

LAST NAME 姓 _____ FIRST 名字 _____ Phone _____ Date _____

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

OCTOBER 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>1. HOT: Cranberry Chicken, Mashed Potatoes, Fresh Zucchini & Whole Wheat Roll. COLD: Egg Salad on Wheat Bread, Root Vegetable Salad & Broccoli & Feta Orzo Salad. Butterscotch Pudding w/Topping</p>	<p>2. Spinach Mixed Bean Soup HOT: Lasagna w/Tomato Sauce & Chicken Meatball, Tuscan Vegetable Blend & Scali Bread. COLD: Tuna Salad on Rye Bread, Cucumber, Feta & Onion Salad & Carrot Pineapple Salad. Pears</p>	<p>3. HOT: Veggie Burger (V) w/Swiss Cheese, Lettuce, Tomato & Ketchup on Hamburger Roll, Roasted Potatoes & Broccoli Slaw. COLD: California Chicken Salad on Wheat Bread, Italian Pasta Salad & Garden Salad w/Lite Italian Dressing. Peaches</p>	<p>4. Cream of Broccoli Soup HOT: Turkey w/Gravy, Cranberry Sauce, Sweet Potatoes, Summer/Spring Vegetable Blend & Oat Bread. COLD: Vegetarian Chef Salad w/Lite Italian Dressing, Balsamic Vinaigrette Pasta Salad & Dinner Roll. Orange</p>	<p>5. Chicken Vegetable Ditalini Soup HOT: Potato Pollack Filet w/Spinach Alfredo Sauce, Butternut Squash, Fresh Broccoli & Multigrain Bread. COLD: Roast Beef w/Swiss Cheese & Mustard on Oat Bread, Summer Squash, Red Onions & Zucchini Salad. Blueberry Snack Loaf</p>
<p>8. COLUMBUS DAY HOLIDAY MEAL SITE CLOSED NO MEAL SERVICE TODAY</p>	<p>9. Beef Vegetable Soup HOT: Honey Mustard Chicken, Fresh Zucchini & Red Peppers, Mashed Potatoes & Dinner Roll. COLD: Turkey w/Swiss Cheese & Mustard on Bulkie Roll, Cucumber, Feta & Onion Salad & Southwest Black Bean Salad. Peaches</p>	<p>10. HOT: Fish Filet (Haddock) w/Lemon Sauce, Herbed Brown Rice, California Style Vegetable Blend & Rye Bread. COLD: Roast Beef w/Provolone Cheese & Lite Mayo on Oatmeal Bread, Tomato Red Pepper Salad & Root Vegetable Salad. Vanilla Pudding w/Topping</p>	<p>11. Minestrone Soup HOT: Broccoli Mushroom Quiche (V), Green Beans, Red Bliss Potatoes & Whole Wheat Roll. COLD: Garden Salad w/Lite Italian Dressing, English Pea Salad & Wheat Roll. Chocolate Chip Cookie</p>	<p>12. HOT: American Chop Suey, Parmesan Cheese, Spinach & Multigrain Bread. COLD: Tuna Salad on Rye Bread, Summer Potato Salad & Broccoli Slaw. Cantaloupe Sliced</p>
<p>15. HOT: Chicken Meatball Sub w/Marinara Sauce & Parmesan Cheese, Roasted Potatoes, Green Beans & Red Peppers. COLD: Egg Salad on Rye Bread, Cauliflower Carrot Salad & Balsamic Pasta Salad. Pineapples</p>	<p>16. AUTUMN SPECIAL LUNCH Broccoli Cheese Soup Steak Tips w/Mushroom Gravy Garlic Mashed Potatoes Candied Carrots & Parsnips White Dinner Roll Pumpkin Cupcake w/Cream Cheese Icing</p>	<p>17. COLD BOX LUNCH DAY COLD: Curry Chicken Salad on Wheat Bread, Broccoli & Feta Orzo Salad & Beet Salad. Chocolate Pudding w/Topping</p>	<p>18. Chicken Vegetable Ditalini Soup HOT: Chicken Marsala, Orzo Pilaf, Fresh Ratatouille & Wheat Bread. COLD: Ham Chef Salad w/Lite Italian Dressing, Macaroni Salad & Wheat Roll. Orange</p>	<p>19. HOT: Crumb Topped Macaroni & Cheese***, Fresh Baked Tomato Half & Rye Bread. COLD: Turkey w/Swiss Cheese & Lite Mayo on Multigrain Bread, Cole Slaw & Greek Pasta Salad. Peaches</p>
<p>22. HOT: Stuffed Shells w/Tomato Sauce & Chicken Meatball, Fresh Zucchini & Cauliflower & Multigrain Bread. COLD: Roast Beef w/Provolone Cheese & Lite Mayo on Oatmeal Bread, Cole Slaw & Lo Mein Pasta Salad. Apple Dried Cranberry Compote w/Topping</p>	<p>23. TRAVELING CHEF SPECIAL Hand Carved Roast Beef Oriental Vegetable Blend Mashed Potatoes Oatmeal Bread Birthday Cake</p>	<p>24. HOT: Beef Stew, Corn & Whole Wheat Roll. COLD: California Chicken Salad on Rye Bread, Summer Squash Salad & Southwest Black Bean Salad. Orange</p>	<p>25. Minestrone Soup HOT: Alaskan Pollack Crunch Sticks w/Newburg Sauce, Mashed Potatoes, Fresh Broccoli & Dinner Roll. COLD: Ham, Swiss Cheese & Mustard on Multigrain Bread, Tri Color Pasta Salad & Carrot Raisin Salad. Rice Pudding</p>	<p>26. Cream of Butternut Squash Soup HOT: Spinach & Red Pepper Quiche (V), Red Bliss Potatoes, Rye Bread & Tossed Garden Salad w/Lite Italian Dressing. COLD: Turkey Chef Salad w/Lite Italian Dressing, English Pea Salad & Wheat Dinner Roll. Tropical Mixed Fruit</p>
<p>29. Seafood Chowder HOT: Fish w/Broccoli Cheese Sauce, Orzo Rice w/Peas, Summer/Spring Vegetable Blend & Oatmeal Bread. COLD: Roast Beef w/Swiss Cheese & Mustard on Multigrain Bread, German Potato Salad & Broccoli Tomato Salad. Mixed Fruit</p>	<p>30. Escarole & Bean Soup HOT: Chicken Cacciatore over Ziti, Peas, Dill Carrots & Multigrain Bread. COLD: Tuna Salad on Wheat Bread, Tri Color Pasta Salad & Cucumber, Feta & Onion Salad. Nectarine</p>	<p>31. HOT: Hot Dog***w/Ketchup, Mustard & Relish on Hot Dog Roll, Cole Slaw & Baked Beans. COLD: Egg Salad on Rye Bread, Summer Potato Salad & Tossed Garden Salad w/Lite Italian Dressing. Halloween Cookie</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>	

Springwell Nutrition Program: LUNCH MENU –Nutrition Information OCTOBER 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1.		2. Spinach Mixed Bean Soup: 160		3.		4. Cream of Broccoli Soup: 107		5. Chicken Vegetable Ditalini Soup: 80	
HOT Cranberry Chicken: 340 Mashed Potatoes: 70 Zucchini: 5 Wheat Roll: 130 Butterscotch Pudding w/Topping: 295 Calories: 810 Sodium: 980	COLD Egg Salad on Wheat Bread: 390 Root Veg. Blend: 85 Broccoli & Feta Orzo: 220 Butterscotch Pudding w/Topping: 295 Calories: 735 Sodium: 1100	HOT Lasagna w/Tomato Sauce & Chicken Meatball: 550 Tuscan Veg. Blend: 70 Scali Bread: 125 Pears: 5 Calories: 720 Sodium: 1145	COLD Tuna Salad on Rye Bread: 540 Cucumber, Feta & Onion Salad: 80 Carrot Pineapple: 85 Pears: 5 Calories: 655 Sodium: 1045	HOT Veggie Burger w/Swiss, Lettuce, Tomato & Ketchup on Roll: 795 Roasted Potatoes: 5 Broccoli Slaw: 45 Peaches: 5 Calories: 770 Sodium: 1190	COLD California Chicken Salad on Wheat Bread: 325 Italian Pasta Salad: 140 Garden Salad w/Lite Italian Dressing: 170 Peaches: 5 Calories: 795 Sodium: 865	HOT Turkey w/Gravy: 460 Cranberry Sauce: 5 Sweet Potatoes: 25 Summer/Spring Veg. Blend: 65 Oat Bread: 120 Orange: 0 Calories: 710 Sodium: 980	COLD Vegetarian Chef Salad w/Lite Italian Dressing: 555 Balsamic Vinaigrette Pasta Salad: 15 Dinner Roll: 130 Orange: 0 Calories: 680 Sodium: 850	HOT Potato Pollack Filet w/Spinach Alfredo Sauce: 505 Butternut Squash: 0 Broccoli: 10 Multigrain Bread: 100 Blueberry Loaf: 160 Calories: 935 Sodium: 1055	COLD Roast Beef w/Swiss Cheese & Mustard on Oat Bread: 540 Summer Squash, Red Onions & Zucchini: 5 Corn Salad: 190 Blueberry Loaf: 160 Calories: 835 Sodium: 965
8. COLUMBUS DAY HOLIDAY		9. Beef Vegetable Soup: 145		10.		11. Minestrone Soup: 240		12.	
MEAL SITE CLOSED NO MEAL SERVICE TODAY		HOT Honey Mustard Chicken: 515 Zucchini & Red Peppers: 5 Mashed Potatoes: 70 Dinner Roll: 130 Peaches: 5 Calories: 825 Sodium: 1060	COLD Turkey w/Swiss Cheese & Mustard on Bulkie Roll: 700 Cucumber, Feta & Onion Salad: 80 Black Bean Salad: 295 Peaches: 5 Calories: 795 Sodium: 1440	HOT Fish Filet (Haddock) w/Lemon Sauce: 335 Herbed Brown Rice: 5 California Style Veg. Rye Bread: 30 Vanilla Pudding w/Topping: 175 Calories: 660 Sodium: 835	COLD Roast Beef w/Provolone & Lite Mayo on Oatmeal Bread: 595 Tomato Red Pepper: 5 Root Veg. Salad: 85 Vanilla Pudding w/Topping: 175 Calories: 820 Sodium: 970	HOT Broccoli Mushroom Quiche: 355 Green Beans: 5 Red Bliss Potatoes: 10 Wheat Roll: 130 Chocolate Chip Cookie: 60 Calories: 860 Sodium: 995	COLD Garden Salad w/Grilled Chicken Breast & Lite Italian Dressing: 490 English Pea Salad: 155 Wheat Roll: 130 Chocolate Chip Cookie: 60 Calories: 685 Sodium: 1240	HOT American Chop Suey: 315 Parmesan Cheese: 110 Spinach: 145 Multigrain Bread: 100 Cantaloupe Slice: 10 Calories: 920 Sodium: 820	COLD Tuna Salad on Rye Bread: 540 Summer Potato Salad: 65 Broccoli Slaw: 145 Cantaloupe Slice: 10 Calories: 540 Sodium: 870
15.		16. AUTUMN SPECIAL LUNCH		17. COLD BOX LUNCH DAY		18. Chicken Vegetable Ditalini Soup: 80		19.	
HOT Chicken Meatball Sub w/Marinara Sauce & Parmesan Cheese: 1015 Roasted Potatoes: 5 Green Beans & Red Peppers: 5 Pineapples: 0 Calories: 1095 Sodium: 1275	COLD Egg Salad on Rye Bread: 435 Cauliflower Carrot Salad: 95 Balsamic Pasta Salad: 15 Pineapples: 0 Calories: 670 Sodium: 655	Broccoli Cheese Soup: 220 Steak Tips w/Mushroom Gravy: 175 Garlic Mashed Potatoes: 55 Candied Carrots & Parsnips: 55 White Dinner Roll: 130 Pumpkin Cupcake w/Cream Cheese Icing: 70 Calories: 1150 / Sodium: 900		Curry Chicken Salad On Wheat Bread: 325 Broccoli & Feta Orzo Salad: 220 Beet Salad: 145 Chocolate Pudding w/Topping: 175 Calories: 735 / Sodium: 900		HOT Chicken Marsala: 385 Orzo Pilaf: 275 Ratatouille: 115 Wheat Bread: 125 Orange: 0 Calories: 875 Sodium: 1175	COLD Ham Chef Salad w/Lite Italian Dressing: 570 Macaroni Salad: 140 Wheat Roll: 130 Orange: 0 Calories: 970 Sodium: 1115	HOT Crumb Topped Macaroni & Cheese: 550 Baked Tomato Half: 260 Rye Bread: 150 Peaches: 5 Calories: 865 Sodium: 1100	COLD Turkey w/Swiss Cheese & Lite Mayo on Multigrain Bread: 535 Cole Slaw: 45 Greek Pasta Salad: 190 Peaches: 5 Calories: 740 Sodium: 880
22.		23. TRAVELING CHEF SPECIAL		24.		25. Minestrone Soup: 240		26. Cream of Butternut Squash Soup: 100	
HOT Stuffed Shells w/Tomato Sauce & Chicken Meatball: 70 Zucchini & Cauliflower: 5 Multigrain Bread: 100 Apple Dried Cranberry Compote w/Topping: 5 Calories: 610 Sodium: 950	COLD Roast Beef w/Provolone & Lite Mayo on Oatmeal Bread: 595 Cole Slaw: 45 Lo Mein Pasta: 100 Apple Dried Cranberry Compote w/Topping: 5 Calories: 830 Sodium: 850	Hand Carved Roast Beef Mashed Potatoes Oriental Vegetable Blend Oatmeal Bread Birthday Cake		HOT Beef Stew: 325 Corn: 0 Whole Wheat Roll: 130 Orange: 0 Calories: 595 Sodium: 595	COLD California Chicken Salad on Rye Bread: 370 Summer Squash Salad: 40 Southwest Black Bean Salad: 295 Orange: 0 Calories: 690 Sodium: 815	HOT Alaskan Pollack Crunch Sticks w/Newburg Sauce: 315 Mashed Potatoes: 70 Broccoli: 10 Dinner Roll: 130 Rice Pudding: 160 Calories: 965 Sodium: 1120	COLD Ham, Swiss Cheese & Mustard on Multigrain Bread: 780 Tri Color Pasta: 60 Carrot Raisin Salad: 135 Rice Pudding: 160 Calories: 1025 Sodium: 1535	HOT Spinach & Red Pepper Quiche (V): 255 Red Bliss Potatoes: 10 Rye Bread: 150 Garden Salad w/Lite Italian Dressing: 170 Tropical Mixed Fruit: 10 Calories: 775 Sodium: 885	COLD Turkey Chef Salad w/Lite Italian Dressing: 445 English Pea Salad: 155 Wheat Dinner Roll: 130 Tropical Mixed Fruit: 10 Calories: 835 Sodium: 1040
29. Seafood Chowder: 160		30. Escarole & Bean Soup: 145		31.		Nutrition information: Mg of sodium is listed next to menu items.			
HOT Fish w/Broccoli Cheese Sauce: 455 Orzo Rice w/Peas: 95 Summer/Spring Vegetable Blend: 65 Oatmeal Bread: 120 Mixed Fruit: 5 Calories: 870 Sodium: 1095	COLD Roast Beef w/Swiss Cheese & Mustard on Multigrain Bread: 595 German Potato Salad: 45 Broccoli Tomato Salad: 100 Mixed Fruit: 5 Calories: 830 Sodium: 850	HOT Chicken Cacciatore over Ziti: 565 Peas & Carrots: 80 Multigrain Bread: 100 Nectarine: 0 Calories: 720 Sodium: 1090	COLD Tuna Salad on Wheat Bread: 495 Tri Color Pasta Salad: 60 Cucumber, Feta & Onion Salad: 80 Nectarine: 0 Calories: 745 Sodium: 945	HOT Hot Dog on Roll: 765 Ketchup, Mustard & Relish: 80/55/80 Baked Beans: 145 Cole Slaw: 45 Halloween Cookie: 70 Calories: 810 Sodium: 1375	COLD Egg Salad on Rye Bread: 435 Summer Potato Salad: 65 Tossed Garden Salad w/Lite Italian Dressing: 170 Halloween Cookie: 70 Calories: 620 Sodium: 845	<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>(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>			