

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>3. LABOR DAY HOLIDAY</p> <p>MEAL SITE CLOSED</p> <p>NO MEAL SERVICE TODAY</p>		<p>4.</p> <p>HOT: Potato Pollack w/Lemon Dill Sauce, Fresh Butternut Squash, Spinach & Multigrain Bread.</p> <p>COLD: Ham, Swiss Cheese & Mustard on Wheat Bread, Italian Pasta Salad & Tomato Red Pepper Salad.</p> <p>Mandarin Oranges</p>		<p>5. White Bean & Escarole Soup</p> <p>HOT: Stuffed Shells w/Tomato Sauce & Chicken Meatball, Fresh Broccoli & Scali Bread.</p> <p>COLD: California Chicken Salad on Rye Bread, Potato Salad & Tossed Garden Salad w/Lite Italian Dressing.</p> <p>Lorna Doone Cookies:</p>		<p>6. LABOR DAY SPECIAL LUNCH</p> <p>Chicken Vegetable Soup</p> <p>Oven Fried Chicken</p> <p>Oven Fried Potato Wedges</p> <p>Cole Slaw</p> <p>Corn Bread</p> <p>Apple Pie</p>		<p>7.</p> <p>HOT: Hamburger Patty w/Ketchup on Hamburger Roll, Home Fries & Carrot Raisin Salad.</p> <p>COLD: Cottage Cheese Fruit Plate, Garden Shell Pasta Salad & Cranberry Snack Loaf.</p> <p>Orange</p>	
<p>10. Split Pea Soup</p> <p>HOT: Roast Turkey w/Gravy, Cranberry Sauce, Mashed Potatoes, Spring/Summer Vegetable Blend & Rye Bread.</p> <p>COLD: Roast Beef w/Swiss Cheese & Lite Mayo on Multigrain Bread, Summer Potato Salad & Cucumber, Feta & Onion Salad.</p> <p>Chocolate Pudding w/Topping</p>		<p>11. Seafood Chowder</p> <p>HOT: Teriyaki Salmon, Lo Mein Noodles, Oriental Vegetable Blend & Oatmeal Bread.</p> <p>COLD: Chicken Pesto Caesar Salad, Garden Shell Pasta Salad & Whole Wheat Roll.</p> <p>Pears</p>		<p>12.</p> <p>HOT: American Chop Suey, Green Beans, Parmesan Cheese & Scali Bread.</p> <p>COLD: Tuna Salad on Rye Bread, Summer Squash, Red Onions & Zucchini Salad, Tri Color Pasta Salad.</p> <p>Tropical Mixed Fruit</p>		<p>13.</p> <p>HOT: Spinach Red Pepper Quiche (V), Broccoli Slaw, Red Bliss Potatoes & Whole Wheat Roll.</p> <p>COLD: Turkey w/Swiss Cheese & Lite Mayo on Multigrain Bread & Cauliflower Carrot Salad.</p> <p>Oatmeal Raisin Cookie</p>		<p>14. Lentil Spinach Soup</p> <p>HOT: Lemon Chicken w/Peas, Rice Pilaf Browned Orzo, Ratatouille & Wheat Bread.</p> <p>COLD: Seafood Salad on Oatmeal Bread, Lo Mein Pasta Salad & Cole Slaw.</p> <p>Watermelon Slice</p>	
<p>17. Mushroom Barley Soup</p> <p>HOT: Creole Fish w/Sauce, Rice & Beans, Collard Greens & Onions & Mini Corn Bread Loaf.</p> <p>COLD: Curry Chicken Salad on Oat Bread, Tomato Red Pepper Salad & Corn Salad.</p> <p>Tapioca Pudding w/Topping</p>		<p>18. Beef Vegetable Soup</p> <p>HOT: Chicken Swedish Meatball over Egg Noodles, Italian Green Beans & Marble Rye.</p> <p>COLD: Roast Beef w/Swiss Cheese & Lite Mayo on Multigrain Bread, Italian Pasta Salad & Zucchini Salad.</p> <p>Pineapples</p>		<p>19.</p> <p>HOT: Lentil Stew (V), Herbed Brown Rice, Garden Salad w/Lite Italian Dressing & Multigrain Bread.</p> <p>COLD: BBQ Chicken Breast w/Red Onions & Mozzarella on Hamburger Roll, Tri Color Pasta Salad & Cauliflower Carrot Salad.</p> <p>Plum</p>		<p>20. Italian Garden Vegetable Soup</p> <p>HOT: Meatloaf w/Onion Gravy, Mashed Potatoes, Scandinavian Vegetable Blend & Garlic Dinner Roll.</p> <p>COLD: Turkey w/Provolone Cheese & Lite Mayo on Oat Bread, Broccoli & Feat Orzo Salad & Cucumber Dill Salad.</p> <p>Apple Dried Cranberry Compote</p>		<p>21. Cream of Butternut Squash Soup</p> <p>HOT: Marsala Chicken, Italian Roasted Potatoes, Fresh Broccoli & Carrots & Whole Wheat Dinner Roll.</p> <p>COLD: Egg Salad on Wheat Bread, Three Bean Salad & Summer Potato Salad.</p> <p>Brownie</p>	
<p>24.</p> <p>HOT: Baked Fish (Haddock) w/Broccoli Cheese Sauce, Red Bliss Potatoes, Fresh Cauliflower & Rye Bread.</p> <p>COLD: Roast Beef w/American Cheese & Lite Mayo on Wheat Bread, Summer Squash Salad & Greek Pasta Salad.</p> <p>Birthday Cake</p>		<p>25. Chicken & White Bean Soup</p> <p>HOT: Chicken Cacciatore over Ziti, Fresh Broccoli & Whole Wheat Dinner Roll.</p> <p>COLD: Chef Salad w/Turkey & Lite Italian Dressing, Multigrain Bread & English Pea Salad.</p> <p>Fruited Yogurt</p>		<p>26.</p> <p>HOT: Crumb Topped Macaroni & Cheese***, Fresh Baked Tomato Half & Oat Bread.</p> <p>COLD: Chicken Salad on Oatmeal Bread, Orzo Vegetable Salad & Riviera Salad.</p> <p>Plum</p>		<p>27.</p> <p>HOT: Beef Stew, Corn, Tossed Garden Salad w/Lite Italian Dressing, & Multigrain Bread.</p> <p>COLD: Tuna Salad on Rye Bread, Broccoli Slaw & Potato Salad.</p> <p>Mandarin Oranges</p>		<p>28.</p> <p>HOT: Hot Dog*** on Roll, Ketchup, Mustard & Relish, Baked Beans & Cole Slaw.</p> <p>COLD: Chicken Pesto Caesar Salad, Corn Salad & Scali Bread.</p> <p>Mixed Fruit</p>	
<p>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p> <p><u>Nutrition information: Mg of sodium is listed next to menu items.</u></p> <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><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>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>			

Springwell Nutrition Program: LUNCH MENU –Nutrition Information SEPTEMBER 2018

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HOT Crumb Topped Macaroni & Cheese: 560 Baked Tomato Half: 260 Oat Bread: 120 Plum: 0 Calories: 895 Sodium: 1065	COLD Chicken Salad on Oatmeal Bread: 415 Orzo Vegetable Salad: 15 Riviera Salad: 90 Plum: 0 Calories: 710 Sodium: 590													
HOT Beef Stew: 325 Corn: 0 Tossed Garden Salad w/Lite Italian Dressing: 170 Multigrain Bread: 100 Mandarin Oranges: 5 Calories: 650 Sodium: 790	COLD Tuna Salad on Rye Bread: 540 Broccoli Slaw: 145 Potato Salad: 100 Mandarin Oranges: 5 Calories: 775 Sodium: 1145													
HOT Hot Dog on Roll: 715 Ketchup (80), Mustard (55) & Relish (90) Baked Beans: 140 Cole Slaw: 145 Mixed Fruit: 10 Calories: 780 Sodium: 1290	COLD Chicken Pesto Caesar Salad: 680 Corn Salad: 190 Scali Bread: 125 Mixed Fruit: 10 Calories: 775 Sodium: 1135													