

LAST NAME 姓		FIRST 名字	PHONE	DATE	MARCH 2024 LUNCH MENU
SPRINGWELL NUTRITION:		Belmont Senior Center	617-993-2970	266 Beech Street, Belmont, MA	
MONDAY		TUESDAY	WEDNESDAY	THURSDAY	
MENU IS SUBJECT TO CHANGE YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM					1 HOT: GRAB N GO Lentil Spinach Soup Salmon Loin, Honey Mustard Sauce, Roasted Potatoes w/Peppers & Onions, Mixed Vegetables, Wheat Dinner Roll, Fresh Orange COLD: * Vegetarian Chef Salad, Lite Italian Dressing, Italian Pasta Salad, Wheat Dinner Roll, Margarine, Tropical Fruit
4 HOT: GRAB N GO Sloppy Joe, Red Bliss Potatoes, Broccoli & Cauliflower, Hamburger Roll, Chocolate Pudding w/Topping COLD: Egg Salad, Root Vegetable Salad, Macaroni Salad, Wheat Bread, Pears	5 HOT: GRAB N GO Cod w/Scarpariello Sauce, Quinoa Pilaf, Green Beans, Multigrain Bread, Chocolate Chip Cookie COLD: Chicken Salad, Multigrain Bread, Balsamic Vinaigrette Pasta Salad, Squash, Zucchini, Red Onion Salad, Fresh Fruit	6 HOT: GRAB N GO * Hot Dog, Baked Beans, Cole Slaw, Hot Dog Roll, Relish, Mustard, Peaches COLD: Turkey, Swiss Cheese, Potato Salad, Lite Mayonnaise, Lettuce, Wheat Bread, Spinach Mandarin Orange Salad, Diet Pudding w/Topping	7 HOT: GRAB N GO Italian Garden Vegetable Soup, Chicken Souvlaki, Butternut Squash, Buttered Seasoned Orzo, Oatmeal Bread, Fresh Fruit COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Broccoli, Feta, Orzo Salad, Tossed Garden Salad, Lite Italian Dressing, Wheat Bread, Peaches	8 HOT: GRAB N GO Broccoli Egg Bake, Italian Roasted Red Bliss Potatoes, Stewed Tomatoes, Wheat Dinner Roll, Ginger Snaps COLD: Tuna Salad, Greek Pasta Salad, Tomato Zucchini Salad, Multigrain Bread, Lorna Doones	
11 HOT: GRAB N GO American Chop Suey, Tuscany Blend Vegetables, Wheat Dinner Roll, Applesauce COLD: Chicken Salad, Lettuce, Summer Squash Salad, Italian Pasta Salad, Wheat Bread, Diet Vanilla Pudding w/Topping	12 HOT: GRAB N GO Cream of Tomato Soup, Spinach & Red Pepper Frittata, Potato Wedges, Brussels Sprouts, Wheat Bread, Vanilla Pudding w/Topping Tuna Salad, Lettuce, Riviera Salad, Ziti Broccoli Salad, Multigrain Bread, Fresh Fruit	13 HOT: GRAB N GO Chicken Marsala Over Buttered Noodles, Scandinavian Vegetables, Wheat Bread, Fresh Fruit COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Wheat Bread, Garden Shell Pasta Salad, Root Vegetable Salad, Lorna Doones	14 HOT: St. Patrick's Day Special GRAB N GO * Corned Beef Stew, Boiled Parsley Potatoes, Wheat Bread, Pineapple Whip COLD: Turkey, Swiss Cheese, Multigrain Bread, Squash, Zucchini, Red Onion Salad, Barley Raisin Salad, Lite Mayonnaise, Mixed Fruit	15 HOT: GRAB N GO Salmon, Sweet & Sour Lo Mein Noodles, Asian Blend Vegetables, Wheat Bread, Mandarin Oranges COLD: Egg Salad, Potato Salad, Beet Salad, Wheat Bread, Peaches	
18 HOT: GRAB N GO Chicken Scallopini Over Buttered Noodles, Zucchini & Cauliflower, Wheat Bread, Tapioca Pudding w/Topping COLD: Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Cole Slaw, Orzo Vegetable Salad, Wheat Bread, Applesauce	19 HOT: GRAB N GO Vegetable Soup w/Chicken, Unstuffed Pepper Casserole, Italian Blend Vegetables, Wheat Dinner Roll, Orange COLD: Chicken Salad, Potato Salad, Riviera Salad, Multigrain Salad, Lorna Doones	20 HOT: GRAB N GO Roast Turkey w/Gravy, Mashed Potatoes, Carrots, Wheat Bread, Pears COLD: Tuna Salad, Lettuce, Wheat Bread, Italian Pasta Salad, Summer Squash Salad Diet Chocolate Pudding w/Topping	21 HOT: GRAB N GO Fish, Newburg Sauce, Herbed Rice, Brussels Sprouts, Multigrain Bread, Brownie COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Multigrain Bread, Broccoli Slaw, Garden Shell Pasta Salad, Mixed Fruit	22 HOT: GRAB N GO * Macaroni & Cheese, Stewed Tomatoes, Multigrain Bread, Peaches COLD: * Vegetarian Chef Salad, Italian Dressing, Barley Raisin Salad, Snack Loaf Muffin, Orange	
25 HOT: GRAB N GO Chicken w/Sauté Vegetables, Jasmine Coconut Rice, Whole Wheat Roll, Chocolate Pudding w/Topping COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Root Vegetable Salad, Macaroni Salad, Wheat Bread, Peaches	26 HOT: GRAB N GO * Black Bean and Barley Chili, Broccoli & Carrots, Wheat Bread, Pears COLD: Tuna Salad, Lettuce, Potato Salad, Broccoli Slaw, Wheat Bread, Diet Tapioca w/Topping	27 HOT: GRAB N GO Pot Roast Burgundy, Mashed Potatoes, Zucchini, Dinner Roll, Cupcake COLD: California Chicken Salad, Lettuce, Balsamic Pasta Salad, Cole Slaw, Wheat Bread, Lorna Doones	28 HOT: GRAB N GO Stuffed Shells w/Tomato Sauce *, Chicken Meatball, Cauliflower Florets, Wheat Bread, Fresh Fruit COLD: Roast Beef, Provolone Cheese, Lettuce, Lite Mayonnaise, Multigrain Bread, Orzo Vegetable Salad, Carrot Pineapple Salad, Mandarin Oranges	29 HOT: GRAB N GO Minestrone Soup, Potato Pollock, Lemon Wedge, Sweet Potatoes, Green Beans, Multigrain Bread, Mixed Fruit COLD: Egg Salad, Lettuce, Cole Slaw, Wheat Bread, Quinoa Tabbouleh Salad, Fresh Fruit	
<ul style="list-style-type: none">• Please call your lunch reservations by 11 a.m. two business days before.• If you would like to cancel your meal reservation, please call by 11 a.m. two business days before.• \$2.50 Suggested donation per meal. Please make checks payable to Springwell Please add the site you receive your meals from on the memo line Send check to: Springwell, Inc. 307 Waverley Oaks Road Suite 205, Waltham MA 02452 Attention: Nutrition Department <ul style="list-style-type: none">• *Indicates high sodium.		Chilled Meal Re-Heating Instructions Conventional oven <ul style="list-style-type: none">o Eat or refrigerate immediately.o Reheat in oven at 350 degrees for 10-20 minutes. Microwave oven <ul style="list-style-type: none">o Reheat in microwave on high for 2 to 3 minuteso Peel back corner to vent. Do not reheat in toaster oven.		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. 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.	
				INSTRUCTIONS: COLD MEAL OPTION AVAILABLE FOR DINE IN ONLY FOR DINE IN: PLEASE CIRCLE HOT OR COLD TO RESERVE THAT MEAL. FOR GRAB and GO: PLEASE CIRCLE ONLY GRAB N GO ON THE DAY YOU WISH TO RESERVE A MEAL.	