

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><u>(V) = Vegetarian All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.</u></p> <p>***Denotes Higher Sodium \$2.00 Suggested donation per meal</p> <p>All soups served with crackers</p> <p>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p>								<p>1. Corn Chowder HOT: Chicken Swedish Meatballs over Egg Noodles, Spinach & Whole Wheat Roll. COLD: Ham, Swiss Cheese, Mustard & Lettuce Leaf on Multigrain Bread, Riviera Salad & Corn Salad. Tropical Mixed Fruit</p>	
<p>4. Minestrone Soup HOT: Salmon Strips w/Dill Sauce, Whipped Sweet Potatoes, Italian Green Beans & Multigrain Bread. COLD: Roast Beef w/Provolone Cheese, Lite Mayo on Wheat Bread, Balsamic Vinaigrette Pasta Salad & Cucumber, Feta & Onion Salad. Blueberry Snack Loaf</p>		<p>5. Chicken Vegetable Soup HOT: Creole Fish, Rice & Beans, Collard Greens & Wheat Bread. COLD: Egg Salad w/Lettuce Leaf on Rye Bread, Potato Salad & Tomato Red Pepper Salad. Fresh Fruit</p>		<p>6. Crumb Topped Macaroni & Cheese***, Stewed Tomatoes & Oatmeal Bread. COLD: Tuna Salad w/Lettuce Leaf on Multigrain Bread, Broccoli Slaw & Root Vegetable Salad. Mandarin Oranges</p>		<p>7. Butternut Squash Soup HOT: Meatloaf w/Roast Onion Gravy, Mashed Potatoes, Fresh Broccoli & Cauliflower & Garlic Dinner Roll. COLD: Chicken Pesto Caesar Salad w/Dressing, Italian Pasta Salad & Whole Wheat Roll. Chocolate Mousse</p>		<p>8. Veggie Burger (V) w/Swiss Cheese & Ketchup on Hamburger Roll, Italian Roasted Potatoes & Tossed Garden Salad w/Lite Italian Dressing. COLD: Seafood Salad w/Lettuce Leaf on Oatmeal Bread, Macaroni Salad & Spinach Mandarin Salad w/Lite Italian Dressing. Tropical Mixed Fruit</p>	
<p>11. Cream of Mushroom Soup HOT: Orange Almond Chicken, Rice Pilaf Browned Orzo, Spinach & Multigrain Bread. COLD: Egg Salad on Oat Bread, Tomato Red Pepper Salad & Corn Salad. Fresh Fruit</p>		<p>12. Chicken Orzo Soup HOT: Alaskan Crunch Pollock w/Dill Sauce, Mashed Potatoes, Fresh Zucchini & Red Peppers & Oatmeal Bread. COLD: Ham Chef Salad w/Lite Italian Dressing, English Pea Salad & Whole Wheat Roll. Peaches</p>		<p>13. MARCH SPECIAL LUNCH HOT: Corned Beef w/Mustard Glaze***, Turnips, Cabbage & Carrots, Potatoes w/Parsley & Golden Biscuit. COLD: Chicken Salad w/Lettuce Leaf on Pumpernickel Bread, Potato Salad & Spinach Mandarin Salad w/Lite Italian Dressing. Brownie</p>		<p>14. Escarole & Bean Soup HOT: American Chop Suey, Parmesan Cheese, Broccoli & Cauliflower & Scali Bread. COLD: Turkey w/Provolone Cheese, Lite Mayo & Lettuce Leaf on Rye Bread, Macaroni Salad & Summer Squash, Red Onions & Zucchini Salad. Mixed Fruit</p>		<p>15. Florentine Soup HOT: Broccoli Mushroom Quiche (V), Green Beans, Fresh Butternut Squash & Whole Wheat Roll. COLD: Tuna Salad w/Lettuce Leaf on Wheat Bread, Pasta Salad w/Cheese & Cole Slaw. Ambrosia</p>	
<p>18. Vegetable Barley Soup HOT: Chicken Scaloppini over Buttered Ziti, Fresh Broccoli & Carrots & Whole Wheat Dinner Roll. COLD: Seafood Salad on Wheat Bread, Potato Salad & Tomato Zucchini Salad. Fresh Fruit</p>		<p>19. Minestrone Soup HOT: Baked Fish (Haddock) w/Broccoli Cheese Sauce, Fresh Buttered Squash, Green Beans & Pumpernickel Bread. COLD: Turkey, Swiss Cheese, Lite Mayo & Lettuce Leaf on Oatmeal Bread, Three Bean Salad & Cole Slaw. Chocolate Chip Cookie</p>		<p>20. Hot Dog***w/Ketchup, Mustard & Relish on Hot Dog Roll, Baked Beans & Cole Slaw. COLD: Curry Chicken Salad w/Lettuce Leaf on Multigrain Bread, Cucumber, Carrot & Onion & English Pea Salad. Mixed Fruit</p>		<p>21. Beef Vegetable Soup HOT: Beef Stuffed Pepper, Fresh Zucchini/Summer Squash & Italian Bread. COLD: Vegetarian Chef Salad w/Lite Italian Dressing, Pasta Salad & ½ Pita Pocket. Pears</p>		<p>22. Lentil Stew (V), Herbed Brown Rice, Tossed Garden Salad w/Lite Italian Dressing & Multigrain Bread. COLD: Tuna Salad w/Lettuce Leaf on Rye Bread, Carrot Raisin Salad & Lo Mein Pasta Salad. Fruited Yogurt</p>	
<p>25. Chicken Vegetable Ditalini Soup HOT: Lasagna w/Tomato Sauce & Chicken Meatball, Tuscan Vegetable Blend & Scali Bread. COLD: Turkey w/Provolone Cheese & Lite Mayo on Wheat Bread, Carrot Pineapple Salad & Macaroni Salad. Vanilla Pudding w/Topping</p>		<p>26. Split Pea Soup HOT: Lemon Dijon Chicken, Italian Green Beans, Brown Rice Pilaf & Oatmeal Bread. COLD: Roast Beef w/Swiss Cheese, Mustard & Lettuce Leaf on Multigrain Bread, Tomato Zucchini Salad & Corn Salad. Birthday Cake</p>		<p>27. Mushroom Barley Soup HOT: Potato Pollack Filet w/Spinach Alfredo Sauce, Fresh Ratatouille, Mashed Potatoes & Multigrain Bread. COLD: Chicken Salad w/Lettuce Leaf on Wheat Bread, Cole Slaw & Pasta Vegetable Salad. Cinnamon Apple Slices</p>		<p>28. Beef Stew, Corn, Tossed Garden Salad w/Lite Italian Dressing & Wheat Dinner Roll. COLD: Egg Salad w/Lettuce Leaf on Rye Bread, Spinach Mandarin Salad w/Lite Italian Dressing & German Potato Salad. Fresh Fruit</p>		<p>29. Cream of Broccoli Soup HOT: Spinach, Mushroom & Red Pepper Quiche (V), Diced Beets, O'Brien Potatoes & Rye Bread. COLD: Salmon Caesar Salad w/Dressing, Broccoli Ziti Salad & Dinner Roll. Mandarin Oranges</p>	

Springwell Nutrition Program: LUNCH MENU –Nutrition Information MARCH 2019

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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		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.	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.	1. Corn Chowder: 225 HOT Chicken Swedish Meatballs over Egg Noodles: 280 Spinach: 145 Wheat Roll: 130 Tropical Mix Fruit: 10 Calories: 875 Sodium: 985 COLD Ham, Swiss Cheese, Mustard & Lettuce Leaf on Multigrain Bread: 777 Riviera Salad: 90 Corn Salad: 190 Tropical Mix Fruit: 10 Calories: 830 Sodium: 1455										
4. Minestrone Soup: 240	5. Chicken Vegetable Soup: 80	6.	7. Butternut Squash Soup: 100	8.										
<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">HOT Salmon Strips w/Dill Sauce: 165 Whipped Sweet Potatoes: 25 Italian Green Beans: 5 Multigrain Bread: 100 Blueberry Loaf: 160 Calories: 765 Sodium: 1190</td> <td style="width: 50%; border: none;">COLD Roast Beef w/Provolone Cheese & Lite Mayo on Wheat Bread: 605 Balsamic Vin. Pasta: 15 Cucumber, Feta & Onion Salad: 80 Blueberry Loaf: 160 Calories: 1010 Sodium: 1265</td> </tr> </table>	HOT Salmon Strips w/Dill Sauce: 165 Whipped Sweet Potatoes: 25 Italian Green Beans: 5 Multigrain Bread: 100 Blueberry Loaf: 160 Calories: 765 Sodium: 1190	COLD Roast Beef w/Provolone Cheese & Lite Mayo on Wheat Bread: 605 Balsamic Vin. Pasta: 15 Cucumber, Feta & Onion Salad: 80 Blueberry Loaf: 160 Calories: 1010 Sodium: 1265	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">HOT Creole Chicken: 480 Rice & Beans: 80 Collard Greens: 55 Wheat Bread: 125 Fresh Fruit: 0 Calories: 835 Sodium: 1015</td> <td style="width: 50%; border: none;">COLD Egg Salad w/Lettuce Leaf on Rye Bread: 435 Potato Salad: 100 Tomato Pepper Salad: 5 Fresh Fruit: 0 Calories: 875 Sodium: 785</td> </tr> </table>	HOT Creole Chicken: 480 Rice & Beans: 80 Collard Greens: 55 Wheat Bread: 125 Fresh Fruit: 0 Calories: 835 Sodium: 1015	COLD Egg Salad w/Lettuce Leaf on Rye Bread: 435 Potato Salad: 100 Tomato Pepper Salad: 5 Fresh Fruit: 0 Calories: 875 Sodium: 785	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">HOT Crumb Topped Macaroni & Cheese***: 550 Stewed Tomatoes: 250 Oatmeal Bread: 120 Mandarin Oranges: 5 Calories: 775 Sodium: 1065</td> <td style="width: 50%; border: none;">COLD Tuna Salad w/Lettuce Leaf on Multigrain Bread: 440 Broccoli Slaw: 145 Root Vegetable Salad: 85 Mandarin Oranges: 5 Calories: 480 Sodium: 785</td> </tr> </table>	HOT Crumb Topped Macaroni & Cheese***: 550 Stewed Tomatoes: 250 Oatmeal Bread: 120 Mandarin Oranges: 5 Calories: 775 Sodium: 1065	COLD Tuna Salad w/Lettuce Leaf on Multigrain Bread: 440 Broccoli Slaw: 145 Root Vegetable Salad: 85 Mandarin Oranges: 5 Calories: 480 Sodium: 785	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">HOT Meatloaf w/Roast Onion Gravy: 160 Mashed Potatoes: 70 Broccoli & Cauliflower: 15 Garlic Dinner Roll: 130 Chocolate Mousse: 35 Calories: 705 Sodium: 1025</td> <td style="width: 50%; border: none;">COLD Chicken Pesto Caesar Salad: 650 Italian Pasta Salad: 140 Wheat Roll: 130 Chocolate Mousse: 35 Calories: 930 Sodium: 1145</td> </tr> </table>	HOT Meatloaf w/Roast Onion Gravy: 160 Mashed Potatoes: 70 Broccoli & Cauliflower: 15 Garlic Dinner Roll: 130 Chocolate Mousse: 35 Calories: 705 Sodium: 1025	COLD Chicken Pesto Caesar Salad: 650 Italian Pasta Salad: 140 Wheat Roll: 130 Chocolate Mousse: 35 Calories: 930 Sodium: 1145	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">HOT Veggie Burger (V) w/Ketchup & Swiss Cheese on Roll: 795 Roasted Potatoes: 5 Garden Salad w/Lite Italian Dressing: 170 Tropical Mix Fruit: 10 Calories: 730 Sodium: 1115</td> <td style="width: 50%; border: none;">COLD Seafood Salad w/Lettuce Leaf on Oatmeal Bread: 470 Macaroni Salad: 140 Spinach Mandarin Salad w/Lite Italian Dressing: 205 Tropical Mix Fruit: 10 Calories: 1025 Sodium: 930</td> </tr> </table>	HOT Veggie Burger (V) w/Ketchup & Swiss Cheese on Roll: 795 Roasted Potatoes: 5 Garden Salad w/Lite Italian Dressing: 170 Tropical Mix Fruit: 10 Calories: 730 Sodium: 1115	COLD Seafood Salad w/Lettuce Leaf on Oatmeal Bread: 470 Macaroni Salad: 140 Spinach Mandarin Salad w/Lite Italian Dressing: 205 Tropical Mix Fruit: 10 Calories: 1025 Sodium: 930
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11. Cream of Mushroom Soup: 195	12. Chicken Orzo Soup: 55	13. MARCH SPECIAL LUNCH	14. Escarole & Bean Soup: 145	15. Florentine Soup: 140										
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HOT Lentil Stew (V): 300 Herbed Brown Rice: 5 Tossed Garden Salad w/Lite Italian Dressing: 170 Multigrain Bread: 100 Fruited Yogurt: 75 Calories: 785 Sodium: 1055	COLD Tuna Salad w/Lettuce Leaf on Rye Bread: 540 Carrot Raisin Salad: 135 Lo Mein Pasta Salad: 100 Fruited Yogurt: 75 Calories: 780 Sodium: 960													
25. Chicken Vegetable Ditalini Soup: 80	26. Split Pea Soup: 45	27. Mushroom Barley Soup: 145	28.	29. Cream of Broccoli Soup: 105										
<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">HOT Lasagna w/Tomato Sauce: 440 Meatball: 70 Tuscany Veg. Blend: 45 Scali Bread: 125 Vanilla Pudding w/Topping: 175 Calories: 830 Sodium: 1135</td> <td style="width: 50%; border: none;">COLD Turkey w/Provolone Cheese & Lite Mayo on Wheat Bread: 770 Carrot Pineapple: 95 Macaroni Salad: 140 Vanilla Pudding w/Topping: 175 Calories: 1080 Sodium: 1250</td> </tr> </table>	HOT Lasagna w/Tomato Sauce: 440 Meatball: 70 Tuscany Veg. Blend: 45 Scali Bread: 125 Vanilla Pudding w/Topping: 175 Calories: 830 Sodium: 1135	COLD Turkey w/Provolone Cheese & Lite Mayo on Wheat Bread: 770 Carrot Pineapple: 95 Macaroni Salad: 140 Vanilla Pudding w/Topping: 175 Calories: 1080 Sodium: 1250	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">HOT Lemon Dijon Chicken: 385 Italian Green Beans: 10 Brown Rice Pilaf: 5 Oatmeal Bread: 120 Birthday Cake: 95 Calories: 695 Sodium: 855</td> <td style="width: 50%; border: none;">COLD Roast Beef w/Swiss Cheese, Mustard & Lettuce Leaf on Multigrain Bread: 500 Tomato Zucchini: 60 Corn Salad: 95 Birthday Cake: 95 Calories: 695 Sodium: 945</td> </tr> </table>	HOT Lemon Dijon Chicken: 385 Italian Green Beans: 10 Brown Rice Pilaf: 5 Oatmeal Bread: 120 Birthday Cake: 95 Calories: 695 Sodium: 855	COLD Roast Beef w/Swiss Cheese, Mustard & Lettuce Leaf on Multigrain Bread: 500 Tomato Zucchini: 60 Corn Salad: 95 Birthday Cake: 95 Calories: 695 Sodium: 945	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">HOT Potato Pollack Filet w/Spinach Alfredo Sauce: 505 Ratatouille: 115 Mashed Potatoes: 170 Multigrain Bread: 100 Cinnamon Apple Slices: 15 Calories: 1020 Sodium: 1035</td> <td style="width: 50%; border: none;">COLD Chicken Salad w/Lettuce Leaf on Wheat Bread: 330 Cole Slaw: 45 Pasta Vegetable Salad: 130 Cinnamon Apple Slices: 15 Calories: 1025 Sodium: 870</td> </tr> </table>	HOT Potato Pollack Filet w/Spinach Alfredo Sauce: 505 Ratatouille: 115 Mashed Potatoes: 170 Multigrain Bread: 100 Cinnamon Apple Slices: 15 Calories: 1020 Sodium: 1035	COLD Chicken Salad w/Lettuce Leaf on Wheat Bread: 330 Cole Slaw: 45 Pasta Vegetable Salad: 130 Cinnamon Apple Slices: 15 Calories: 1025 Sodium: 870	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">HOT Beef Stew: 325 Corn: 0 Tossed Garden Salad w/Lite Italian Dressing: 170 Wheat Dinner Roll: 130 Fresh Fruit: 0 Calories: 640 Sodium: 765</td> <td style="width: 50%; border: none;">COLD Egg Salad w/Lettuce Leaf on Rye Bread: 435 Spinach Mandarin Salad w/Lite Italian Dressing: 205 German Potato Salad: 10 Fresh Fruit: 0 Calories: 580 Sodium: 765</td> </tr> </table>	HOT Beef Stew: 325 Corn: 0 Tossed Garden Salad w/Lite Italian Dressing: 170 Wheat Dinner Roll: 130 Fresh Fruit: 0 Calories: 640 Sodium: 765	COLD Egg Salad w/Lettuce Leaf on Rye Bread: 435 Spinach Mandarin Salad w/Lite Italian Dressing: 205 German Potato Salad: 10 Fresh Fruit: 0 Calories: 580 Sodium: 765	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">HOT Spinach, Mushroom & Red Pepper Quiche (V): 320 Diced Beets: 185 O'Brien Potatoes: 130 Rye Bread: 150 Mandarin Oranges: 5 Calories: 755 Sodium: 995</td> <td style="width: 50%; border: none;">COLD Salmon Caesar Salad w/Dressing: 705 Broccoli Ziti Salad: 50 Dinner Roll: 130 Mandarin Oranges: 5 Calories: 1015 Sodium: 1190</td> </tr> </table>	HOT Spinach, Mushroom & Red Pepper Quiche (V): 320 Diced Beets: 185 O'Brien Potatoes: 130 Rye Bread: 150 Mandarin Oranges: 5 Calories: 755 Sodium: 995	COLD Salmon Caesar Salad w/Dressing: 705 Broccoli Ziti Salad: 50 Dinner Roll: 130 Mandarin Oranges: 5 Calories: 1015 Sodium: 1190
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