

Springwell Nutrition Program

Woodland Towers-Weekend Luncheon Menu JULY 2018

Lunch is served at 12:30pm

\$2.00 donation is suggested per meal.

To make a reservation, please call 617-923-2769

SATURDAY	SUNDAY	WEDNESDAY
	JULY 1ST BBQ Chicken Whipped Potatoes Peas & Carrots Rye Bread Orange	JULY 4TH INDEPENDENCE DAY HOLIDAY Ham w/Apple Glaze Sauce Mashed Potatoes Peas Wheat Bread Chocolate Pudding w/Topping
JULY 7TH Ziti w/Meatballs & Sauce Broccoli Italian Bread Chocolate Cake	JULY 8TH Lasagna Casserole Beans Cauliflower & Peppers Multigrain Bread Snicker Doodle Cinnamon Cookie	*** = HIGH SODIUM
JULY 14TH Roast Pork w/Gravy Whipped Potatoes Green Beans Wheat Bread Vanilla Pudding	JULY 15TH Breaded Fish Sandwich on a Hamburger Roll w/Tartar Sauce Crispy Potatoes Carrots Apple	
JULY 21ST Salisbury Steak w/Gravy Mashed Potatoes Dill Carrots Oat Bread Mixed Fruit	JULY 22ND Spaghetti w/Meatballs Cauliflower/Peppers Multigrain Bread Snicker Doodle Cinnamon Cookie	
JULY 28TH Turkey Slice w/Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Roll Diced Peaches	JULY 29TH American Chop Suey Italian Green beans Italian Bread Brownie	Each lunch is served with Milk & Margarine.

All meals are served with 1% milk.