

# Springwell Nutrition Program

## Woodland Towers-Weekend Luncheon Menu SEPTEMBER 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	MONDAY
<b>SEPTEMBER 1<sup>ST</sup></b> Hamburger Steak w/Gravy Lyonnais Potatoes Mixed Vegetables Rye Bread Mandarin Oranges	<b>SEPTEMBER 2<sup>ND</sup></b> BBQ Chicken Whipped Potatoes Peas & Carrots Rye Bread Orange	<b>SEPTEMBER 3<sup>RD</sup></b> LABOR DAY HOLIDAY Ham w/Apple Glaze Mashed Potatoes Peas Wheat Bread Chocolate Pudding w/Topping
<b>SEPTEMBER 8<sup>TH</sup></b> Ziti w/Meatballs & Sauce Broccoli Italian Bread Chocolate Cake	<b>SEPTEMBER 9<sup>TH</sup></b> Lasagna Casserole Beans Cauliflower & Peppers Multigrain Bread Snicker Doodle Cinnamon Cookie	<b>*** = HIGH SODIUM</b>
<b>SEPTEMBER 15<sup>TH</sup></b> Roast Pork w/Gravy Whipped Potatoes Green Beans Wheat Bread Vanilla Pudding	<b>SEPTEMBER 16<sup>TH</sup></b> Breaded Fish Sandwich on a Hamburger Roll w/Tartar Sauce Crispy Potatoes Carrots Apple	
<b>SEPTEMBER 22<sup>ND</sup></b> Salisbury Steak w/Gravy Mashed Potatoes Dill Carrots Oat Bread Mixed Fruit	<b>SEPTEMBER 23<sup>RD</sup></b> Spaghetti w/Meatballs Cauliflower/Peppers Multigrain Bread Snicker Doodle Cinnamon Cookie	
<b>SEPTEMBER 29<sup>TH</sup></b> Turkey Slice w/Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Roll Diced Peaches	<b>SEPTEMBER 30<sup>TH</sup></b> American Chop Suey Italian Green beans Italian Bread Brownie	Each lunch is served with Milk & Margarine.

*All meals are served with 1% milk.*