

**Springwell HOT Lunch Menu for Congregate Sites
Jul-10**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Grilled Hamburger Summer Potato Salad Roasted Mixed Veggies. Berry Parfait	2 Vegetable Soup Mild Creole Fish Mashed Potatoes Peas Mixed Fruit
			Calories: 985 % of Fat: 39 Sodium: 1187	Calories: 580 % of Fat: 18 Sodium: 894
5 Independence Day Holiday	6 American Chop Suey Italian Vegetable Blend Pistachio Pudding Topping	7 *** Seafood Chowder Broccoli Cheese Fish Garlic Potatoes Carrots Fresh Fruit	8 Veg. Pasta Soup Pot Roast Mashed Potatoes Beets Chocolate Cake	9 Oriental Veg. Soup Sweet & Sour Chicken Rice Pilaf Green Beans Mandarin Oranges
	Calories: 998 % of Fat: 25 Sodium: 856	Calories: 884 % of Fat: 22 Sodium: 1545	Calories: 783 % of Fat: 25 Sodium: 1070	Calories: 668 % of Fat: 28 Sodium: 1260
12 Cr. Of Butternut Squash Soup Meatloaf Sweet Potatoes Broccoli & Cauliflower Chocolate Pudding	13 Cold BBQ Chicken Cheese/Onions Cole Slaw Potato Salad Watermelon Mousse	14 Split Pea Soup Roast Turkey Corn Bread Stuffing Green Beans Cranberry Sauce Pineapple	15 Clam Chowder Baked Haddock Lemon Sauce Rice Marinara Brussels Sprouts Mixed Fruit	16 Stuffed Shells Meatball Zucchini/Summer Sq. Tossed Salad Lite Italian Dressing Fresh Fruit
Calories: 1143 % of Fat: 32 Sodium: 1267	Calories: 773 % of Fat: 32 Sodium: 1076	Calories: 801 % of Fat: 26 Sodium: 876	Calories: 726 % of Fat: 17 Sodium: 805	Calories: 661 % of Fat: 33 Sodium: 1170
19 Veg. Barley Soup Creamy Italian Chicken O'Brien Potatoes Peas/Mushrooms/ Onions Chef's Choice	20 *** Reduced Sodium Hot Dog Baked Beans Cole Slaw Pineapple	21 Ratatouille with Beef White Rice Mandarin Oranges	22 Minestrone Soup Meatball Sub Hot Three Bean Medley Summer Squash Fresh Fruit	23 Vegetable Soup Macaroni & cheese Broccoli/Cauliflower in tomato sauce Fruited Jello/Topping
Calories: 740 % of Fat: 22 Sodium: 786	Calories: 754 % of Fat: 36 Sodium: 1473	Calories: 579 % of Fat: 34 Sodium: 508	Calories: 794 % of Fat: 35 Sodium: 1302	Calories: 783 % of Fat: 17 Sodium: 1278
26 Beef Stew Peas Pineapple	27 Lentil Soup Cheese Lasagna Tuscany Style Veg. Pears	28 Turkey Broccoli Penne Casserole Carrots Fresh Fruit	29 Summer Soup Chicken Cordon Bleu Mashed Potatoes Spinach Vanilla Pudding Topping	30 Clam Chowder Salmon Boat Lemon Sauce Broccoli Red Bliss Potatoes Brownie
Calories: 578 % of Fat: 23 Sodium: 829	Calories: 674 % of Fat: 31 Sodium: 1172	Calories: 805 % of Fat: 19 Sodium: 514	Calories: 780 % of Fat: 30 Sodium: 1346	Calories: 834 % of Fat: 29 Sodium: 1239

Suggested voluntary donation \$1.75. Note: These values are estimates and subject to change based on product availability. All meals include low-fat milk, bread & margarine. If you are receiving a modified meal, sugar free desserts are substituted when appropriate. Menu subject to change without notice. ***High Sodium Day