

# Springwell Nutrition Program: LUNCH MENU – Woodland Towers AUGUST 2018

55 Waverley Ave, Watertown MA 617-923-2769

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>YOUR NAME:</b> _____ <b>PHONE:</b> _____ Please note the days you have reserved your meals & then submit menus to Springwell Dining Site Staff. If you cannot attend on a day you have reserved your meal, please call to cancel by 11am the day before.									
<b>FOOD ALLERGIES:</b> Review menus carefully to identify those meals that contain items you are allergic to and notify the site staff. Don't hesitate to call the Springwell Dietitian at (617) 926-4100 if you need help identifying the ingredients of a meal. Please be sure to only order those menu items which do not present a problem for you. Springwell does not keep track of individual allergies and has no way of knowing what you are allergic to.				<b>1.</b> <b>HOT:</b> Veggie Burger w/Swiss Cheese, Ketchup, Lettuce & Tomato on Hamburger Roll, Roasted Potatoes & Cole Slaw. <b>COLD:</b> Garden Salad w/Grilled Chicken Breast & Lite Italian Dressing, English Pea Salad & Wheat Roll. <b>Peaches</b>		<b>2. Cream of Broccoli Soup</b> <b>HOT:</b> Turkey w/Gravy, Cranberry Sauce, Mashed Potatoes, Summer/Spring Vegetable Blend & Wheat Dinner Roll. <b>COLD:</b> Cottage Cheese & Fruit Plate, Balsamic Vinaigrette Pasta Salad & Cranberry Snack Loaf. <b>Chocolate Chip Cookie</b>		<b>3. Chicken Vegetable Ditalini Soup</b> <b>HOT:</b> Potato Pollack Filet w/Spinach Alfredo Sauce, Fresh Butternut Squash, Broccoli & Multigrain Bread. <b>COLD:</b> Roast Beef w/Swiss Cheese & Mustard on Oat Bread, Carrot Pineapple Salad & Corn Salad. <b>Honeydew Wedge</b>	
<b>6. Vegetable Soup</b> <b>HOT:</b> Beef Stroganoff over Noodles, Carrots & Cauliflower & Wheat Bread. <b>COLD:</b> Tuna Salad on Multigrain Bread, Potato Salad & Summer Squash, Red Onions & Zucchini Salad. <b>Fruited Jell-O w/Topping</b>		<b>7.</b> <b>HOT:</b> Fish w/Newburg Sauce, Herbed Brown Rice, Italian Style Vegetable Blend & Rye Bread. <b>COLD:</b> Roast Beef w/Provolone Cheese & Mustard on Bulkie Roll, Root Vegetable Salad & Broccoli Tomato Salad. <b>Chocolate Pudding w/Topping</b>		<b>8. Summer Special Lunch</b> Chicken Caprese Orzo Pilaf Fresh Zucchini & Summer Squash Caesar Salad Garlic Dinner Roll <b>Strawberry Short Cake w/Topping</b>		<b>9. Lentil Spinach Soup</b> <b>HOT:</b> Broccoli Mushroom Quiche (V), Green Beans, Red Bliss Potatoes & Whole Wheat Roll. <b>COLD:</b> California Chicken Salad on Wheat Bread, English Pea Salad & Garden Salad w/Lite Italian Dressing. <b>Mixed Fruit</b>		<b>10.</b> <b>HOT:</b> American Chop Suey, Spinach, Garden Salad w/Lite Italian Dressing & Multigrain Bread. <b>COLD:</b> Seafood Salad on Rye Bread, Cucumber Dill Salad & Southwest Black Bean Salad. <b>Cantaloupe Wedge</b>	
<b>13.</b> <b>HOT:</b> Chicken Meatball Sub w/Marinara Sauce & Parmesan Cheese, Roasted Potatoes & Green Beans & Red Peppers. <b>COLD:</b> Egg Salad on Rye Bread, Cauliflower Carrot Salad & Balsamic Pasta Salad. <b>Pear</b>		<b>14. Split Pea Soup</b> <b>HOT:</b> Turkey Marsala, Mashed Potatoes, Fresh Broccoli & Wheat Roll. <b>COLD:</b> Ham Chef Salad w/Lite Italian Dressing, Macaroni Salad & Wheat Roll. <b>Ambrosia</b>		<b>15. Italian Garden Vegetable Soup</b> <b>HOT:</b> Salmon Boat w/Lemon Dill Sauce, Sweet Potatoes, Jardinière Style Vegetable Blend & Multigrain Bread. <b>COLD:</b> Chicken Salad on Wheat Bread, Broccoli & Feta Orzo Salad & Tomato Red Pepper Salad. <b>Cranberry Orange Snack Loaf</b>		<b>16. Cream of Mushroom Soup</b> <b>HOT:</b> BBQ Grilled Chicken Breast, Chuckwagon Corn, Roasted Zucchini & Carrots & Wheat Bread. <b>COLD:</b> Tuna Salad on Multigrain Bread, Potato Salad & Summer Squash Salad. <b>Pineapples</b>		<b>17.</b> <b>HOT:</b> Crumb Topped Macaroni & Cheese***, Fresh Baked Tomato Half & Rye Bread. <b>COLD:</b> Turkey w/Swiss Cheese & Lite Mayo on Multigrain Bread, Cole Slaw & Greek Pasta Salad. <b>Tropical Mixed Fruit</b>	
<b>20. Chicken Vegetable Soup</b> <b>HOT:</b> Chicken Lo Mein, Oriental Vegetable Blend & Oatmeal Bread. <b>COLD:</b> Seafood Salad on Rye Bread, Summer Squash Salad & Southwest Black Bean Salad. <b>Plum</b>		<b>21.</b> <b>HOT:</b> Beef Stew, Corn, Tossed Garden Salad w/Lite Italian Dressing & Wheat Roll. <b>COLD:</b> Curry Chicken Salad on Wheat Bread, Potato Salad & Riviera Salad. <b>Tropical Mixed Fruit</b>		<b>22.</b> <b>HOT:</b> Stuffed Shells w/Tomato Sauce & Chicken Meatball, Zucchini & Cauliflower, Spinach Mandarin Salad w/Lite Italian Dressing & Multigrain Bread. <b>COLD:</b> Roast Beef w/Provolone Cheese & Lite Mayo on Oatmeal Bread, Tri Color Pasta Salad & Cole Slaw. <b>Sugar Cookie</b>		<b>23. Minestrone Soup</b> <b>HOT:</b> Potato Pollack Filet w/Newburg Sauce, Mashed Potatoes, Fresh Broccoli & Dinner Roll. <b>COLD:</b> Ham, Swiss Cheese & Mustard on Multigrain Bread, Macaroni Salad & Summer Squash, Red Onions & Zucchini Salad. <b>Ice Cream</b>		<b>24.</b> <b>HOT:</b> White Bean & Kale Stew (V), Herbed Brown Rice, Rye Bread & Tossed Garden Salad w/Lite Italian Dressing. <b>COLD:</b> Chicken Pesto Caesar Salad w/Lite Italian Dressing, English Pea Salad & Wheat Dinner Roll. <b>Pears</b>	
<b>27. Seafood Chowder</b> <b>HOT:</b> Fish Almondine w/Sauce, Orzo Rice w/Peas, Summer/Spring Vegetable Blend & Oatmeal Bread. <b>COLD:</b> Roast Beef w/Swiss Cheese & Mustard on Multigrain Bread, German Potato Salad & Broccoli Tomato Salad. <b>Tapioca Pudding w/Topping</b>		<b>28. Potato Leek Soup</b> <b>HOT:</b> Chicken Broccoli Divan, Green Beans & Red Peppers, Fresh Whipped Butternut Squash & Wheat Dinner Roll. <b>COLD:</b> Tuna Salad on Wheat Bread, Tri Color Pasta Salad & Cauliflower Carrot Salad. <b>Birthday Cake</b>		<b>29.</b> <b>HOT:</b> Hot Dog w/Ketchup, Mustard & Relish on Hot Dog Roll, Baked Beans & Cole Slaw. <b>COLD:</b> Egg Salad on Multigrain Bread, Broccoli Slaw & Summer Potato Salad. <b>Nectarine</b>		<b>30. Escarole &amp; Beans Soup</b> <b>HOT:</b> Beef Stuffed Pepper, Peas, Dill Carrots & Multigrain Bread. <b>COLD:</b> Vegetarian Chef Salad w/Lite Italian Dressing, Scali Bread & Balsamic Vinaigrette Pasta Salad. <b>Pears</b>		<b>31.</b> <b>HOT:</b> Spinach & Red Pepper Quiche (V), Red Bliss Potatoes, Fresh Broccoli & Wheat Bread. <b>COLD:</b> Turkey w/Provolone Cheese & Lite Mayo on Wheat Bread, Beet Salad & Vegetable Pasta Salad. <b>Mandarin Oranges</b>	

## Springwell Nutrition Program: LUNCH MENU –Nutrition Information AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
<b>Nutrition information: Mg of sodium is listed next to menu items.</b> <ul style="list-style-type: none"> <li>• Milk contributes an additional 100 mg sodium.</li> <li>• 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</li> <li>• Calorie information is for entire meal</li> </ul> <p><b>(V) = Vegetarian   All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.</b></p> <p>***Denotes Higher Sodium    \$2.00 Suggested donation per meal    All soups served with crackers</p>		<b>1.</b> <b>HOT</b> Veggie Burger w/ Swiss & Ketchup on Hamburger Roll: 790 Roasted Potatoes: 45 Cole Slaw: 45 Peaches: 5 <b>Calories: 755</b> <b>Sodium: 960</b>	<b>COLD</b> Garden Salad w/Grilled Chicken & Lite Italian Dressing: 495 English Pea Salad: 155 Wheat Roll: 130 Peaches: 5 <b>Calories: 577</b> <b>Sodium: 930</b>	<b>2. Cream of Broccoli Soup: 105</b> <b>HOT</b> Turkey w/Gravy: 460 Mashed Potatoes: 70 Summer/Spring Blend: 70 Wheat Dinner Roll: 130 Chocolate Pudding w/Topping: 175 <b>Calories: 860</b> <b>Sodium: 1100</b>	<b>3. Chicken Vegetable Ditalini Soup: 132</b> <b>HOT</b> Potato Pollack Filet w/Sauce: 505 Butternut Squash: 5 Broccoli: 10 Multigrain Bread: 100 Honeydew Wedge: 15 <b>Calories: 745</b> <b>Sodium: 940</b>				
<b>6. Vegetable Soup: 105</b> <b>HOT</b> Beef Stroganoff over Noodles: 205 Carrots & Cauliflower: 50 Wheat Bread: 125 Fruited Jell-O w/Topping: 10 <b>Calories: 795</b> <b>Sodium: 700</b>	<b>COLD</b> Tuna Salad on Multigrain Bread: 440 Potato Salad: 100 Summer Squash, Red Onions & Zucchini: 40 Fruited Jell-O w/Topping: 10 <b>Calories: 810</b> <b>Sodium: 865</b>	<b>7.</b> <b>HOT</b> Fish w/Newburg Sauce: 295 Herbed Brown Rice: 5 Italian Style Blend: 45 Rye Bread: 150 Chocolate Pudding w/Topping: 175 <b>Calories: 665</b> <b>Sodium: 745</b>	<b>COLD</b> Roast Beef w/Provolone & Mustard on Bulkie Roll: 620 Root Vegetable Blend: 65 Broccoli Tomato: 85 Chocolate Pudding w/Topping: 175 <b>Calories: 690</b> <b>Sodium: 1060</b>	<b>8. SUMMER SPECIAL LUNCH</b> Chicken Caprese: 130 Orzo Pilaf: 100 Fresh Zucchini & Summer Squash: 5 Caesar Salad: 295 Garlic Dinner Roll: 130 Strawberry Short Cake w/Topping: 340 <b>Calories: 1040</b> <b>Sodium: 1140</b>	<b>9. Lentil Spinach Soup: 140</b> <b>HOT</b> Broccoli Mushroom Quiche (V): 255 Green Beans: 5 Red Bliss Potatoes: 10 Wheat Roll: 130 Mixed Fruit: 5 <b>Calories: 750</b> <b>Sodium: 740</b>	<b>COLD</b> California Chicken Salad on Wheat Bread: 325 Garden Salad w/Lite Italian Dressing: 170 English Pea Salad: 155 Mixed Fruit: 5 <b>Calories: 715</b> <b>Sodium: 955</b>	<b>10.</b> <b>HOT</b> American Chop Suey: 440 Spinach: 145 Garden Salad w/Lite Italian Dressing: 170 Multigrain Bread: 100 Cantaloupe Wedge: 10 <b>Calories: 920</b> <b>Sodium: 1005</b>	<b>COLD</b> Seafood Salad on Rye Bread: 530 Cucumber Dill Salad: 50 Southwest Black Bean Salad: 295 Cantaloupe Wedge: 10 <b>Calories: 840</b> <b>Sodium: 995</b>	
<b>13.</b> <b>HOT</b> Chicken Meatball Sub: 1015 Roasted Potatoes: 5 Green Beans & Red Peppers: 5 Pear: 0 <b>Calories: 1060</b> <b>Sodium: 1245</b>	<b>COLD</b> Egg Salad on Rye Bread: 435 Cauliflower Carrot: 95 Balsamic Pasta Salad: 15 Pear: 0 <b>Calories: 700</b> <b>Sodium: 660</b>	<b>14. Split Pea Soup: 45</b> <b>HOT</b> Turkey Marsala: 495 Mashed Potatoes: 70 Fresh Broccoli: 10 Wheat Roll: 130 Ambrosia: 5 <b>Calories: 860</b> <b>Sodium: 950</b>	<b>COLD</b> Ham Chef Salad w/Lite Italian Dressing: 570 Macaroni Salad: 140 Wheat Roll: 130 Ambrosia: 5 <b>Calories: 1020</b> <b>Sodium: 1080</b>	<b>15. Italian Garden Vegetable Soup: 140</b> <b>HOT</b> Salmon Boat w/Lemon Dill Sauce: 250 Sweet Potatoes: 25 Jardiniere Style Blend: 30 Multigrain Bread: 100 Cran/Orange Loaf: 120 <b>Calories: 775</b> <b>Sodium: 665</b>	<b>COLD</b> Chicken Salad on Wheat Bread: 330 Broccoli & Feta Orzo Salad: 220 Tomato Red Pepper: 5 Cran/Orange Loaf: 120 <b>Calories: 855</b> <b>Sodium: 985</b>	<b>16. Cream of Mushroom Soup: 195</b> <b>HOT</b> BBQ Grilled Chicken Breast: 695 Chuckwagon Corn: 0 Roasted Zucchini & Carrots: 40 Wheat Bread: 125 Pineapples: 0 <b>Calories: 660</b> <b>Sodium: 1195</b>	<b>COLD</b> Tuna Salad on Multigrain Bread: 440 Potato Salad: 100 Summer Squash Salad: 40 Pineapples: 0 <b>Calories: 805</b> <b>Sodium: 945</b>	<b>17.</b> <b>HOT</b> Crumb Topped Macaroni & Cheese: 550 Baked Tomato Half: 260 Rye Bread: 150 Tropical Mixed Fruit: 10 <b>Calories: 880</b> <b>Sodium: 1120</b>	<b>COLD</b> Turkey w/Swiss Cheese & Lite Mayo on Multigrain Bread: 615 Cole Slaw: 45 Greek Pasta Salad: 190 Tropical Mixed Fruit: 10 <b>Calories: 740</b> <b>Sodium: 960</b>
<b>20. Chicken Vegetable Soup: 110</b> <b>HOT</b> Chicken Lo Mein: 450 Oriental Vegetable Blend: 10 Oatmeal Bread: 120 Plum: 0 <b>Calories: 665</b> <b>Sodium: 885</b>	<b>COLD</b> Seafood Salad on Rye Bread: 530 Summer Squash Salad: 40 Southwest Black Bean Salad: 295 Plum: 0 <b>Calories: 1000</b> <b>Sodium: 1170</b>	<b>21.</b> <b>HOT</b> Beef Stew: 325 Corn: 0 Tossed Garden Salad w/Lite Italian Dressing: 170 Wheat Roll: 130 Tropical Mixed Fruit: 10 <b>Calories: 600</b> <b>Sodium: 745</b>	<b>COLD</b> Curry Chicken Salad on Wheat Bread: 325 Potato Salad: 100 Riviera Salad: 90 Tropical Mixed Fruit: 10 <b>Calories: 725</b> <b>Sodium: 640</b>	<b>22.</b> <b>HOT</b> Stuffed Shells w/Meatball: 610 Spinach Mandarin Salad w/Lite Italian Dressing: 210 Zucchini & Cauliflower: 5 Multigrain Bread: 100 Sugar Cookie: 60 <b>Calories: 625</b> <b>Sodium: 1110</b>	<b>COLD</b> Roast Beef w/Provolone Cheese & Lite Mayo on Oatmeal Bread: 590 Tri Color Pasta Salad: 60 Cole Slaw: 45 Sugar Cookie: 60 <b>Calories: 765</b> <b>Sodium: 870</b>	<b>23. Minestrone Soup: 239</b> <b>HOT</b> Potato Pollack Filet w/Newburg Sauce: 460 Mashed Potatoes: 70 Broccoli: 45 Dinner Roll: 130 Ice Cream: 55 <b>Calories: 1020</b> <b>Sodium: 1135</b>	<b>COLD</b> Ham, Swiss Cheese & Mustard on Multigrain Bread: 780 Macaroni Salad: 140 Summer Squash, Red Onions & Zucchini: 40 Ice Cream: 55 <b>Calories: 970</b> <b>Sodium: 1375</b>	<b>24.</b> <b>HOT</b> White Bean & Kale Stew: 280 Herbed Brown Rice: 80 Rye Bread: 150 Garden Salad w/Lite Italian Dressing: 170 Pears: 5 <b>Calories: 610</b> <b>Sodium: 820</b>	<b>COLD</b> Chicken Pesto Caesar Salad w/Lite Italian Dressing: 680 English Pea Salad: 155 Wheat Dinner Roll: 130 Pears: 0 <b>Calories: 735</b> <b>Sodium: 1110</b>
<b>27. Seafood Chowder: 160</b> <b>HOT</b> Fish Almondine w/Sauce: 380 Orzo Rice w/Peas: 85 Summer/Spring Blend: 65 Oatmeal Bread: 120 Tapioca Pudding w/Topping: 230 <b>Calories: 1130</b> <b>Sodium: 1255</b>	<b>COLD</b> Roast Beef w/Swiss & Mustard on Multigrain Bread: 500 German Potato Salad: 70 Broccoli Tomato: 65 Tapioca Pudding w/Topping: 230 <b>Calories: 995</b> <b>Sodium: 1190</b>	<b>28. Potato Leek Soup: 67</b> <b>HOT</b> Chicken Broccoli Divan: 565 Green Beans & Red Peppers: 5 Butternut Squash: 0 Wheat Dinner Roll: 130 Birthday Cake: 95 <b>Calories: 680</b> <b>Sodium: 1066</b>	<b>COLD</b> Tuna Salad on Wheat Bread: 495 Tri Color Pasta Salad: 60 Cauliflower Carrot: 95 Birthday Cake: 95 <b>Calories: 770</b> <b>Sodium: 990</b>	<b>29.</b> <b>HOT</b> Hot Dog on Roll: 715 Ketchup, Mustard & Relish: 218 Baked Beans: 145 Cole Slaw: 45 Nectarine: 0 <b>Calories: 680</b> <b>Sodium: 1055</b>	<b>COLD</b> Egg Salad on Multigrain Bread: 335 Broccoli Slaw: 145 Summer Potato Salad: 100 Nectarine: 0 <b>Calories: 695</b> <b>Sodium: 690</b>	<b>30. Escarole &amp; Bean Soup: 145</b> <b>HOT</b> Beef Stuffed Pepper: 190 Peas & Dill Carrots: 80 Multigrain Bread: 100 Pears: 5 <b>Calories: 675</b> <b>Sodium: 805</b>	<b>COLD</b> Vegetarian Chef Salad w/Lite Italian Dressing: 555 Balsamic Vin. Pasta: 15 Scali Bread: 125 Pears: 5 <b>Calories: 725</b> <b>Sodium: 1040</b>	<b>31.</b> <b>HOT</b> Spinach & Red Pepper Quiche (V): 255 Red Bliss Potatoes: 20 Fresh Broccoli: 10 Wheat Bread: 125 Mandarin Oranges: 5 <b>Calories: 640</b> <b>Sodium: 540</b>	<b>COLD</b> Turkey w/Provolone & Lite Mayo on Wheat Bread: 765 Beet Salad: 145 Vegetable Pasta Salad: 140 Mandarin Oranges: 5 <b>Calories: 770</b> <b>Sodium: 1165</b>