

Springwell Nutrition Program
Weston – Brook School Apartments Lunch Menu
AUGUST 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 style="text-align: center;">AUGUST 6TH</p> <p>Vegetable Soup: 105mg Beef Stroganoff over Noodles: 205mg Carrots & Cauliflower: 50mg Wheat Bread: 125mg Fruited Jell-O w/Topping: 10mg Calories: 795 / Sodium: 700mg</p>	<p style="text-align: center;">AUGUST 13TH</p> <p>Chicken Meatball Sub w/Marinara Sauce & Parmesan: 1015mg Roasted Potatoes: 5mg Green Beans & Red Peppers: 5mg Pear: 0mg Calories: 1060 / Sodium: 1245mg</p>
<p style="text-align: center;">AUGUST 20TH</p> <p>Chicken Vegetable Soup: 110mg Chicken Lo Mein: 450mg Oriental Vegetable Salad: 10mg Oatmeal Bread: 120mg Plum: 0mg Calories: 665 / Sodium: 885mg</p>	<p style="text-align: center;">AUGUST 27TH</p> <p>Seafood Chowder: 160mg Fish Almondine w/Sauce: 380mg Orzo Rice w/Peas: 85mg Summer/Spring Vegetable Blend: 65mg Oatmeal Bread: 120mg Tapioca Pudding w/Topping: 230mg Calories: 1130 / Sodium: 1255mg</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 style="text-align: center;"><u>To cancel a reservation, please call 781-786-6280 by 11am the day before service.</u></p> <p style="text-align: center;">***Denotes Higher Sodium \$2.00 Suggested donation per meal All soups served with crackers</p>