

| 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. YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p> <p>(V) = Vegetarian All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers. ***Denotes Higher Sodium \$2.00 Suggested donation per meal All soups served with crackers</p> | | | | |
| <p>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>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> | <p>To cancel a meal Please call 617-796-1668 By 11am The day before.</p> | | <p>1. Chicken Vegetable Ditalini Soup HOT: Potato Pollack Filet w/Spinach Alfredo Sauce, Fresh Butternut Squash, Broccoli & Carrots & Multigrain Bread. COLD: Roast Beef w/Swiss Cheese & Mustard on Oat Bread, Corn Salad & Spinach Mandarin Salad w/Lite Italian Dressing. Peaches</p> |
| <p>4. Oriental Vegetable Soup: HOT: Chicken Lo Mein, Oriental Vegetable Blend & Multigrain Bread. COLD: Tuna Salad on Multigrain Bread, Potato Salad & Summer Squash, Red Onions & Zucchini Salad. Fruited Jell-O w/Topping</p> | <p>5. HOT: Fish w/Broccoli Cheese Sauce, Sweet Potatoes, Italian Style Vegetable Blend & Rye Bread. COLD: Roast Beef w/Provolone Cheese & Mustard on Bulkie Roll, Root Vegetable Salad & Broccoli Slaw. Vanilla Pudding w/Topping</p> | <p>6. Vegetable Soup HOT: Beef Stroganoff over Noodles, Carrot & Wheat Bread. COLD: Turkey w/Swiss Cheese & Lite Mayo on Oatmeal Bread, Cole Slaw & Summer Potato Salad. Brownie</p> | <p>7. Cream of Tomato Soup HOT: Spinach & Red Pepper Quiche (V), Green Beans, Red Bliss Potatoes & Whole Wheat Roll. COLD: Curry Chicken Salad on Wheat Bread, Beet Salad & English Pea Salad. Pears</p> | <p>8. HOT: American Chop Suey, Tossed Garden Salad w/Lite Italian Dressing, Garlic Dinner Roll, Fresh Broccoli & Cauliflower. COLD: Seafood Salad on Rye Bread, Cucumber Dill Salad & Southwest Black Bean Salad. Cantaloupe Wedge</p> |
| <p>11. HOT: 3 Chicken Meatball Sub w/Marinara Sauce & Parmesan Cheese, Roasted Potatoes, Green Beans & Red Peppers. COLD: Turkey w/American Cheese & Lite Mayo on Multigrain Bread, Balsamic Pasta Salad & Cauliflower Carrot Salad. Pear</p> | <p>12. Cream of Butternut Squash Soup HOT: Lemon Dijon Chicken, Mashed Potatoes, Spinach & Wheat Bread. COLD: Tuna Salad on Wheat Bread, Tomato Red Pepper Salad, Broccoli & Feta Orzo Salad. Cranberry Orange Snack Loaf</p> | <p>13. Split Pea Soup HOT: Salmon Boat w/Lemon Sauce, Sweet Potato, Fresh Baked Tomato Half & Multigrain Bread. COLD: Ham Chef Salad w/Lite Italian Dressing, Macaroni Salad & Wheat Roll. Pineapples</p> | <p>14. FATHER'S DAY SPECIAL Italian Garden Vegetable Soup: Beef Tips w/Mushroom Gravy: Cheddar Mashed Potatoes: Fresh Zucchini & Summer Squash: Snowflake Dinner Roll: Boston Cream Cup w/Topping</p> | <p>15. HOT: White Bean & Kale Stew (V), Herbed Brown Rice, Pumpernickel Bread & Tossed Garden Salad w/Lite Italian Dressing. COLD: Chicken Salad on Multigrain Bread, Potato Salad & Spinach Mandarin Salad w/Lite Italian Dressing. Peaches</p> |
| <p>18. Chicken Vegetable Soup HOT: Creole Chicken, Rice & Beans, Oatmeal Bread, Collard Greens & Onions. COLD: Seafood Salad on Rye Bread, Zucchini Salad & Greek Pasta Salad. Plum</p> | <p>19. HOT: Beef Stew, Corn, Tossed Garden Salad w/Lite Italian Dressing & Wheat Roll. COLD: California Chicken Salad on Wheat Bread, Riviera Salad & Potato Salad. Tropical Mixed Fruit</p> | <p>20. HOT: 2 Stuffed Shells w/Tomato Sauce & Chicken Meatball, Spinach Mandarin Salad w/Lite Italian Dressing, Multigrain Bread, Fresh Zucchini & Cauliflower. COLD: Roast Beef w/Provolone Cheese & Lite Mayo on Oatmeal Bread, Tri color Pasta Salad & Cole Slaw. Chocolate Chip Cookie</p> | <p>21. Seafood Chowder HOT: Potato Pollack Filet w/Newburg Sauce, Italian Roasted Potatoes, Dinner Roll & Fresh Broccoli & Carrots. COLD: Garden Salad w/Grilled Chicken Breast & Lite Italian Dressing, English Pea Salad & Wheat Dinner Roll. Ice Cream</p> | <p>22. HOT: Turkey Tetrazzini, Green Beans & Multigrain Bread. COLD: Ham, Swiss Cheese & Mustard on Multigrain Bread, Macaroni Salad & Broccoli Slaw. Pears</p> |
| <p>25. Tomato Basil Soup HOT: Fish Almondine w/Sauce, Rice Pilaf Browned Orzo, Summer Spring Vegetable Blend & Oatmeal Bread. COLD: Roast Beef w/Swiss Cheese & Mustard on Multigrain Bread, German Potato Salad & Broccoli Tomato Salad. Cinnamon Applesauce</p> | <p>26. 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>27. HOT: Hot Dog***w/Ketchup, Mustard & Relish on Roll, Bake Beans & Cole Slaw. COLD: Egg Salad on Multigrain Bread, Summer Squash Salad & Potato Salad. Nectarine</p> | <p>28. Escarole & Bean Soup HOT: Beef Stuffed Pepper, Creamy Parmesan Polenta, Dill Carrots & Multigrain Bread. COLD: Turkey w/Provolone Cheese & Lite Mayo on Wheat Bread, Vegetable Pasta Salad & Tossed Garden Salad w/Lite Italian Dressing. Tropical Fruit</p> | <p>29. HOT: Crumb Topped Macaroni & Cheese***, Fresh Baked Tomato Half & Rye Bread. COLD: Chicken Pesto Caesar Salad, Balsamic Vinaigrette Pasta Salad & Scali Bread. Ambrosia</p> |

Springwell Nutrition Program: LUNCH MENU –Nutrition Information JUNE 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| FOOD ALLERGIES | FOOD ALLERGIES | Nutrition information: Mg of sodium is listed next to menu items. | To cancel a meal Please call 617-796-1668 By 11am The day before. | 1. Chicken Veg. Ditalini Soup: 80 |
| 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. | 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. | | HOT Potato Pollack Filet: 504 Butternut Squash: 0 Broccoli & Carrot: 45 Multigrain Bread: 100 Peaches: 5 Calories: 825 Sodium: 945 |
| 4. Oriental Vegetable Soup: 235 | 5. | 6. Vegetable Soup: 195 | 7. Cream of Tomato Soup: 245 | 8. |
| HOT Chicken Lo Mein: 450 Oriental Veg. Blend: 10 Multigrain Bread: 100 Fruited Jell-O w/Topping: 10 Calories: 720 Sodium: 1010 | COLD Tuna Salad on Multigrain Bread: 340 Potato Salad: 65 Squash, Red Onions & Zucchini Salad: 100 Fruited Jell-O w/Topping: 10 Calories: 735 Sodium: 1185 | HOT Fish w/Broccoli Cheese Sauce: 450 Sweet Potatoes: 25 Italian Style Veg.: 35 Rye Bread: 150 Vanilla Pudding w/Topping: 175 Calories: 655 Sodium: 995 | COLD Roast Beef w/Provolone Cheese & Mustard on Bulkie Roll: 620 Root Veg. Salad: 85 Broccoli Slaw: 145 Vanilla Pudding w/Topping: 175 Calories: 670 Sodium: 1135 | HOT Beef Stroganoff over Noodles: 205 Carrots: 75 Wheat Bread: 125 Brownie: 245 Calories: 915 Sodium: 1060 |
| HOT Spinach & Red Pepper Quiche: 175 Green Beans: 5 Red Bliss Potatoes: 10 Wheat Roll: 130 Pears: 5 Calories: 665 Sodium: 730 | COLD Curry Chicken Salad on Wheat Bread: 325 Beet Salad: 145 English Pea Salad: 155 Pears: 5 Calories: 780 Sodium: 1035 | HOT American Chop Suey: 440 Broccoli & Cauliflower: 15 Garden Salad w/Italian Dressing: 170 Garlic Dinner Roll: 135 Cantaloupe Wedge: 0 Calories: 1015 Sodium: 915 | COLD Roast Beef w/Swiss & Mustard on Oat Bread: 540 Spinach Mandarin w/Italian Dressing: 215 Corn Salad: 190 Peaches: 5 Calories: 795 Sodium: 1190 | |
| 11. | 12. Cream of Butternut Squash Soup: 100 | 13. Split Pea Soup: 45 | 14. FATHER'S DAY SPECIAL LUNCH | 15. |
| HOT Chicken Meatball Sub: 1015 Green Beans & Red Peppers: 5 Roasted Potatoes: 5 Pear: 0 Calories: 1245 Sodium: 1070 | COLD Turkey w/American Cheese & Lite Mayo on Multigrain Bread: 785 Balsamic Pasta Salad: 15 Cauliflower Carrot: 95 Pear: 0 Calories: 775 Sodium: 1125 | HOT Lemon Dijon Chicken: 385 Mashed Potatoes: 70 Spinach: 145 Wheat Bread: 125 Cran. Orange Loaf: 100 Calories: 865 Sodium: 1140 | COLD Tuna Salad on Wheat Bread: 495 Broccoli & Feta Orzo: 220 Tomato Red Pepper: 5 Cran. Orange Loaf: 100 Calories: 714 Sodium: 925 | HOT Salmon Boat w/Lemon Sauce: 250 Sweet Potato: 25 Baked Tomato Half: 260 Multigrain Bread: 100 Pineapples: 5 Calories: 805 Sodium: 895 |
| 18. Chicken Vegetable Soup: 80 | 19. | 20. | 21. Seafood Chowder: 160 | 22. |
| HOT Creole Chicken: 480 Rice & Beans: 80 Collard Greens & Onions: 55 Oatmeal Bread: 125 Plum: 0 Calories: 825 Sodium: 1020 | COLD Seafood Salad on Rye Bread: 530 Zucchini Salad: 65 Greek Pasta Salad: 190 Plum: 0 Calories: 1015 Sodium: 1025 | HOT Beef Stew: 325 Corn: 0 Tossed Garden Salad w/Italian Dressing: 170 Wheat Roll: 135 Tropical Mixed Fruit: 10 Calories: 620 Sodium: 790 | COLD California Chicken Salad on Wheat Bread: 325 Riviera Salad: 90 Potato Salad: 100 Tropical Mixed Fruit: 10 Calories: 700 Sodium: 630 | HOT Stuffed Shells w/Meatball: 610 Zucchini & Cauliflower: 5 Multigrain Bread: 100 Spinach Mandarin w/Italian Dressing: 210 Choc. Chip Cookie: 60 Calories: 625 Sodium: 1145 |
| 25. Tomato Basil Soup: 155 | 26. Potato Leek Soup: 75 | 27. | 28. Escarole & Bean Soup: 145 | 29. |
| HOT Fish Almondine: 150 Rice Pilaf Orzo: 100 Summer Spring Veg. Blend: 65 Oatmeal Bread: 120 Cinn. Applesauce: 15 Calories: 675 Sodium: 815 | COLD Roast Beef w/Swiss & Mustard on Multigrain Bread: 500 German Potato Salad: 100 Broccoli Tomato Salad: 65 Cinnamon Applesauce: 15 Calories: 660 Sodium: 905 | HOT Chicken Broc. Divan: 565 Green Beans & Red Peppers: 5 Butternut Squash: 0 Wheat Dinner Roll: 130 Birthday Cake: 95 Calories: 685 Sodium: 1085 | COLD Tuna Salad on Wheat Bread: 545 Tri Color Pasta Salad: 60 Cauliflower Carrot: 95 Birthday Cake: 95 Calories: 750 Sodium: 985 | HOT Hot Dog on Roll: 715 Ketchup, Mustard & Relish: 235 Baked Beans: 140 Cole Slaw: 45 Nectarine: 0 Calories: 775 Sodium: 1275 |
| HOT Beef Stuffed Pepper: 190 Creamy Parmesan Polenta: 450 Dill Carrots: 75 Multigrain Bread: 100 Tropical Fruit: 10 Calories: 1075 Sodium: 1185 | COLD Turkey w/Provolone/Mayo on Wheat Bread: 770 Vegetable Pasta Salad: 170 Garden Salad w/Lite Italian Dressing: 140 Tropical Fruit: 10 Calories: 920 Sodium: 1395 | HOT Crumb Topped Macaroni & Cheese***: 550 Baked Tomato Half: 260 Rye Bread: 150 Ambrosia: 5 Calories: 945 Sodium: 1115 | COLD Chicken Pesto Caesar Salad: 680 Balsamic Vinaigrette Pasta Salad: 15 Scali Bread: 125 Ambrosia: 5 Calories: 825 Sodium: 975 | |