

LAST NAME 姓 _____ FIRST 名字 _____ Phone _____ Date _____

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

FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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				
Front Desk Volunteers: 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 _____			<b style="color: red;">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.	
4. Mushroom Barley Soup HOT: Creole Fish, Rice & Beans, Collard Greens & Onions & Mini Corn Bread Loaf. COLD: Egg Salad on Wheat Bread, Cucumber, Feta & Onion Salad & English Pea Salad. Vanilla Pudding w/Topping	5. HOT ONLY Oriental Vegetable Soup HOT: Chicken Lo Mein, Oriental Vegetable Blend & Oatmeal Bread. Pineapples	6. Beef Vegetable Soup HOT: American Chop Suey, Parmesan Cheese, Italian Green Beans & Wheat Bread. COLD: Garden Salad w/Grilled Chicken Breast & Ranch Dressing, Macaroni Salad & Wheat Roll. Fresh Fruit	7. HOT ONLY Minestrone Soup HOT: Broccoli Mushroom Quiche (V), Peas & Carrots, Red Bliss Potatoes & Rye Bread. Chocolate Chip Cookie	1. Chicken Vegetable Soup HOT: Vegetable Lasagna w/Tomato Sauce & Chicken Meatball, Tuscan Vegetable Blend & Scali Bread. COLD: California Chicken Salad w/Lettuce Leaf on Wheat Bread, Tomato Zucchini Salad & Italian Pasta Salad. Apple Cranberry Compote w/Topping
11. Beef Barley Soup HOT: Chicken Swedish Meatball over Egg Noodles, Green Beans & Multigrain Bread. COLD: Tuna Salad on Oat Bread, Cauliflower Carrot Salad & Balsamic Pasta Salad. Blueberry Snack Loaf	12. HOT ONLY HOT: Beef Stew, Corn, Tossed Garden Salad w/Lite Italian Dressing & Wheat Roll. Clementine	13. Cream of Butternut Squash Soup HOT: Salmon Boat w/Lemon Dill Sauce, Sweet Potatoes, Peas & Mushrooms & Oat Bread. COLD: Chicken Salad w/Lettuce Leaf on Wheat Bread, Broccoli & Feta Orzo Salad & Beet Salad. Pineapples	14. FEBRUARY SPECIAL LUNCH Tomato Basil Soup Chicken Cordon Bleu Cream Sauce w/Tarragon Italian Roasted Potatoes Jardinière Style Vegetable Blend Garlic Dinner Roll Raspberry Mousse w/Chocolate Chips & Topping	15. HOT: Crumb Topped Macaroni & Cheese***, Stewed Tomatoes & Rye Bread. COLD: Roast Beef w/Swiss Cheese, Lite Mayo & Lettuce Leaf on Multigrain Bread, Cole Slaw & Greek Pasta Salad. Mandarin Oranges
18. PRESIDENT'S DAY HOLIDAY MEAL SITE CLOSED NO MEAL SERVICE TODAY	19. HOT ONLY Kale Pasta Soup HOT: Greek Chicken, Rice Pilaf Browned Orzo, Zucchini & Cauliflower & Oatmeal Bread. Peaches	20. Split Pea Soup HOT: Alaskan Pollock Crunch Sticks w/Newburg Sauce, Red Bliss Potatoes, Kale & Wheat Bread. COLD: Turkey Chef Salad w/Lite Italian Dressing, English Pea Salad & Wheat Dinner Roll. Chocolate Pudding w/Topping	21. HOT ONLY Chicken Vegetable Soup HOT: Tortellini w/Spinach Alfredo Cream Sauce, Green Beans & Multigrain Bread. Birthday Cake	22. Lentil Spinach Soup HOT: Stuffed Peppers w/Ground Beef & Tomato Sauce, Carrots & Wheat Roll. COLD: Seafood Salad w/Lettuce Leaf on Multigrain Bread, Balsamic Pasta Salad & Cole Slaw. Pears
25. Italian Garden Vegetable Soup HOT: Stuffed Shells w/Tomato Sauce & Chicken Meatball, Zucchini & Cauliflower & Multigrain Bread. COLD: Turkey, Provolone Cheese & Lite Mayo on Oatmeal Bread, German Potato Salad & Tomato Red Pepper Salad. Ambrosia Pudding	26. HOT ONLY Seafood Chowder HOT: Fish w/Broccoli Cheese Sauce, Orzo Rice w/Peas, Country Style Vegetable Blend & Oatmeal Bread. Fresh Fruit	27. Escarole & Bean Soup HOT: Roast Turkey w/Gravy, Mashed Potatoes, Cranberry Sauce, Carrots & Multigrain Bread. COLD: Roast Beef w/Swiss Cheese, Lettuce Leaf & Mustard on Wheat Bread, Broccoli & Feta Orzo Salad & Cucumber Dill Salad. Oatmeal Raisin Cookie	28. HOT ONLY HOT: Hot Dog***w/Ketchup, Mustard & Relish on Hot Dog Roll, Baked Beans & Cole Slaw. Pears	<b style="color: red;">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.

Springwell Nutrition Program: LUNCH MENU –Nutrition Information FEBRUARY 2019

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>(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>			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.	1. Chicken Vegetable Soup: 95 HOT Vegetable Lasagna w/Tomato Sauce & Chicken Meatball: 585 Tuscan Veg. Blend: 35 Scali Bread: 125 Apple Cranberry Compote w/Topping: 5 Calories: 705 Sodium: 1045 COLD California Chicken Salad on Wheat Bread: 325 Tomato Zucchini Salad: 60 Italian Pasta Salad: 140 Apple Cranberry Compote w/Topping: 5 Calories: 925 Sodium: 785
4. Mushroom Barley Soup: 145 HOT Creole Fish: 205 Rice & Beans: 80 Collard Greens & Onions: 55 Mini Corn Bread Loaf: 190 Vanilla Pudding w/Topping: 175 Calories: 1045 Sodium: 1145 COLD Egg Salad on Wheat Bread: 390 Cucumber, Feta & Onion Salad: 80 English Pea Salad: 155 Vanilla Pudding w/Topping: 175 Calories: 900 Sodium: 1115	5. Oriental Vegetable Soup: 233 HOT Chicken Lo Mein: 450 Oriental Vegetable Blend: 10 Oatmeal Bread: 120 Pineapples: 0 Calories: 670 Sodium: 1180	6. Beef Vegetable Soup: 145 HOT American Chop Suey: 320 Parmesan Cheese: 100 Italian Green Beans: 10 Wheat Bread: 125 Fresh Fruit: 0 Calories: 1110 Sodium: 895 COLD Garden Salad w/Grilled Chicken & Ranch Dressing: 490 Macaroni Salad: 140 Wheat Roll: 130 Fresh Fruit: 0 Calories: 790 Sodium: 990	7. Minestrone Soup: 240 HOT Broccoli Mushroom Quiche (V): 355 Peas & Carrots: 80 Red Bliss Potatoes: 10 Rye Bread: 150 Chocolate Chip Cookie: 60 Calories: 865 Sodium: 1090	8. HOT Lentil Stew (V): 570 Herbed Brown Rice: 5 Tossed Garden Salad w/Lite Italian Dressing: 170 Wheat Bread: 125 Mixed Fruit: 0 Calories: 685 Sodium: 1020 COLD Turkey w/Swiss Cheese, Lite Mayo & Lettuce Leaf on Oatmeal Bread: 580 Summer Potato Salad: 65 Broccoli Slaw: 145 Mixed Fruit: 0 Calories: 690 Sodium: 905
11. Beef Barley Soup: 240 HOT Chicken Swedish Meatball over Egg Noodles: 280 Green Beans: 5 Multigrain Bread: 100 Blueberry Snack Loaf: 160 Calories: 1015 Sodium: 960 COLD Tuna Salad on Oat Bread: 480 Cauliflower Carrot: 95 Balsamic Pasta: 15 Blueberry Snack Loaf: 160 Calories: 965 Sodium: 1155	12. HOT Beef Stew: 325 Corn: 0 Tossed Garden Salad w/Lite Italian Dressing: 170 Wheat Roll: 130 Clementine: 0 Calories: 640 Sodium: 765	13. Cream of Butternut Squash: 100 HOT Salmon Boat w/Lemon Dill Sauce: 250 Sweet Potatoes: 25 Peas & Mushrooms: 135 Oat Bread: 120 Pineapples: 0 Calories: 755 Sodium: 830 COLD Chicken Salad on Wheat Bread: 325 Broccoli & Feta Orzo Salad: 220 Beet Salad: 145 Pineapples: 0 Calories: 795 Sodium: 960	14. FEBRUARY SPECIAL LUNCH Tomato Basil Soup: 155 Chicken Cordon Bleu: 700 Cream Sauce w/Tarragon: 90 Italian Roasted Potatoes: 5 Jardinière Style Vegetable Blend: 30 Garlic Dinner Roll: 130 Raspberry Mousse w/Chocolate Chips & Topping: 0 Calories: 950 / Sodium: 1305	15. HOT Crumb Topped Macaroni & Cheese***: 550 Stewed Tomatoes: 250 Rye Bread: 150 Mandarin Oranges: 0 Calories: 795 Sodium: 1095 COLD Roast Beef w/Swiss Cheese & Lite Mayo on Multigrain Bread: 450 Cole Slaw: 45 Greek Pasta Salad: 190 Mandarin Orange: 0 Calories: 795 Sodium: 960
18. PRESIDENT'S DAY HOLIDAY MEAL SITE CLOSED NO MEAL SERVICE TODAY	19. Kale Pasta Soup: 40 HOT Greek Chicken: 615 Rice Pilaf Browned Orzo: 100 Zucchini & Cauliflower: 5 Oatmeal Bread: 120 Peaches: 5 Calories: 725 Sodium: 1080	20. Split Pea Soup: 45 HOT Alaskan Pollock Crunch Sticks w/Newburg Sauce: 315 Red Bliss Potatoes: 10 Kale: 25 Wheat Bread: 125 Chocolate Pudding w/Topping: 175 Calories: 875 Sodium: 895 COLD Turkey Chef Salad w/Lite Italian Dressing: 445 English Pea Salad: 155 Wheat Dinner Roll: 130 Chocolate Pudding w/Topping: 175 Calories: 965 Sodium: 1155	21. Chicken Vegetable Soup: 80 HOT Tortellini w/Spinach Alfredo Cream Sauce: 450 Green Beans: 5 Multigrain Bread: 100 Birthday Cake: 95 Calories: 790 Sodium: 920	22. Lentil Spinach Soup: 140 HOT Stuffed Peppers: 340 Carrots: 65 Whole Wheat Roll: 130 Pears: 5 Calories: 605 Sodium: 875 COLD Seafood Salad on Multigrain Bread: 425 Balsamic Pasta Salad: 15 Cole Slaw: 45 Pears: 5 Calories: 1040 Sodium: 795
25. Italian Garden Vegetable Soup: 140 HOT Stuffed Shells: 540 Meatball: 70 Zucchini & Cauliflower: 5 Multigrain Bread: 100 Ambrosia Pudding: 5 Calories: 745 Sodium: 1035 COLD Turkey w/Provolone Cheese & Lite Mayo on Oatmeal Bread: 680 German Potato Salad: 65 Tomato Red Pepper: 5 Ambrosia Pudding: 5 Calories: 890 Sodium: 890	26. Seafood Chowder: 160 HOT Fish w/Broccoli Cheese Sauce: 450 Orzo Rice w/Peas: 95 Country Veg. Blend: 40 Oatmeal Bread: 120 Fresh Fruit: 0 Calories: 875 Sodium: 1060	27. Escarole & Bean Soup: 145 HOT Roast Turkey w/Gravy: 460 Mashed Potatoes: 70 Cranberry Sauce: 5 Carrots: 75 Multigrain Bread: 100 Oatmeal Raisin Cookie: 75 Calories: 735 Sodium: 1095 COLD Roast Beef w/Swiss Cheese & Mustard on Wheat Bread: 555 Broccoli & Feta Orzo: 220 Cucumber Dill: 50 Oatmeal Raisin Cookie: 75 Calories: 945 Sodium: 1100	28. HOT Hot Dog***on Roll: 715 Ketchup (80) Mustard (55) Relish (80) Baked Beans: 145 Cole Slaw: 45 Pears: 5 Calories: 740 Sodium: 1275 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.	