

# Springwell Nutrition Program

## Woodland Towers-Weekend Luncheon Menu JUNE 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>JUNE 2<sup>ND</sup></b> American Chop Suey Italian Green beans Italian Bread Brownie	<b>JUNE 3<sup>RD</sup></b> Honey Mustard Chicken Whipped Potatoes Broccoli Rye Bread Pineapple Tidbits	
<b>JUNE 9<sup>TH</sup></b> Breaded Pork Patty w/Gravy Spinach Winter Squash Wheat Roll Diced Pears	<b>JUNE 10<sup>TH</sup></b> Turkey Slice w/Gravy Whipped Potatoes Country Blend Vegetables White Bread Tropical Fruit	<b>*** = HIGH SODIUM</b>
<b>JUNE 16<sup>TH</sup></b> Beef Stew Green Beans Multigrain Bread Fruit Cocktail	<b>JUNE 17<sup>TH</sup></b> Ham w/Raisin Sauce Mashed Yams Collard Greens Wheat Roll Oatmeal Raisin Cookie	
<b>JUNE 23<sup>RD</sup></b> Veal Parmesan w/Tomato Sauce Spaghetti Noodles w/Tomato Sauce Green Peas Italian Bread Raisin Spice Cake	<b>JUNE 24<sup>TH</sup></b> Oven Fried Chicken w/Gravy Sweet Potato Casserole Green Beans Rye Bread Gingerbread w/Whipped Topping	
<b>JUNE 30<sup>TH</sup></b> Hamburger Steak w/Gravy Lyonnais Potatoes Mixed Vegetables Rye Bread Mandarin Oranges		<b>Each lunch is served with Milk &amp; Margarine.</b>

*All meals are served with 1% milk.*