

MONDAY		TUESDAY		WEDNESDAY		THURSDAY			
1 HOT:	GRAB N GO Italian Garden Vegetable Soup, Broccoli & Mushroom Frittata, Sweet Potato Wedges, Green Beans & Red Peppers Blueberry Snack n Loaf, Yoqurt	2 HOT:	GRAB N GO Chicken Cacciatore Over Seasoned Orzo, Brussels Sprouts, Oatmeal Bread, Fresh Fruit	3 HOT:	GRAB N GO Mini Ravioli w/Spinach Alfredo Sauce, Chicken Meatball, Wheat Bread, Tuscany Blend Vegetables, Chocolate Chip Cookie	4 HOT:	GRAB N GO Cod w/Dijon Wine Sauce, Quinoa Pilaf, Riviera Blend Vegetables, Multigrain Bread, Mixed Fruit		
COLD:	Chicken Salad, Broccoli Slaw, Sweet Potato Salad, Multigrain Bread, Pears	COLD:	* Chef Salad w/Ham, Lite Italian Dressing, Multigrain Bread, Balsamic Pasta Salad, Tropical Fruit	COLD:	Egg Salad, Lettuce, Squash, Zucchini, Red Onion Salad, English Pea Salad, Wheat Bread, Diet Vanilla Pudding w/Topping	COLD:	Turkey, Swiss Cheese, Lettuce, Mayonnaise, Macaroni Salad, Beet Salad, Wheat Bread, Mandarin Oranges		
8 HOT:	GRAB N GO Chicken w/Teriyaki Sauce, White Rice, Asian Blend Vegetables, Multigrain Bread, Mixed Fruit	9 HOT:	OPENING DAY FENWAY GRAB N GO * Hot Dog, Baked Beans, Root Vegetables, Hot Dog Roll, Mustard, Relish, Brownie High Sodium	10 HOT:	GRAB N GO Broccoli & Cheese Soup, Pot Roast Stroganoff Over Buttered Egg Noodles, Jardiniere Blend Vegetables, Wheat Bread, Peaches	11 HOT:	GRAB N GO Mixed Bean and Vegetable Stew, Broccoli & Cauliflower, Wheat Bread, Tapioca Pudding w/Topping		
COLD:	Egg Salad, Wheat Bread, Potato Salad, Zucchini Salad, Pineapple	COLD:	Chicken Salad, Beet Salad, Garden Shell Pasta Salad, Multigrain Bread, Diet Chocolate Pudding w/Topping	COLD:	* Vegetarian Chef Salad, Italian Dressing, Tri-Color Pasta Salad, Snack Loaf Muffin, Margarine, Orange	COLD:	Tuna Salad, Lettuce, Quinoa Tabbouleh Salad, Broccoli Slaw, Wheat Bread, Lorna Doones		
15	PATRIOTS' DAY HOLIDAY NO MEAL DELIVERY	16 HOT:	GRAB N GO Chicken & Rice Bake, Italian Green Beans, Wheat Dinner Roll, Brownie	17 HOT:	GRAB N GO Salmon w/Honey Mustard Sauce, Lo Mein Noodles, Stir Fry Vegetables, Wheat Bread, Fresh Fruit	18 HOT:	GRAB N GO Cream of Butternut Squash Soup, Shepherd's Pie, Spinach, Multigrain Bread, Chocolate Pudding w/Topping		
		COLD:	Turkey, Swiss Cheese, Lite Mayonnaise, Multigrain Bread, Macaroni Salad, Roman Blend Salad, Mixed Fruit	COLD:	Egg Salad Over Tossed Garden Salad, Italian Dressing, Snack Loaf Muffin, Garden Shell Pasta Salad, Pears	COLD:	Chicken Caesar Salad, Lettuce, Potato Salad, Wheat Bread, Root Vegetable Salad, Applesauce		
22 HOT:	GRAB N GO Lasagna, Tomato Sauce, Chicken Meatball, Brussels Sprouts, Multigrain Bread, Pears	23 HOT:	GRAB N GO Mushroom Barley Soup, Potato Crunch Fish, Lemon Wedge, Italian Roasted Red Bliss Potatoes, Broccoli & Cauliflower, Wheat Bread, Fig Bar	24 HOT:	SPRING SPECIAL GRAB N GO Broccoli & Cheese Stuffed Chicken, Sour Cream & Chive Mashed Potatoes, Summer/Spring Blend Vegetables, Dinner Roll, Carrot Cake w/Cream Cheese Icing	25 HOT:	GRAB N GO Beef Pot Roast w/Gravy, Italian Roasted White Potatoes, Multigrain Bread, Roman Blend Vegetables, Peaches		
COLD:	Egg Salad, Greek Pasta Salad, Cauliflower Carrot Salad, Multigrain Bread, Mixed Fruit	COLD:	Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Sweet Potato Salad, Zucchini Salad, Wheat Bread, Lorna Doones	COLD:	Roast Beef, Provolone Cheese, Lettuce, Lettuce, Lite Mayonnaise, Cole Slaw, Garden Shell Pasta Salad, Multigrain Bread, Pears	COLD:	Chicken Salad, Lettuce, Balsamic Vinaigrette Pasta Salad, Carrot Raisin Salad, Multigrain Bread, Orange		
29 HOT:	GRAB N GO Macaroni & Cheese, Stewed Tomatoes, Multigrain Bread, Fresh Orange	30 HOT:	GRAB N GO Chicken Scallopini Over Buttered Noodles, Spinach, Dinner Roll, Tropical Fruit						
COLD:	California Chicken Salad, Summer Squash Salad, Wheat Bread, Balsamic Vinaigrette Pasta Salad, Peaches	COLD:	Egg Salad, Lettuce, English Pea Salad, Multigrain Bread, Cauliflower Carrot Salad, Diet Vanilla Pudding w/Topping						
<div><div>Please call your lunch reservations by 11 a.m. two business days before.</div><div>If you would like to cancel your meal reservation, please call by 11 a.m. two business days before.</div><div>\$2.50 Suggested donation per meal.</div><div>Please make checks payable to Springwell</div><div>Please add the site you receive your meals from on the memo line</div><div>Send check to: Springwell, Inc.</div><div>307 Waverley Oaks Road Suite 205, Waltham MA 02452</div><div>Attention: Nutrition Department</div><div>*Indicates high sodium.</div></div>				<div><div>Chilled Meal Re-Heating Instructions</div><div>Conventional oven<ul style="list-style-type: none">Eat or refrigerate immediately.Reheat in oven at 350 degrees for 10-20 minutes.</div><div><div>Microwave oven</div><ul style="list-style-type: none">Reheat in microwave on high for 2 to 3 minutesPeel back corner to vent.</div><div>Do not reheat in toaster oven.</div></div>		<div>FOOD ALLERGIES</div> <div>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.</div>		<div>INSTRUCTIONS: COLD MEAL OPTION AVAILABLE FOR DINE IN ONLY</div> <div>FOR DINE IN: PLEASE CIRCLE HOT OR COLD TO RESERVE THAT MEAL.</div> <div>FOR GRAB and GO: PLEASE CIRCLE ONLY GRAB N GO ON THE DAY YOU WISH TO RESERVE A MEAL.</div>	