

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MENU IS SUBJECT TO CHANGE</p> <p>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p>				<p>1 GRAB N GO HOT: Baked Ziti w/Tomato Sauce *, Chicken Meatball, Green Beans, Whole Wheat Bread, Peaches</p> <p>COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce Leaf, Wheat Bread, English Pea Salad, Tossed Garden Salad, Lite Italian Dressing, Fresh Fruit</p>
<p>4 LABOR DAY HOLIDAY NO MEAL DELIVERY</p>	<p>5 GRAB N GO HOT: Spinach & Red Pepper Frittata, O'Brien Potatoes, Zucchini, Wheat Bread, Fresh Orange</p> <p>COLD: Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Macaroni Salad, Riviera Salad, Multi-grain Bread, Mixed Fruit</p>	<p>6 GRAB N GO HOT: Lentil Spinach Soup, American Chop Suey, Tuscany Blend Vegetables, Dinner Roll, Mandarin Oranges</p> <p>COLD: Egg Salad, Wheat Bread, Garden Shell Pasta Salad, Broccoli, Feta, Orzo Salad, Fresh Fruit</p>	<p>7 LABOR DAY SPECIAL GRAB N GO HOT: * Breaded Chicken, Macaroni & Cheese, Summer Blend Vegetables, Wheat Bread, Watermelon</p> <p>COLD: Tuna Salad, Lettuce, Cole Slaw, Potato Salad, Multi-grain Bread, Lorna Doones</p>	<p>8 GRAB N GO HOT: Alaskan Breaded Pollack, Lemon Wedge, Tartar Sauce, Rice Pilaf, Green Beans & Red Peppers, Wheat Bread, Applesauce</p> <p>COLD: Chicken Salad, Lettuce, Summer Squash Salad, Italian Pasta Salad, Wheat Bread, Diet Chocolate Pudding w/Topping</p>
<p>11 GRAB N GO HOT: Spinach, White Bean Quinoa Stew *, Green Beans, Wheat Bread, Fresh Fruit</p> <p>COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Macaroni Salad, Riviera Salad, Multi-grain Bread, Pears</p>	<p>12 GRAB N GO HOT: Macaroni & Cheese *, Broccoli, Multi-grain Bread, Fig Bar</p> <p>COLD: Chicken Salad, Lettuce, Quinoa Tabbouleh Salad, Carrot Raisin Salad, Multi-grain Bread, Fresh Fruit Orange</p>	<p>13 GRAB N GO HOT: Chicken Scallopini Over Buttered Noodles, Dinner Roll, Zucchini & Cauliflower, Tropical Fruit</p> <p>COLD: Egg Salad, Lettuce, Italian Pasta Salad, Summer Squash Salad, Wheat Bread, Diet Vanilla Pudding w/Topping</p>	<p>14 GRAB N GO HOT: Fish, Lemon Dill, Herbed Rice, Brussels Sprouts, Multi-grain Bread, Chocolate Pudding w/Topping</p> <p>COLD: Roast Beef, Provolone Cheese, Lettuce, Lite Mayonnaise, Multi-grain Bread, Orzo Vegetable Salad, Cole Slaw, Mixed Fruit</p>	<p>15 GRAB N GO HOT: Cream of Butternut Squash Soup, Meatloaf, Mushroom Gravy, Mashed Potatoes, Carrots, Wheat Bread, Peaches</p> <p>COLD: Tuna Salad Over Tossed Garden Salad, Lite Italian Dressing, Wheat Bread, Garden Shell Pasta Salad, Lorna Doones</p>
<p>18 GRAB N GO HOT: Minestrone Soup, Chicken Mediterranean, Italian Roasted Red Bliss Potatoes, California Blend Vegetables, Wheat Roll, Pears</p> <p>COLD: Egg Salad, Potato Salad, Carrot Raisin Salad, Wheat Bread, Fresh Fruit Orange</p>	<p>19 GRAB N GO HOT: * Meatball Stroganoff, Garlic Mashed Potatoes, Carrots, Multi-grain Bread, Apple Raisin Compote</p> <p>COLD: * Vegetarian Chef Salad, Lite Italian Dressing, Italian Pasta Salad, Margarine, Dinner Roll, Tropical Fruit</p>	<p>20 GRAB N GO HOT: * Teriyaki Salmon w/Teriyaki Sauce, Lo Mein Noodles, Asian Blend Vegetables, Whole Wheat Roll, Fresh Fruit</p> <p>COLD: Roast Beef, Provolone Cheese, Lettuce, Lite Mayonnaise, Wheat Bread, Broccoli Slaw, Macaroni Salad, Diet Chocolate Pudding w/Topping</p>	<p>21 GRAB N GO HOT: Roast Turkey w/Gravy, Mashed Potatoes, Green Beans, Oatmeal Bread, Tapioca Pudding w/Topping</p> <p>COLD: California Chicken Salad, Orzo, Vegetable Salad, Lettuce, Carrot Pineapple Salad, Multi-grain Bread, Mandarin Oranges</p>	<p>22 GRAB N GO HOT: * Black Bean & Barley Chili, Cauliflower Florets, Tossed Garden Salad, Lite Italian Dressing, Wheat Bread, Chocolate Chip Cookie</p> <p>COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Lettuce, Balsamic Pasta Salad, Cole Slaw, Wheat Bread, Lorna Doones</p>
<p>25 GRAB N GO HOT: Alaskan Breaded Fish, Lemon Wedge, Quinoa Pilaf, Zucchini & Cauliflower, Multi-grain Bread, Yoqurt</p> <p>COLD: Egg Salad, Sweet Potato Salad, Broccoli, Feta, Orzo, Salad, Multi-grain Bread, Applesauce</p>	<p>26 GRAB N GO HOT: Mushroom Barley Soup, Chicken Diane Over Seasoned Orzo, Brussels Sprouts, Oatmeal Bread, Fresh Fruit Pear</p> <p>COLD: Chef Salad w/Turkey, Lite Italian Dressing, Balsamic Pasta Salad, Multi-grain Bread, Margarine, Tropical Fruit</p>	<p>27 GRAB N GO HOT: Broccoli Egg Bake, Home Fries, Stewed Tomatoes, Wheat Bread, Cupcake</p> <p>COLD: Tuna Salad, Lettuce, Potato Salad, Cole Slaw, Multi-grain Bread, Fig Bar</p>	<p>28 GRAB N GO HOT: Beef Pot Roast w/Gravy, Garlic Mashed Potatoes, Butternut Squash, Wheat Roll, Applesauce</p> <p>COLD: Chicken Salad, Lettuce, Macaroni Salad, Wheat Bread, Squash, Zucchini, Red Onion Salad, Diet Vanilla Pudding w/Topping</p>	<p>29 GRAB N GO HOT: * Hot Dog, Cole Slaw, Baked Beans, Hot Dog Roll, Ketchup, Mustard, Relish, Peaches</p> <p>COLD: Roast Beef, Provolone Cheese, Lettuce, Mayonnaise, Beet Salad, English Pea Salad, Wheat Bread, Mandarin Oranges</p>
<p>Please call your lunch reservations by 11 a.m. two business days before.</p> <p>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.</p> <p>Please make checks payable to Springwell</p> <p>Please add the site you receive your meals from on the memo line</p> <p>Send check to: Springwell, Inc. 307 Waverley Oaks Road Suite 205, Waltham MA 02452 Attention: Nutrition Department</p> <p>* Indicates high sodium.</p>		<p>Chilled Meal Re-Heating Instructions</p> <p>Conventional oven</p> <ul style="list-style-type: none"> o Eat or refrigerate immediately. o Reheat in oven at 350 degrees for 10-20 minutes. <p>Microwave oven</p> <ul style="list-style-type: none"> o Reheat in microwave on high for 2 to 3 minutes o Peel back corner to vent. <p>Do not reheat in toaster oven.</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. 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>	<p>INSTRUCTIONS: COLD MEAL OPTION AVAILABLE FOR DINE IN ONLY</p> <p>FOR DINE IN: PLEASE CIRCLE HOT OR COLD TO RESERVE THAT MEAL.</p> <p>FOR GRAB and GO: PLEASE CIRCLE ONLY GRAB N GO ON THE DAY YOU WISH TO RESERVE A MEAL.</p>