

Springwell Nutrition Program
Weston – Brook School Apartments Lunch Menu
JULY 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

<p>JULY 2ND</p> <p>Italian Garden Vegetable Soup: 126mg Potato Pollack Filet w/Spinach Alfredo Sauce: 205mg Red Bliss Potatoes: 10mg Carrots: 75mg Multigrain Bread: 100mg Mandarin Oranges: 5mg Calories: 785 / Sodium: 940mg</p>	<p>JULY 9TH</p> <p>Seafood Chowder: 160mg Salmon Boat w/Lemon Dill Sauce: 230mg Herbed Brown Rice: 5mg Oriental Vegetable Blend: 10mg Oatmeal Bread: 121mg Chocolate Pudding w/Topping: 175mg Calories: 920 / Sodium: 920mg</p>
<p>JULY 16TH</p> <p>Split Pea Soup: 45mg Creole Fish w/Sauce: 205mg Rice & Beans: 80mg Collard Greens & Onions: 55mg Multigrain Bread: 100mg Peaches: 5mg Calories: 765 / Sodium: 680mg</p>	<p>JULY 23RD</p> <p>Springwell’s Annual BBQ Hot Dog & Hamburger w/Ketchup, Mustard & Relish Potato Salad Cole Slaw Refreshing Beverage Watermelon Wedge</p>
<p>JULY 30TH</p> <p>Lemon Dijon Chicken: 385mg Whipped Sweet Potatoes: 25mg Green Beans: 5mg Oatmeal Bread: 120mg Ice Cream: 55mg Calories: 645 / Sodium: 730mg</p>	<p><u>To cancel a reservation,</u> <u>please call 781-786-6280</u> <u>by 11am the day before service.</u></p> <p>***Denotes Higher Sodium \$2.00 Suggested donation per meal All soups served with crackers</p>

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.