


LAST NAME 姓 _____ FIRST 名字 _____ Phone _____ Date _____

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

JANUARY 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 _____				
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. NEW YEAR'S DAY HOLIDAY MEAL SITE CLOSED NO MEAL SERVICE TODAY	2. Mixed Bean Spinach Soup HOT: Salmon w/Lemon Dill Sauce, Mashed Potatoes, Country Vegetable Blend & Oat Bread. COLD: Egg Salad on Rye Bread, Carrot Raisin Salad & Lo Mein Pasta Salad. Fresh Fruit	3. HOT ONLY Chicken Vegetable Soup HOT: Chicken Swedish Meatball over Egg Noodles, Green Beans & Wheat Roll. Vanilla Pudding w/Topping	4. HOT: Veggie Burger (V) w/American Cheese & Ketchup on Hamburger Roll, Italian Roasted Potatoes & Cole Slaw. COLD: Turkey Chef Salad w/Lite Italian Dressing, Italian Pasta Salad & Wheat Dinner Roll. Pears
7. HOT: Crumb Topped Macaroni & Cheese***, Stewed Tomatoes & Oat Bread. COLD: Tuna Salad on Multigrain Bread, Cucumber, Feta & Onion Salad & Potato Salad. Fresh Fruit	8. HOT ONLY Split Pea Soup HOT: Alaskan Pollock Crunch Sticks w/Newburg Sauce, Herbed Brown Rice, Kale & Rye Bread. Pears	9. WINTER SPECIAL LUNCH Escarole & Bean Soup Italian Pot Roast Garlic Mashed Potatoes Candied Carrots & Parsnips Snowflake Dinner Roll Cupcake	10. HOT ONLY Italian Garden Soup HOT: Spinach, Peppers & Mushroom Quiche (V), Potatoes O'Brien, Tossed Garden Salad w/Lite Italian Dressing & Wheat Roll. Peaches	11. Chicken Noodle Soup HOT: Chicken Broccoli Penne Alfredo, Italian Green Beans & Wheat Bread. COLD: Egg Salad w/Lettuce Leaf on Oatmeal Bread, Lo Mein Pasta Salad & Cole Slaw. Lemon Pudding w/Topping
14. Clam Chowder HOT: Potato Pollack Filet w/Spinach Alfredo Sauce, Sweet Potatoes, Peas & Carrots & Oatmeal Bread. COLD: Curry Chicken Salad on Wheat Bread, Carrot Pineapple Salad & Southwest Black Bean Salad. Chocolate Chip Cookie	15. HOT ONLY Special Dessert Traveling Chef Banana Foster Dessert  Broccoli & Cheese Soup HOT: Roast Turkey w/Gravy, Cranberry Sauce, Green Beans & Red Peppers & Multigrain Bread.	16. COLD BOX LUNCH DAY COLD: Roast Beef w/Provolone Cheese, Lite Mayo on Oat Bread: Root Vegetable Salad: Summer Potato Salad: Pears:	17. HOT ONLY Cream of Butternut Squash Soup HOT: Cranberry Chicken, Red Bliss Potatoes, Dill Carrots & Wheat Bread. Mixed Fruit	18. Vegetable Rice Soup HOT: Meatloaf w/Mushroom Gravy, Mashed Potatoes, Scandinavian Vegetable Blend & Rye Bread. COLD: Turkey w/Swiss Cheese & Lite Mayo on Multigrain Bread, Zucchini Salad & Balsamic Pasta Salad. Pumpkin Pudding w/Topping
21. MARTIN LUTHER KING JR. DAY MEAL SITE CLOSED NO MEAL SERVICE TODAY	22. HOT ONLY Chicken Vegetable Soup HOT: Chicken a L' Orange, Butternut Squash, Spinach & Mushrooms & Wheat Bread. Pear	23. Mushroom Barley Soup HOT: Baked Fish (Haddock) w/Broccoli Cheese Sauce, Mashed Potatoes, Riviera Vegetable Blend & Rye Bread. COLD: Chef Salad w/Turkey & Lite Italian Dressing, Multigrain Bread & English Pea Salad. Fruited Yogurt	24. HOT ONLY Split Pea Soup HOT: American Chop Suey, Parmesan Cheese, Collard Greens & Onions & Scallion Bread. Peaches	25. HOT: White Bean & Kale Stew (V), Herbed Brown Rice & Dinner Roll. COLD: Roast Beef w/American Cheese, Lite Mayo & Lettuce Leaf on Rye Bread, German Potato Salad & Tossed Garden Salad w/Lite Italian Dressing. Birthday Cake
28. Cream of Mushroom Soup HOT: Chicken Marsala over Cup Noodles, Broccoli & Wheat Bread. COLD: Egg Salad on Wheat Bread, Potato Salad & Summer Squash, Zucchini & Red Onions. Apple	29. HOT ONLY HOT: Beef Stew, Corn, Spinach Mandarin Orange Salad w/Lite Italian Dressing & Wheat Roll. Blueberry Snack Loaf	30. Minestrone Soup HOT: Fish w/Lemon Dill Sauce, Scandinavian Vegetable Blend, Mashed Potatoes & Multigrain Bread. COLD: Roast Beef w/Swiss Cheese, Mustard & Lettuce Leaf on Rye Bread, English Pea Salad & Root Vegetable Salad. Chocolate Pudding w/Topping	31. HOT ONLY HOT: Hot Dog***w/Ketchup, Mustard & Relish on Hot Dog Roll, Baked Beans & Cole Slaw. Peaches	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 JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. NEW YEAR'S DAY HOLIDAY	2. Mixed Bean Spinach Soup: 160	3. Chicken Vegetable Soup: 80	4.
<p>Sodium is listed in mg next to each item.</p> <p>Total calories and sodium are noted on the bottom of the menu and include milk, butter, and crackers for soup.</p> <p>Milk provides 105 mg sodium, butter 30 mg, and crackers 55 mg. ***This item is considered high in sodium.</p>	<p>MEAL SITE CLOSED NO MEAL SERVICE TODAY</p>	<p>HOT Salmon w/Lemon Dill Sauce: 445 Mashed Potatoes: 70 Country Veg. Blend: 40 Oat Bread: 120 Fresh Fruit:0 Calories: 795 Sodium: 1030</p> <p>COLD Egg Salad on Rye Bread: 435 Carrot Raisin Salad:135 Lo Mein Pasta:100 Fresh Fruit:0 Calories: 890 Sodium:995</p>	<p>HOT ONLY Chicken Swedish Meatball over Egg Noodles: 280 Green Beans:5 Wheat Roll: 130 Vanilla Pudding w/Topping: 175 Calories: 980 Sodium: 965</p>	<p>HOT Veggie Burger (V) w/American Cheese & Ketchup on Hamburger Roll*: 775 Italian Roasted Potatoes:5 Cole Slaw:45 Pears:5 Calories: 740 Sodium: 1120</p> <p>COLD Turkey Chef Salad w/Italian Dressing:445 Italian Pasta Salad: 140 Wheat Dinner Roll: 130 Pears: 5 Calories: 830 Sodium: 860</p>
7.	8. Split Pea Soup: 45	9. Winter Special Lunch	10. Italian Garden Soup: 140	11. Chicken Noodle Soup:70
<p>HOT Macaroni & Cheese*: 550 Stewed Tomatoes:250 Oat Bread:120 Fresh Fruit:0 Calories: 800 Sodium: 1060</p> <p>COLD Tuna Salad on Multigrain Bread: 440 Potato Salad: 100 Cucumber, Feta & Onion:80 Fresh Fruit:10 Calories:655 Sodium:735</p>	<p>HOT ONLY Alaskan Pollock Crunch Sticks w/Newburg Sauce:355 Herbed Brown Rice:5 Kale:25 Rye Bread:150 Pears:5 Calories: 710 Sodium: 785</p>	<p>Escarole & Bean Soup: 145 Italian Pot Roast: 345 Garlic Mashed Potatoes:55 Candied Carrots & Parsnips:55 Snowflake Dinner Roll:130 Cupcake: 170 Calories: 1030 Sodium: 1040</p>	<p>HOT ONLY Spinach, Pepper & Mushroom Quiche:255 Potatoes O'Brien:30 Salad w/Italian Dressing:170 Wheat Roll:130 Peaches:5 Calories: 745 Sodium: 930</p>	<p>HOT Chicken Broccoli Penne Alfredo Sauce*: 670 Italian Green Beans:5 Wheat Bread:125 Lemon Pudding w/Topping: 175 Calories: 870 Sodium:1,240</p> <p>COLD Egg Salad w/Lettuce Leaf on Oatmeal Bread:375 Lo Mein Pasta Salad:100 Cole Slaw:45 Lemon Pudding w/Topping:175 Calories: 975 Sodium:920</p>
14. Clam Chowder: 120	15. Broccoli Cheese Soup:220	16. COLD BOX LUNCH DAY	17. Cream of Butternut Squash Soup: 100	18. Vegetable Rice Soup: 105
<p>HOT Potato Pollack Filet w/Spinach Alfredo Sauce:505 Sweet Potatoes: 25 Peas & Onions: 75 Oatmeal Bread: 120 Choc. Chip Cookie:65 Calories:985 Sodium:1105</p> <p>COLD Curry Chicken Salad on Wheat Bread:325 Carrot Pineapple Salad:295 Southwest Black Bean Salad:95 Chocolate Chip Cookie:65 Calories: 895 Sodium: 1070</p>	<p>HOT ONLY Roast Turkey w/Gravy:460 Cranberry Sauce:5 Stuffing:330 Green Beans & Red Peppers:5 Multigrain Bread:100 Banana Foster Calories: 735 Sodium: 1,210</p>	<p>COLD Roast Beef w/Provolone Cheese & Lite Mayo On Oat Bread*: 595 Root Vegetable Salad: 85 Summer Potato Salad:65 Pears:5 Calories: 805 Sodium: 1065</p>	<p>HOT ONLY Cranberry Chicken:350 Red Bliss Potatoes:10 Dill Carrots:80 Wheat Bread:125 Mixed Fruit:5 Calories: 830 Sodium: 865</p>	<p>HOT Meatloaf w/Mushroom Gravy: 160 Mashed Potatoes: 70 Scandinavian Vegetable Blend: 40 Rye Bread: 150 Pumpkin Pudding w/Topping: 165 Calories: 1045 Sodium: 885</p> <p>COLD Turkey w/Swiss Cheese & Lite Mayo on Multigrain Bread:610 Zucchini Salad:65 Balsamic Pasta Salad:15 Pumpkin Pudding w/Topping: 165 Calories: 920 Sodium: 1125</p>
21. MARTING LUTHER KING JR. DAY	22. Chicken Vegetable Soup:80	23. Mushroom Barley Soup:145	24. Split Pea Soup:45	25.
<p>MEAL SITE CLOSED NO MEAL SERVICE TODAY</p>	<p>HOT ONLY Chicken a L'Orange:325 Butternut Squash:25 Spinach & Mushrooms:160 Wheat Bread:125 Fresh Fruit:0 Calories: 685 Sodium: 915</p>	<p>HOT Baked Fish (Haddock) w/Broccoli Cheese Sauce:450 Mashed Potatoes: 70 Riviera Blend:5 Rye Bread:150 Fruited Yogurt:80 Calories: 875 Sodium: 1095</p> <p>COLD Chef Salad w/Turkey & Dressing:445 Multigrain Bread:100 English Pea Salad:155 Fruited Yogurt:80 Calories: 910 Sodium: 1125</p>	<p>HOT ONLY American Chop Suey:320 Parmesan Cheese:110 Collard Greens & Onions:55 Scall Bread:125 Peaches:5 Calories: 1060 Sodium: 850</p>	<p>HOT White Bean & Kale Stew:280 Herbed Brown Rice:5 Dinner Roll:130 Birthday Cake:95 Calories: 690 Sodium: 650</p> <p>COLD Roast Beef w/American Cheese, Mayo & Lettuce on Rye Bread: 720 German Potato Salad:15 Tossed Garden Salad w/Dressing:170 Birthday Cake:95 Calories: 735 Sodium: 1,020</p>
28. Cream of Mushroom Soup: 195	29.	30. Minestrone Soup: 240	31.	
<p>HOT Chicken Marsala over Noodles: 465 Broccoli: 10 Wheat Bread: 125 Apple: 0 Calories: 755 Sodium: 995</p> <p>COLD Egg Salad on Wheat Bread: 390 Potato Salad: 100 Summer Squash, Zucchini & Red Onion:5 Apple:0 Calories: 725 Sodium: 855</p>	<p>HOT ONLY Beef Stew: 325 Corn:0 Spinach Mandarin w/ Dressing:205 Wheat Roll:130 Blueberry Muffin Loaf: 160 Calories: 735 Sodium: 930</p>	<p>HOT Fish w/Lemon Dill Sauce: 115 Scandinavian Vegetable Blend: 40 Mashed Potatoes: 70 Multigrain Bread: 100 Chocolate Pudding w/Topping: 175 Calories: 815 Sodium: 835</p> <p>COLD Roast Beef w/Swiss Cheese, Mustard & Lettuce on Rye Bread*:600 English Pea Salad:155 Root Veg. Salad:85 Chocolate Pudding w/Topping:175 Calories: 765 Sodium: 1,130</p>	<p>HOT ONLY Hot Dog on Roll:715 Ketchup (80), Mustard (55) & Relish (80): Baked Beans:140 Cole Slaw:45 Peaches:5 Calories: 745 Sodium: 1275</p>	<p>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.</p>