

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
<b>FOOD ALLERGIES</b>	<b>FOOD ALLERGIES</b>			<b>1. Chicken Veg. Ditalini Soup:80</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.	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.			<b>HOT</b> Potato Pollack Filet w/Sauce:504* Butternut Squash:0 Broccoli & Carrots:45 Multigrain Bread:100 Peaches:5 <b>Calories:825</b> <b>Sodium:945</b>	<b>COLD</b> Roast Beef w/Swiss & Mustard on Oat Bread:540 Spinach Mandarin w/Italian Dressing:215 Corn Salad:190 Peaches:5 <b>Calories:795</b> <b>Sodium:1190</b>				
<b>4. Oriental Vegetable Soup:235</b>	<b>5.</b>	<b>6. Vegetable Soup:195</b>	<b>7. Cream of Tomato Soup:245</b>	<b>8.</b>					
<b>HOT</b> Chicken Lo Mein:450 Oriental Veg. Blend:10 Multigrain Bread:100 Fruited Jell-O w/Topping:10 <b>Calories:720</b> <b>Sodium:1010</b>	<b>COLD</b> Tuna Salad on Multigrain Bread:340 Potato Salad:65 Squash, Red Onions & Zucchini Salad:100 Fruited Jell-O w/Topping:10 <b>Calories:735</b> <b>Sodium:1185</b>	<b>HOT</b> Fish w/Broccoli Cheese Sauce:450 Sweet Potatoes:25 Italian Veg. Blend:35 Rye Bread:150 Vanilla Pudding w/Topping:175 <b>Calories:655</b> <b>Sodium:995</b>	<b>COLD</b> Roast Beef w/Provolone & Mustard On Roll:620 Root Veg. Blend:85 Broccoli Slaw:145 Vanilla Pudding w/Topping:175 <b>Calories:670</b> <b>Sodium:1135</b>	<b>HOT</b> Beef Stroganoff Over Noodles:205 Carrots:75 Wheat Bread:125 Brownie:245 <b>Calories:915</b> <b>Sodium:1060</b>	<b>COLD</b> Turkey w/Swiss & Lite Mayo on Oatmeal Bread:650 Cole Slaw:45 Potato Salad:65 Brownie:245 <b>Calories:870</b> <b>Sodium:1130</b>	<b>HOT</b> Spinach & Red Pepper Quiche:175 Green Beans:5 Red Bliss Potatoes:10 Wheat Roll:130 Pears:5 <b>Calories:665</b> <b>Sodium:730</b>	<b>COLD</b> Curry Chicken Salad on Wheat Bread:325 Beet Salad:145 English Pea Salad:155 Pears:5 <b>Calories:780</b> <b>Sodium:1035</b>	<b>HOT</b> American Chop Suey:440 Broccoli & Cauliflower:15 Salad w/ Dressing:170 Garlic Dinner Roll:135 Cantaloupe Wedge:0 <b>Calories:1015</b> <b>Sodium:915</b>	<b>COLD</b> Seafood Salad on Rye Bread:530 Cucumber Dill Salad:50 Southwest Black Bean Salad:295 Cantaloupe Wedge:0 <b>Calories:890</b> <b>Sodium:980</b>
<b>11.</b>	<b>12. Cream of Butternut Squash:100</b>	<b>13. Split Pea Soup:45</b>	<b>14. FATHER'S DAY SPECIAL</b>	<b>15.</b>					
<b>HOT</b> Meatball Sub:1015 Roasted Potatoes:5 Green Beans & Red Peppers:5 Pear: 0 <b>Calories:1245</b> <b>Sodium:1070</b>	<b>COLD</b> Turkey w/ American Cheese & Lite Mayo on Multigrain:785 Balsamic Pasta Salad:15 Cauliflower Carrot:95 Pear:0 <b>Calories:775</b> <b>Sodium:1125</b>	<b>HOT</b> Lemon Dijon Chicken:385 Mashed Potatoes:70 Spinach:145 Wheat Bread:125 Cran/Orange Loaf:100 <b>Calories:865</b> <b>Sodium:1140</b>	<b>COLD</b> Tuna Salad on Wheat Bread:495 Broccoli & Feta Orzo Salad:220 Tomato Red Pepper:5 Cran/Orange Loaf:100 <b>Calories:805</b> <b>Sodium:</b>	<b>HOT</b> Salmon Boat w/Lemon Sauce:250 Sweet Potato:25 Baked Tomato Half:260 Multigrain Bread:100 Pineapples:5 <b>Calories:960</b> <b>Sodium:1095</b>	<b>COLD</b> Ham Chef Salad w/Italian Dressing:570 Macaroni Salad:140 Wheat Roll:130 Pineapples:5 <b>Calories:960</b> <b>Sodium:1095</b>	<b>Italian Garden Vegetable Soup:140</b> Beef Tips w/Mushroom Gravy:170 Cheddar Mashed Potatoes:100 Fresh Zucchini & Summer Squash:5 Snowflake Dinner Roll:135 Boston Cream Cup w/Topping:310 <b>Calories:1125</b> <b>Sodium:1070</b>	<b>HOT</b> Bean & Kale Stew:280 Herbed Brown Rice:5 Pumpkin Bread:175 Garden Salad w/Italian Dressing:170 Peaches:5 <b>Calories:680</b> <b>Sodium:790</b>	<b>COLD</b> Chicken Salad on Multigrain Bread:275 Potato Salad:100 Spinach Mandarin w/Italian Dressing:210 Peaches:5 <b>Calories:660</b> <b>Sodium:700</b>	
<b>18. Chicken Vegetable Soup:80</b>	<b>19.</b>	<b>20.</b>	<b>21. Seafood Chowder: 160</b>	<b>22.</b>					
<b>HOT</b> Creole Chicken:480 Rice & Beans:80 Collard Greens & Onions:55 Oatmeal Bread:125 Plum:0 <b>Calories:825</b> <b>Sodium:1020</b>	<b>COLD</b> Seafood Salad on Rye Bread:530 Zucchini Salad:65 Greek Pasta Salad:190 Plum:0 <b>Calories:1015</b> <b>Sodium:1025</b>	<b>HOT</b> Beef Stew:325 Corn:0 Garden Salad w/Italian Dressing:170 Wheat Roll:135 Tropical Mixed Fruit:10 <b>Calories:620</b> <b>Sodium:790</b>	<b>COLD</b> California Chicken Salad on Wheat Bread:325 Riviera Salad:90 Potato Salad:100 Tropical Mixed Fruit:10 <b>Calories:700</b> <b>Sodium:630</b>	<b>HOT</b> Stuffed Shells w/Meatball:610* Spinach Mandarin w/Italian Dressing:210 Zucchini/Cauliflower:5 Choc. Chip Cookie:60 <b>Calories:625</b> <b>Sodium:1145</b>	<b>COLD</b> Roast Beef w/Provolone & Mayo on Oat Bread: 595 Tri Color Pasta:60 Cole Slaw:45 Choc. Chip Cookie:60 <b>Calories:850</b> <b>Sodium:865</b>	<b>HOT</b> Potato Pollack Filet w/Sauce: 55 Roasted Potatoes:5 Broccoli & Carrots:45 Dinner Roll:130 Ice Cream:55 <b>Calories:1145</b> <b>Sodium:1435</b>	<b>COLD</b> Garden Salad w/Grilled Chicken Breast & Lite Italian Dressing:495 English Pea Salad:155 Wheat Dinner Roll:130 Ice Cream:55 <b>Calories:840</b> <b>Sodium:1160</b>	<b>HOT</b> Turkey Tetrazzini:335 Green Beans:5 Multigrain Bread:100 Peaches:5 <b>Calories:605</b> <b>Sodium:595</b>	<b>COLD</b> Ham, Swiss Cheese & Mustard on Multigrain Bread:780 Macaroni Salad:140 Broccoli Slaw:145 Peaches:5 <b>Calories:755</b> <b>Sodium:1170</b>
<b>25. Tomato Basil Soup:155</b>	<b>26. Potato Leek Soup:75</b>	<b>27.</b>	<b>28. Escarole &amp; Bean Soup:145</b>	<b>29.</b>					
<b>HOT</b> Fish Almondine:150 Orzo Rice:100 Vegetable Blend:65 Oatmeal Bread:120 Cinn. Applesauce:15 <b>Calories:675</b> <b>Sodium:815</b>	<b>COLD</b> Roast Beef w/Swiss & Mustard on Multigrain Bread:500 German Potato Salad:10 Broccoli Tomato:65 Cinn. Applesauce:15 <b>Calories:660</b> <b>Sodium:905</b>	<b>HOT</b> Chicken Broccoli Divan:565 Green Beans & Red Peppers:5 Butternut Squash:0 Wheat Dinner Roll:130 Birthday Cake:95 <b>Calories:685</b> <b>Sodium:1085</b>	<b>COLD</b> Tuna Salad on Wheat Bread:545 Tri Color Pasta:60 Cauliflower Carrot:95 Birthday Cake:95 <b>Calories:750</b> <b>Sodium:985</b>	<b>HOT</b> Hot Dog***on Roll:715 Ketchup, Mustard & Relish:235 Baked Beans:140 Cole Slaw:45 Nectarine:0 <b>Calories:775</b> <b>Sodium:1275</b>	<b>COLD</b> Egg Salad on Multigrain Bread:335 Squash Salad:65 Potato Salad:40 Nectarine:0 <b>Calories:685</b> <b>Sodium:550</b>	<b>HOT</b> Beef Stuffed Pepper:190 Creamy Parmesan Polenta:450 Dill Carrots:75 Multigrain Bread:100 Tropical Fruit:10 <b>Calories:1075</b> <b>Sodium:1185</b>	<b>COLD</b> Turkey w/Provolone & Lite Mayo on Wheat Bread:770 Veg. Pasta Salad:170 Garden Salad w/Italian Dressing:140 Tropical Fruit:10 <b>Calories:920</b> <b>Sodium:1395</b>	<b>HOT</b> Crumb Topped Macaroni & Cheese:550 Baked Tomato Half:260 Rye Bread:150 Ambrosia:5 <b>Calories:945</b> <b>Sodium:1115</b>	<b>COLD</b> Chicken Pesto Caesar Salad:680 Balsamic Pasta Salad:15 Scali Bread:125 Ambrosia:5 <b>Calories:825</b> <b>Sodium:975</b>

**Nutrition information: Mg of sodium is listed next to menu items.**

Milk contributes an additional 100 mg sodium. Butter contributes an additional 45 mg sodium. Crackers (with soup) contribute an additional 55 mg sodium. Calorie and sodium information at bottom of menu is for entire meal, including milk, butter, crackers if served.

**(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**