

Springwell Nutrition Program
Weston – Brook School Apartments Lunch Menu
SEPTEMBER 2018

Lunch is served on Mondays at 12:00pm. \$2.00 Suggested donation per meal. All meals are served with 1% milk. To make a reservation, please call 781-786-6280

SEPTEMBER 3RD

LABOR DAY HOLIDAY

**MEAL SITE CLOSED
 NO MEAL SERVICE TODAY**

SEPTEMBER 10TH

Roast Turkey w/Gravy: 460
Cranberry Sauce: 70
Mashed Potatoes: 65
Spring/Summer Vegetables: 79
Rye Bread: 150
**Chocolate Pudding
 w/Topping: 175**
Calories: 935 / Sodium: 1165

SEPTEMBER 17TH

Creole Fish w/Sauce: 240
Rice & Beans: 80
Collard Greens & Onions: 55
Mini Corn Bread Loaf: 210
Tapioca Pudding w/Topping: 230
Calories: 1055 / Sodium: 1155

SEPTEMBER 24TH

**Baked Fish
 w/Broccoli Cheese Sauce: 450**
Red Bliss Potatoes: 10
Fresh Cauliflower: 15
Rye Bread: 150
Birthday Cake: 95
Calories: 505 / Sodium: 860

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

- 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

(V) = Vegetarian | All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.

To cancel a reservation,
 please call 781-786-6280
 by 11am the day before service.

***Denotes Higher Sodium
 \$2.00 Suggested donation per meal
 All soups served with crackers