Chop Suey, Tossed Garden Salad w/Lite Italian Dressing, Garlic Dinner Roll, Fresh Broccoli &amp; Cauliflower. <b>COLD:</b> Seafood Salad on Rye Bread, Cucumber Dill Salad &amp; Southwest Black Bean Salad. <b>Cantaloupe Wedge</b></p>
<p><b>11. HOT:</b> 3 Chicken Meatball Sub w/Marinara Sauce &amp; Parmesan Cheese, Roasted Potatoes, Green Beans &amp; Red Peppers. <b>COLD:</b> Turkey w/American Cheese &amp; Lite Mayo on Multigrain Bread, Balsamic Pasta Salad &amp; Cauliflower Carrot Salad. <b>Pear</b></p>	<p><b>12. Cream of Butternut Squash Soup</b> <b>HOT:</b> Lemon Dijon Chicken, Mashed Potatoes, Spinach &amp; Wheat Bread. <b>COLD:</b> Tuna Salad on Wheat Bread, Tomato Red Pepper Salad, Broccoli &amp; Feta Orzo Salad. <b>Cranberry Orange Snack Loaf</b></p>	<p><b>13. Split Pea Soup</b> <b>HOT:</b> Salmon Boat w/Lemon Sauce, Sweet Potato, Fresh Baked Tomato Half &amp; Multigrain Bread. <b>COLD:</b> Ham Chef Salad w/Lite Italian Dressing, Macaroni Salad &amp; Wheat Roll. <b>Pineapples</b></p>	<p><b>14. FATHER'S DAY SPECIAL</b> <b>Italian Garden Vegetable Soup:</b> Beef Tips w/Mushroom Gravy: Cheddar Mashed Potatoes: Fresh Zucchini &amp; Summer Squash: Snowflake Dinner Roll: <b>Boston Cream Cup w/Topping</b></p>	<p><b>15. HOT:</b> White Bean &amp; Kale Stew (V), Herbed Brown Rice, Pumpernickel Bread &amp; Tossed Garden Salad w/Lite Italian Dressing. <b>COLD:</b> Chicken Salad on Multigrain Bread, Potato Salad &amp; Spinach Mandarin Salad w/Lite Italian Dressing. <b>Peaches</b></p>
<p><b>18. Chicken Vegetable Soup</b> <b>HOT:</b> Creole Chicken, Rice &amp; Beans, Oatmeal Bread, Collard Greens &amp; Onions. <b>COLD:</b> Seafood Salad on Rye Bread, Zucchini Salad &amp; Greek Pasta Salad. <b>Plum</b></p>	<p><b>19. HOT:</b> Beef Stew, Corn, Tossed Garden Salad w/Lite Italian Dressing &amp; Wheat Roll. <b>COLD:</b> California Chicken Salad on Wheat Bread, Riviera Salad &amp; Potato Salad. <b>Tropical Mixed Fruit</b></p>	<p><b>20. HOT:</b> 2 Stuffed Shells w/Tomato Sauce &amp; Chicken Meatball, Spinach Mandarin Salad w/Lite Italian Dressing, Multigrain Bread, Fresh Zucchini &amp; Cauliflower. <b>COLD:</b> Roast Beef w/Provolone Cheese &amp; Lite Mayo on Oatmeal Bread, Tri color Pasta Salad &amp; Cole Slaw. <b>Chocolate Chip Cookie</b></p>	<p><b>21. Seafood Chowder</b> <b>HOT:</b> Potato Pollack Filet w/Newburg Sauce, Italian Roasted Potatoes, Dinner Roll &amp; Fresh Broccoli &amp; Carrots. <b>COLD:</b> Garden Salad w/Grilled Chicken Breast &amp; Lite Italian Dressing, English Pea Salad &amp; Wheat Dinner Roll. <b>Ice Cream</b></p>	<p><b>22. HOT:</b> Turkey Tetrazzini, Green Beans &amp; Multigrain Bread. <b>COLD:</b> Ham, Swiss Cheese &amp; Mustard on Multigrain Bread, Macaroni Salad &amp; Broccoli Slaw. <b>Pears</b></p>
<p><b>25. Tomato Basil Soup</b> <b>HOT:</b> Fish Almondine w/Sauce, Rice Pilaf Browned Orzo, Summer Spring Vegetable Blend &amp; Oatmeal Bread. <b>COLD:</b> Roast Beef w/Swiss Cheese &amp; Mustard on Multigrain Bread, German Potato Salad &amp; Broccoli Tomato Salad. <b>Cinnamon Applesauce</b></p>	<p><b>26. Potato Leek Soup</b> <b>HOT:</b> Chicken Broccoli Divan, Green Beans &amp; Red Peppers, Fresh Whipped Butternut Squash &amp; Wheat Dinner Roll. <b>COLD:</b> Tuna Salad on Wheat Bread, Tri Color Pasta Salad &amp; Cauliflower Carrot Salad <b>Birthday Cake</b></p>	<p><b>27. HOT:</b> Hot Dog***w/Ketchup, Mustard &amp; Relish on Roll, Bake Beans &amp; Cole Slaw. <b>COLD:</b> Egg Salad on Multigrain Bread, Summer Squash Salad &amp; Potato Salad. <b>Nectarine</b></p>	<p><b>28. Escarole &amp; Bean Soup</b> <b>HOT:</b> Beef Stuffed Pepper, Creamy Parmesan Polenta, Dill Carrots &amp; Multigrain Bread. <b>COLD:</b> Turkey w/Provolone Cheese &amp; Lite Mayo on Wheat Bread, Vegetable Pasta Salad &amp; Tossed Garden Salad w/Lite Italian Dressing. <b>Tropical Fruit</b></p>	<p><b>29. HOT:</b> Crumb Topped Macaroni &amp; Cheese***, Fresh Baked Tomato Half &amp; Rye Bread. <b>COLD:</b> Chicken Pesto Caesar Salad, Balsamic Vinaigrette Pasta Salad &amp; Scali Bread. <b>Ambrosia</b></p>