

Springwell Nutrition Program

Weston – Brook School Apartments Lunch Menu

JUNE 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

June 4th

Chicken Lo Mein:
Oriental Vegetable Blend:
Multigrain Bread:
Fruited Jell-O w/Topping:

Calories: / Sodium:

June 11th

Chicken Meatball Sub
w/Marinara Sauce & Parmesan Cheese:
Roasted Potatoes:
Green Beans & Red Peppers:
Pear:

Calories: / Sodium:

June 18th

Creole Chicken w/Sauce:
Rice & Beans:
Collard Greens & Onions:
Oatmeal Bread:
Plum:

Calories: / Sodium:

June 25th

Fish Almondine w/Sauce:
Rice Pilaf Browned Orzo:
Summer/Spring Vegetable Blend:
Oatmeal Bread:
Cinnamon Applesauce:

Calories: / Sodium:

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.

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