

LAST NAME 姓 _____ FIRST 名字 _____ Phone _____ Date _____

SPRINGWELL NUTRITION: Lunch Menu - Belmont Senior Center | 617-993-2970 | 266 Beech Street, Belmont, MA

NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please submit lunch reservations to the Beech Street Center Front Desk by 11 a.m. the business day before. If you cannot attend on a day you have reserved your meal, please call to cancel by 11 a.m. the day before. \$2.00 Suggested donation per meal. (V) =Vegetarian All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers. **Denotes Higher Sodium YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p>				
<p>Front Desk Volunteers:</p> <p>1) Please complete a calendar sheet for anyone requesting lunches in person and over the phone. 2) Please alert staff if someone who reserved a lunch receives a walk-in ticket. 3) After entering meals in the meal schedule book, please highlight those meals on this page and initial and date _____</p>		<p style="text-align: center;">FOOD ALLERGIES:</p> <p>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.</p>	<p>1. Vegetable Barley 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. Pumpkin Pudding w/Topping</p>	<p>2. HOT: Lentil Stew (V), Herbed Brown Rice, Tossed Garden Salad w/Lite Italian Dressing & Mini Corn Bread Loaf. COLD: Turkey Chef Salad w/Lite Italian Dressing, English Pea Salad & Wheat Dinner Roll. Pears</p>
<p>5. HOT: Crumb Topped Macaroni & Cheese***, Stewed Tomatoes & Oat Bread. COLD: Tuna Salad on Multigrain Bread, Cucumber, Feta & Onion Salad & Potato Salad. Plum</p>	<p>6. Lentil Spinach Soup HOT: Salmon w/Newburg Sauce, Mashed Potatoes, Dill Carrots & Oatmeal Bread. COLD: Chicken Pesto Caesar Salad, Garden Shell Pasta Salad & Whole Wheat Bread. Apple Cranberry Bread Pudding w/Topping</p>	<p>7. HOT: American Chop Suey, Parmesan Cheese, Green Beans & Scali Bread. COLD: Egg Salad on Rye Bread, Summer Squash, Red Onions & Zucchini Salad & Tri Color Pasta Salad. Tropical Fruit</p>	<p>8. Italian Garden Soup HOT: Broccoli Mushroom Quiche (V), Whipped Butternut Squash, Peas, Carrots & Corn & Wheat Roll. COLD: Turkey w/Swiss Cheese & Lite Mayo on Multigrain Bread, Cauliflower Carrot Salad & Summer Potato Salad. Pears</p>	<p>9. Chicken Noodle Soup HOT: Lemon Dijon Chicken, Rice Pilaf Browned Orzo, Spinach & Mushrooms & Wheat Bread. COLD: Seafood Salad w/Lettuce Leaf on Oatmeal Bread, Cole Slaw & Lo Mein Pasta Salad. Chocolate Pudding w/Topping</p>
<p>12. VETERAN'S DAY HOLIDAY MEAL SITE CLOSED NO MEAL SERVICE TODAY</p>	<p>13. Beef & Vegetable Soup HOT: Stuffed Shells w/Tomato Sauce & Chicken Meatball, Green Beans & Wax Beans & Marble Rye. COLD: Tuna Salad on Multigrain Bread, Italian Pasta Salad & Zucchini Salad. Peaches</p>	<p>14. Vegetable Soup HOT: Marsala Chicken, Italian Roasted Potatoes, Fresh Broccoli & Carrots & Oat Bread. COLD: Egg Salad w/Lettuce Leaf on Wheat Bread, Root Vegetable Salad & Summer Potato Salad. Mixed Fruit</p>	<p>15. THANKSGIVING SPECIAL LUNCH Roast Turkey w/Gravy Cornbread Stuffing Whip Potatoes & Chives Country Vegetable Blend Cranberry Sauce Hot Apple Cider Soft Dinner Roll Pumpkin Pie W/Topping</p>	<p>16. HOT: Beef Stew, Corn, Tossed Garden Salad w/Lite Italian Dressing & Whole Wheat Roll. COLD: Curry Chicken on Oat Bread, Tomato Red Pepper Salad & Corn Salad. Orange</p>
<p>19. Spinach Mixed Bean Soup HOT: Baked Fish (Haddock) w/Broccoli Cheese Sauce, Herbed Brown Rice, Riviera Vegetable Blend & Rye Bread. COLD: Chicken Salad on Wheat Bread, Summer Squash Salad & Greek Pasta Salad. Fruited Yogurt</p>	<p>20. Chicken Vegetable Soup HOT: Chicken Cacciatore over Ziti, Fresh Broccoli, Wheat Dinner Roll. COLD: Roast Beef w/American Cheese & Lite Mayo on Scali Bread, Italian Pasta Salad & Riviera Salad. Birthday Cake</p>	<p>21. Split Pea Soup HOT: Beef Stroganoff over Egg Noodles, Winter/Fall Vegetable Blend & Multigrain Bread. COLD: Chef Salad w/Turkey & Lite Italian Dressing, Multigrain Bread & English Pea Salad. Clementine</p>	<p>22. THANKSGIVING DAY HOLIDAY MEAL SITE CLOSED NO MEAL SERVICE TODAY</p>	<p>23. COLD BOX LUNCH DAY COLD: Seafood Salad w/Lettuce Leaf on Rye Bread, German Potato Salad & Tossed Garden Salad w/Lite Italian Dressing. Pears</p>
<p>26. Cream of Mushroom Soup HOT: Cranberry Chicken, Mashed Potatoes, Fresh Zucchini & Oat Bread. COLD: Egg Salad on Wheat Bread, Root Vegetable Salad & Beet Salad. Chocolate Pudding w/Topping</p>	<p>27. Chicken Vegetable Ditalini Soup HOT: Potato Pollack Filet w/Spinach Alfredo Sauce, Butternut Squash, Fresh Broccoli & Multigrain Bread. COLD: Roast Beef w/Swiss Cheese, Lettuce Leaf & Mustard on Oat Bread, Summer Squash, Red Onions & Zucchini Salad & Corn Salad. Blueberry Snack Loaf</p>	<p>28. Cream of Butternut Squash Soup HOT: Meatloaf w/Mushroom Gravy, Mashed Potatoes, Scandinavian Vegetable Blend & Wheat Bread. COLD: Vegetarian Chef Salad w/Lite Italian Dressing, Balsamic Vinaigrette Pasta Salad & Dinner Roll. Fresh Fruit</p>	<p>29. Spinach Mixed Bean HOT: Vegetable Lasagna w/Tomato Sauce & Chicken Meatball, Tuscan Vegetable Blend & Scali Bread. COLD: California Chicken Salad w/Lettuce Leaf on Wheat Bread, Broccoli Slaw & Italian Pasta Salad. Apple Cranberry Compote w/Topping</p>	<p>30. HOT: Hot Dog***w/Ketchup, Mustard & Relish on Hot Dog Roll, Baked Beans & Cole Slaw. COLD: Tuna Salad w/Lettuce Leaf on Rye Bread, English Pea Salad & Carrot Pineapple Salad. Peaches</p>

Springwell Nutrition Program: LUNCH MENU –Nutrition Information NOVEMBER 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
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 <p style="color: blue; text-decoration: underline;">(V) = Vegetarian All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.</p> <p>***Denotes Higher Sodium \$2.00 Suggested donation per meal All soups served with crackers</p>						1. Vegetable Barley Soup: 155		2.	
						HOT Chicken Swedish Meatball over Egg Noodles: 280 Green Beans: 5 Wheat Roll: 130 Pumpkin Pudding w/Topping: 165 Calories: 890 Sodium: 930	COLD Seafood Salad w/Lettuce Leaf on Multigrain Bread: 440 Spinach Mandarin w/Lite Italian Dressing: 190 Garden Shell Pasta: 200 Pumpkin Pudding w/Topping: 165 Calories: 1130 Sodium: 1260	HOT Lentil Stew (V): 530 Herbed Brown Rice: 5 Tossed Garden Salad w/Lite Italian Dressing: 170 Mini Corn Bread Loaf: 290 Pears: 5 Calories: 790 Sodium: 1135	COLD Turkey Chef Salad w/Lite Italian Dressing: 445 English Pea Salad: 155 Wheat Dinner Roll: 130 Pears: 5 Calories: 685 Sodium: 880
5.		6. Lentil Spinach Soup: 140		7.		8. Italian Garden Soup: 140		9. Chicken Noodle Soup: 70	
HOT Crumb Topped Macaroni & Cheese: 550 Stewed Tomatoes: 250 Oat Bread: 120 Plum: 0 Calories: 800 Sodium: 1060	COLD Tuna Salad on Multigrain Bread: 440 Potato Salad: 100 Cucumber, Feta & Onion Salad: 80 Plum: 0 Calories: 660 Sodium: 720	HOT Salmon w/Newburg Sauce: 190 Mashed Potatoes: 70 Dill Carrots: 80 Oatmeal Bread: 120 Apple Cranberry Bread Pudding w/Topping: 120 Calories: 800 Sodium: 910	COLD Chicken Pesto Caesar Salad: 680 Garden Shell Pasta: 200 Wheat Roll: 130 Apple Cranberry Bread Pudding w/Topping: 120 Calories: 1025 Sodium: 1465	HOT American Chop Suey: 320 Parmesan Cheese: 110 Green Beans: 5 Scali Bread: 120 Tropical Fruit: 10 Calories: 945 Sodium: 700	COLD Egg Salad w/Lettuce Leaf on Rye Bread: 435 Summer Squash, Red Onions & Zucchini Salad: 5 Tri Color Pasta: 60 Tropical Fruit: 10 Calories: 715 Sodium: 615	HOT Broccoli Mushroom Quiche (V): 355 Whipped Butternut Squash: 0 Peas, Carrots & Corn: 0 Wheat Roll: 130 Pears: 5 Calories: 845 Sodium: 890	COLD Turkey w/Swiss Cheese, Lite Mayo & Lettuce Leaf on Multigrain Bread: 540 Cauliflower Carrot: 85 Summer Potato Salad: 65 Pears: 5 Calories: 790 Sodium: 1005	HOT Lemon Dijon Chicken: 385 Rice Pilaf: 100 Spinach & Mushrooms: 160 Wheat Bread: 125 Chocolate Pudding w/Topping: 175 Calories: 900 Sodium: 1210	COLD Seafood Salad w/Lettuce Leaf on Oatmeal Bread: 470 Lo Mein Pasta Salad: 100 Cole Slaw: 45 Chocolate Pudding w/Topping: 175 Calories: 1225 Sodium: 1025
12. VETERAN'S DAY HOLIDAY		13. Beef Vegetable Soup: 145		14. Vegetable Soup: 105		15. THANKSGIVING SPECIAL LUNCH		16.	
MEAL SITE CLOSED NO MEAL SERVICE TODAY		HOT Stuffed Shells w/Tomato Sauce: 545 Chicken Meatball: 70 Green Beans & Wax Beans: 5 Marble Rye: 150 Peaches: 5 Calories: 745 Sodium: 1110	COLD Tuna Salad on Multigrain Bread: 440 Italian Pasta Salad: 140 Zucchini Salad: 65 Peaches: 5 Calories: 840 Sodium: 955	HOT Chicken Marsala: 385 Italian Roasted Potatoes: 5 Fresh Broccoli & Carrots: 45 Oat Bread: 120 Mixed Fruit: 5 Calories: 855 Sodium: 855	COLD Egg Salad w/Lettuce Leaf on Wheat Bread: 490 Root Veg. Salad: 85 Summer Potato Salad: 65 Mixed Fruit: 5 Calories: 670 Sodium: 815	Roast Turkey w/Gravy: 460 Cornbread Stuffing: 245 Cranberry Sauce: 5 Whip Potatoes & Chives: 70 Country Vegetable Blend: 40 Hot Apple Cider: 0 Soft Dinner Roll: 130 Pumpkin Pie w/Topping: 130 Calories: 990 / Sodium: 1465		HOT Beef Stew: 325 Corn: 0 Tossed Garden Salad w/Lite Italian Dressing: 170 Wheat Roll: 130 Orange: 0 Calories: 640 Sodium: 765	COLD Curry Chicken Salad on Oat Bread: 310 Tomato Red Pepper Salad: 5 Corn Salad: 190 Orange: 0 Calories: 780 Sodium: 615
19. Spinach Mixed Bean Soup: 160		20. Chicken Vegetable Soup: 95		21. Split Pea Soup: 45		22. THANKSGIVING DAY HOLIDAY		23. COLD BOX LUNCH DAY	
HOT Baked Fish (Haddock) w/Broccoli Cheese Sauce: 485 Herbed Brown Rice: 5 Riviera Salad: 5 Rye Bread: 150 Fruited Yogurt: 75 Calories: 675 Sodium: 1075	COLD Chicken Salad on Wheat Bread: 330 Summer Squash Salad: 40 Greek Pasta Salad: 190 Fruited Yogurt: 75 Calories: 825 Sodium: 955	HOT Chicken Cacciatore over Ziti: 570 Fresh Broccoli: 5 Wheat Dinner Roll: 10 Birthday Cake: 95 Calories: 745 Sodium: 1100	COLD Roast Beef w/American Cheese, Lite Mayo & Lettuce Leaf on Scali Bread: 660 Italian Pasta Salad: 140 Riviera Salad: 90 Birthday Cake: 95 Calories: 1005 Sodium: 1275	HOT Beef Stroganoff over Egg Noodles: 205 Winter/Fall Vegetable Blend: 15 Multigrain Bread: 100 Clementine: 0 Calories: 765 Sodium: 530	COLD Chef Salad w/Turkey & Lite Italian Dressing: 445 Multigrain Bread: 100 English Pea Salad: 155 Clementine: 0 Calories: 810 Sodium: 965	MEAL SITE CLOSED NO MEAL SERVICE TODAY		COLD Seafood Salad w/Lettuce Leaf On Rye Bread: 530 German Potato Salad: 70 Tossed Garden Salad w/Lite Italian Dressing: 170 Pears: 5 Calories: 970 / Sodium: 1175	
26. Cream of Mushroom Soup: 195		27. Chicken Vegetable Ditalini Soup: 95		28. Cream of Butternut Squash Soup: 100		29. Spinach Mixed Bean Soup: 160		30.	
HOT Cranberry Chicken: 340 Mashed Potatoes: 70 Fresh Zucchini: 5 Oat Bread: 120 Chocolate Pudding w/Topping: 175 Calories: 925 Sodium: 1100	COLD Egg Salad on Wheat Bread: 390 Root Vegetable Salad: 145 Beet Salad: 85 Chocolate Pudding w/Topping: 175 Calories: 755 Sodium: 1155	HOT Potato Pollack Filet w/Spinach Alfredo Sauce: 465 Butternut Squash: 0 Fresh Broccoli: 10 Multigrain Bread: 100 Blueberry Snack Loaf: 160 Calories: 915 Sodium: 1015	COLD Roast Beef w/Swiss Cheese, Mustard & Lettuce Leaf on Oat Bread: 540 Summer Squash, Red Onions & Zucchini: 5 Corn Salad: 190 Blueberry Snack Loaf: 160 Calories: 975 Sodium: 1143	HOT Meatloaf w/Mushroom Gravy: 240 Mashed Potatoes: 70 Scandinavian Vegetable Blend: 40 Wheat Bread: 125 Fresh Fruit: 0 Calories: 995 Sodium: 770	COLD Vegetarian Chef Salad w/Lite Italian Dressing: 555 Balsamic Vinaigrette Pasta Salad: 15 Dinner Roll: 130 Fresh Fruit: 0 Calories: 685 Sodium: 840	HOT Vegetable Lasagna w/Sauce: 520 Chicken Meatball: 70 Tuscan Veg. Blend: 45 Scali Bread: 120 Apple Cranberry Compote w/Topping: 5 Calories: 670 Sodium: 1115	COLD California Chicken Salad w/Lettuce Leaf on Wheat Bread: 325 Broccoli Slaw: 145 Italian Pasta Salad: 140 Apple Cranberry Compote w/Topping: 5 Calories: 910 Sodium: 930	HOT Hot Dog on Roll: 715 Ketchup (80) Mustard(55) & Relish (80): 215 Baked Beans: 140 Cole Slaw: 45 Peaches: 5 Calories: 670 Sodium: 1115	COLD Tuna Salad w/Lettuce Leaf on Rye Bread: 540 English Pea Salad: 155 Carrot Pineapple Salad: 95 Peaches: 5 Calories: 635 Sodium: 905