

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>YOUR NAME: _____ PHONE: _____</p> <p>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.</p>				
<p>FOOD ALLERGIES 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.</p>	<p>1. NEW YEAR'S DAY HOLIDAY MEAL SITE CLOSED NO MEAL SERVICE TODAY</p>	<p>2. Mixed Bean Spinach Soup HOT: Salmon w/Lemon Dill Sauce, Mashed Potatoes, Country Vegetable Blend & Oat Bread. COLD: Egg Salad on Rye Bread, Carrot Raisin Salad & Lo Mein Pasta Salad. Fresh Fruit</p>	<p>3. Chicken Vegetable Soup HOT: Chicken Swedish Meatball over Egg Noodles, Green Beans & Wheat Roll. COLD: Seafood Salad w/Lettuce Leaf on Multigrain Bread, Garden Shell Pasta Salad & Spinach Mandarin Salad w/Lite Italian Dressing. Vanilla Pudding w/Topping</p>	<p>4. HOT: Veggie Burger (V) w/American Cheese & Ketchup on Hamburger Bun, Italian Roasted Potatoes & Cole Slaw. COLD: Turkey Chef Salad w/Lite Italian Dressing, Italian Pasta Salad & Wheat Dinner Roll. Pears</p>
<p>7. HOT: Crumb Topped Macaroni & Cheese***, Stewed Tomatoes & Oat Bread. COLD: Tuna Salad on Multigrain Bread, Potato Salad & Cucumber, Feta & Onion Salad. Fresh Fruit</p>	<p>8. Split Pea Soup HOT: Alaskan Pollock Crunch Sticks w/Newburg Sauce, Herbed Brown Rice, Kale & Rye Bread. COLD: Chicken Pesto Caesar Salad, English Pea Salad & Wheat Roll. Pears</p>	<p>9. WINTER SPECIAL LUNCH Escarole & Bean Soup Italian Pot Roast Garlic Mashed Potatoes Candied Carrots & Parsnips Snowflake Dinner Roll Cupcake</p>	<p>10. Italian Garden Soup HOT: Spinach, Pepper & Mushroom Quiche (V), Potatoes O'Brien, Tossed Garden Salad w/Lite Italian Dressing & Whole Wheat Roll. COLD: Ham, Swiss Cheese, Lite Mayo & Lettuce Leaf on Multigrain Bread, Cauliflower Carrot Salad & Summer Potato Salad. Peaches</p>	<p>11. Chicken Noodle Soup HOT: Chicken Broccoli Penne Alfredo, Italian Green Beans & Wheat Bread. COLD: Egg Salad w/Lettuce Leaf on Oatmeal Bread, Lo Mein Pasta Salad & Cole Slaw. Lemon Pudding w/Topping</p>
<p>14. Clam Chowder HOT: Potato Pollack Filet w/Spinach Alfredo Sauce, Sweet Potatoes, Peas & Onions & Oatmeal Bread. COLD: Curry Chicken Salad on Wheat Bread, Carrot Pineapple Salad & Southwest Black Bean Salad. Chocolate Chip Cookie</p>	<p>15. Broccoli Cheese Soup HOT: Roast Turkey w/Gravy, Cranberry Sauce, Stuffing, Green Beans & Red Peppers & Multigrain Bread. COLD: Egg Salad on Pumpnickel Bread, Italian Pasta Salad & Broccoli Slaw. Clementine</p>	<p>16. COLD BOX LUNCH DAY COLD Roast Beef w/Provolone Cheese & Lite Mayo On Oat Bread Root Vegetable Salad Summer Potato Salad Pears</p>	<p>17. Cream of Butternut Squash Soup HOT: Cranberry Chicken, Red Bliss Potatoes, Dill Carrots & Wheat Bread. COLD: Tuna Salad w/Lettuce Leaf on Rye Bread, Garden Shell Pasta Salad, Beet Salad. Mixed Fruit</p>	<p>18. Vegetable Rice Soup HOT: Meatloaf w/Mushroom Gravy, Mashed Potatoes, Scandinavian Vegetable Blend & Rye Bread. COLD: Turkey, Swiss Cheese & Lite Mayo on Multigrain Bread, Zucchini Salad & Balsamic Pasta Salad. Pumpkin Pudding w/Topping</p>
<p>21. MARTING LUTHER KING JR. DAY MEAL SITE CLOSED NO MEAL SERVICE TODAY</p>	<p>22. Chicken Vegetable Soup HOT: Chicken a L'Orange, Butternut Squash, Spinach & Mushrooms & Wheat Bread. COLD: Tuna Salad on Wheat Bread, Summer Squash Salad, Greek Pasta Salad. Pear</p>	<p>23. Mushroom Barley Soup HOT: Baked Fish (Haddock) w/Broccoli Cheese Sauce, Mashed Potatoes, Riviera Salad & Rye Bread. COLD: Chef Salad w/Turkey & Lite Italian Dressing, Multigrain Bread & English Pea Salad. Fruited Yogurt</p>	<p>24. Split Pea Soup HOT: American Chop Suey, Parmesan Cheese, Collard Greens & Onions & Scali Bread. COLD: Seafood Salad w/Lettuce Leaf on Scali Bread, Italian Pasta Salad & Riviera Salad. Peaches</p>	<p>25. HOT: White Bean & Kale Stew (V), Herbed Brown Rice & Dinner Roll. COLD: Roast Beef w/American Cheese, Lite Mayo & Lettuce Leaf on Rye Bread, German Potato Salad & Tossed Garden Salad w/Lite Italian Dressing. Birthday Cake</p>
<p>28. Cream of Mushroom Soup HOT: Chicken Marsala over Cup of Noodles, Broccoli & Wheat Bread. COLD: Egg Salad on Wheat Bread, Potato Salad & Summer Squash, Zucchini & Red Onion Salad. Apple</p>	<p>29. HOT: Beef Stew, Corn, Spinach Mandarin Salad w/Lite Italian Dressing, Whole Wheat Roll. COLD: Tuna Salad w/Lettuce Leaf on Oat Bread, Broccoli Slaw & Macaroni Salad. Blueberry Snack Loaf</p>	<p>30. Minestrone Soup HOT: Fish w/Lemon Dill Sauce, Scandinavian Vegetable Blend, Mashed Potatoes & Multigrain Bread. COLD: Roast Beef w/Swiss Cheese, Mustard & Lettuce Leaf on Rye Bread, English Pea Salad & Root Vegetable Salad. Chocolate Pudding w/Topping</p>	<p>31. HOT: Hot Dog on Roll w/Ketchup, Mustard & Relish, Baked Beans & Cole Slaw. COLD: Vegetarian Chef Salad w/Lite Italian Dressing, Balsamic Vinaigrette Pasta Salad & Dinner Roll. Peaches</p>	<p>FOOD ALLERGIES 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.</p>

(V) = Vegetarian | All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers. ***Denotes Higher Sodium \$2.00 Suggested donation per meal All soups served with crackers

YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM

Springwell Nutrition Program: LUNCH MENU –Nutrition Information JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
FOOD ALLERGIES	1. NEW YEAR'S DAY HOLIDAY	2. Mixed Bean Spinach Soup: 160	3. Chicken Vegetable Soup: 80	4.				
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.	MEAL SITE CLOSED NO MEAL SERVICE TODAY	HOT Salmon w/Lemon Dill Sauce: 445 Mashed Potatoes: 70 Country Veg. Blend: 40 Oat Bread: 120 Fresh Fruit: 0 Calories: 795 Sodium: 1030	COLD Egg Salad on Rye Bread: 435 Carrot Raisin Salad: 135 Lo Mein Pasta Salad: 100 Fresh Fruit: 0 Calories: 890 Sodium: 995	HOT Chicken Swedish Meatball over Egg Noodles: 280 Green Beans: 5 Wheat Roll: 130 Vanilla Pudding w/Topping: 175 Calories: 980 Sodium: 965	COLD Seafood Salad w/Lettuce Leaf on Multigrain Bread: 430 Garden Shell Pasta Salad: 200 Spinach Mandarin Salad w/Lite Italian Dressing: 205 Vanilla Pudding w/Topping: 175 Calories: 1285 Sodium: 1255	HOT Veggie Burger (V) w/American Cheese & Ketchup on Hamburger Bun: 775 Italian Roasted Potatoes: 5 Cole Slaw: 45 Pears: 5 Calories: 740 Sodium: 1120	COLD Turkey Chef Salad w/Lite Italian Dressing: 445 Italian Pasta Salad: 140 Wheat Dinner Roll: 130 Pears: 5 Calories: 830 Sodium: 860	
	7.	8. Split Pea Soup: 45	9. Winter Special Lunch	10. Italian Garden Soup: 140				
HOT Crumb Topped Macaroni & Cheese***: 550 Stewed Tomatoes: 250 Oat Bread: 120 Fresh Fruit: 0 Calories: 800 Sodium: 1060	COLD Tuna Salad on Multigrain Bread: 440 Potato Salad: 100 Cucumber, Feta & Onion Salad: 80 Fresh Fruit: 0 Calories: 655 Sodium: 735	HOT Alaskan Pollock Crunch Sticks w/Newburg Sauce: 355 Herbed Brown Rice: 5 Kale: 25 Rye Bread: 150 Pears: 5 Calories: 710 Sodium: 785	COLD Chicken Pesto Caesar Salad w/Lite Italian Dressing: 650 English Pea Salad: 155 Whole Wheat Roll: 130 Pears: 5 Calories: 855 Sodium: 1185	HOT Escarole & Bean Soup: 145 Italian Pot Roast: 345 Garlic Mashed Potatoes: 55 Candied Carrots & Parsnips: 55 Snowflake Dinner Roll: 130 Cupcake: 170 Calories: 1030 / Sodium: 1040	HOT Spinach, Peppers & Mushrooms Quiche (V): 255 Potatoes O'Brien: 30 Tossed Garden Salad w/Lite Italian Dressing: 170 Whole Wheat Roll: 130 Peaches: 5 Calories: 745 Sodium: 930	COLD Ham, Swiss Cheese, Lite Mayo & Lettuce Leaf on Multigrain Bread: 730 Cauliflower Carrot Salad: 95 Summer Potato Salad: 65 Peaches: 5 Calories: 785 Sodium: 1195	HOT Chicken Broccoli Penne Alfredo: 670 Italian Green Beans: 5 Wheat Bread: 125 Lemon Pudding w/Topping: 175 Calories: 870 Sodium: 1240	COLD Egg Salad w/Lettuce Leaf on Oatmeal Bread: 375 Lo Mein Pasta Salad: 100 Cole Slaw: 45 Lemon Pudding w/Topping: 175 Calories: 975 Sodium: 920
14. Clam Chowder: 120	15. Broccoli Cheese Soup: 220	16. COLD BOX LUNCH DAY	17. Cream of Butternut Squash Soup: 100	18. Vegetable Rice Soup: 105				
HOT Potato Pollock Filet w/ Sauce: 505 Sweet Potatoes: 25 Peas & Onions: 75 Oatmeal Bread: 120 Chocolate Chip Cookie: 65 Calories: 985 Sodium: 1105	COLD Curry Chicken Salad on Wheat Bread: 325 Carrot Pineapple Salad: 295 Black Bean Salad: 95 Chocolate Chip Cookie: 65 Calories: 895 Sodium: 1070	HOT Roast Turkey w/Gravy: 460 Cranberry Sauce: 5 Green Beans & Red Peppers: 5 Multigrain Bread: 100 Clementine: 0 Calories: 735 Sodium: 1210	COLD Egg Salad on Pumppernickel Bread: 490 Italian Pasta Salad: 140 Broccoli Slaw: 145 Clementine: 0 Calories: 965 Sodium: 1155	COLD Roast Beef w/Provolone Cheese, Lite Mayo on Oat Bread: 595 Root Vegetable Salad: 85 Summer Potato Salad: 65 Pears: 5 Calories: 805 Sodium: 1065	HOT Cranberry Chicken: 350 Red Bliss Potatoes: 10 Dill Carrots: 80 Wheat Bread: 125 Mixed Fruit: 5 Calories: 830 Sodium: 865	COLD Tuna Salad w/Lettuce Leaf on Rye Bread: 540 Garden Shell Pasta Salad: 200 Beet Salad: 145 Mixed Fruit: 5 Calories: 875 Sodium: 1150	HOT Meatloaf w/ Gravy: 160 Mashed Potatoes: 70 Scandinavian Veg. Blend: 40 Rye Bread: 150 Pumpkin Pudding w/Topping: 165 Calories: 1045 Sodium: 885	COLD Turkey w/Swiss Cheese & Lite Mayo on Multigrain Bread: 610 Zucchini Salad: 65 Balsamic Pasta Salad: 15 Pumpkin Pudding w/Topping: 165 Calories: 920 Sodium: 1125
21. MARTIN LUTHER KING JR. DAY	22. Chicken Vegetable Soup: 80	23. Mushroom Barley Soup: 145	24. Split Pea Soup: 45	25.				
MEAL SITE CLOSED NO MEAL SERVICE TODAY	HOT Chicken a L'Orange: 325 Butternut Squash: 25 Spinach & Mushrooms: 160 Wheat Roll: 125 Pear: 5 Calories: 685 Sodium: 915	COLD Tuna Salad on Wheat Bread: 495 Summer Squash Salad: 40 Greek Pasta Salad: 190 Pear: 5 Calories: 765 Sodium: 975	HOT Baked Fish (Haddock) w/Broccoli Cheese Sauce: 450 Mashed Potatoes: 70 Riviera Vegetable Blend: 5 Rye Bread: 150 Fruited Yogurt: 80 Calories: 875 Sodium: 1095	COLD Chef Salad w/Turkey & Lite Italian Dressing: 445 Multigrain Bread: 100 English Pea Salad: 155 Fruited Yogurt: 80 Calories: 910 Sodium: 1125	HOT American Chop Suey: 320 Parmesan Cheese: 110 Collard Greens & Onions: 55 Scallion Bread: 125 Peaches: 5 Calories: 1060 Sodium: 850	COLD Seafood Salad w/Lettuce Leaf on Scallion Bread: 475 Italian Pasta Salad: 140 Riviera Salad: 90 Peaches: 5 Calories: 1134 Sodium: 915	HOT White Bean & Kale Stew (V): 280 Herbed Brown Rice: 5 Dinner Roll: 130 Birthday Cake: 95 Calories: 690 Sodium: 650	COLD Roast Beef w/American Cheese, Lite Mayo & Lettuce Leaf on Rye Bread: 720 German Potato Salad: 15 Tossed Garden Salad w/Lite Italian Dressing: 170 Birthday Cake: 95 Calories: 735 Sodium: 1020
28. Cream of Mushroom Soup: 195	29.	30. Minestrone Soup: 240	31.	FOOD ALLERGIES				
HOT Chicken Marsala over a cup of Noodles: 465 Broccoli: 10 Wheat Bread: 125 Apple: 0 Calories: 755 Sodium: 995	COLD Egg Salad on Wheat Bread: 390 Potato Salad: 100 Summer Squash, Zucchini & Red Onions: 5 Apple: 0 Calories: 725 Sodium: 855	HOT Beef Stew: 325 Corn: 0 Spinach Mandarin Salad w/Lite Italian Dressing: 205 Wheat Roll: 130 Blueberry Snack Loaf: 160 Calories: 735 Sodium: 930	COLD Tuna Salad w/Lettuce Leaf on Oat Bread: 480 Broccoli Slaw: 145 Macaroni Salad: 130 Blueberry Snack Loaf: 160 Calories: 855 Sodium: 1035	HOT Fish w/Lemon Dill Sauce: 115 Scandinavian Vegetable Blend: 40 Mashed Potatoes: 70 Multigrain Bread: 100 Chocolate Pudding w/Topping: 175 Calories: 815 Sodium: 835	COLD Roast Beef w/Swiss Cheese, Mustard & Lettuce Leaf on Rye Bread: 600 English Pea Salad: 155 Root Vegetable Salad: 85 Chocolate Pudding w/Topping: 175 Calories: 765 Sodium: 1130	HOT Hot Dog on Roll: 715 Ketchup (80) Mustard (55) & Relish (80) Baked Beans: 140 Cole Slaw: 45 Peaches: 5 Calories: 745 Sodium: 1275	COLD Vegetarian Chef Salad w/Lite Italian Dressing: 555 Balsamic Vinaigrette Pasta Salad: 15 Dinner Roll: 130 Peaches: 5 Calories: 665 Sodium: 845	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.
Nutrition information: Mg of sodium is listed next to menu items. <ul style="list-style-type: none"> • Milk contributes an additional 100 mg sodium. • 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 • Calorie information is for entire meal 								
(V) = Vegetarian All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers. ***Denotes Higher Sodium \$2.00 Suggested donation per meal All soups served with crackers								