

LAST NAME _____		FIRST _____		Phone _____	Date _____	APRIL 2024
Springwell Nutrition: LUNCH MENU – Brookline Senior Center		93 Winchester Street 617-730-2747		APRIL 2024		
MONDAY		TUESDAY		WEDNESDAY		THURSDAY
1 HOT: GG / DR Italian Garden Vegetable Soup, Broccoli & Mushroom Frittata, Sweet Potato Wedges, Green Beans & Red Peppers Blueberry Snack n Loaf, Yoqurt COLD: Chicken Salad, Broccoli Slaw, Sweet Potato Salad, Multigrain Bread, Pears		2 HOT: GG / DR Chicken Cacciatore Over Seasoned Orzo, Brussels Sprouts, Oatmeal Bread, Fresh Fruit COLD: * Chef Salad w/Ham, Lite Italian Dressing, Multigrain Bread, Balsamic Pasta Salad, Tropical Fruit		3 HOT: GG / DR Mini Ravioli w/Spinach Alfredo Sauce, Chicken Meatball, Wheat Bread, Tuscan Blend Vegetables, Chocolate Chip Cookie COLD: Egg Salad, Lettuce, Squash, Zucchini, Red Onion Salad, English Pea Salad, Wheat Bread, Diet Vanilla Pudding w/Topping		4 HOT: GG / DR Cod w/Dijon Wine Sauce, Quinoa Pilaf, Riviera Blend Vegetables, Multigrain Bread, Mixed Fruit COLD: Turkey, Swiss Cheese, Lettuce, Mayonnaise, Macaroni Salad, Beet Salad, Wheat Bread, Mandarin Oranges
8 HOT: GG / DR Chicken w/Teriyaki Sauce, White Rice, Asian Blend Vegetables, Multigrain Bread, Mixed Fruit COLD: Egg Salad, Wheat Bread, Potato Salad, Zucchini Salad, Pineapple		9 HOT: GG / DR * Hot Dog, Baked Beans, Root Vegetables, Hot Dog Roll, Mustard, Relish, Brownie <i>High Sodium</i> COLD: Chicken Salad, Beet Salad, Garden Shell Pasta Salad, Multigrain Bread, Diet Chocolate Pudding w/Topping		10 HOT: GG / DR Broccoli & Cheese Soup, Pot Roast Stroganoff Over Buttered Egg Noodles, Jardinière Blend Vegetables, Wheat Bread, Peaches COLD: * Vegetarian Chef Salad, Italian Dressing, Tri-Color Pasta Salad, Snack Loaf Muffin, Margarine, Orange		11 HOT: GG / DR Mixed Bean and Vegetable Stew, Broccoli & Cauliflower, Wheat Bread, Tapioca Pudding w/Topping COLD: Tuna Salad, Lettuce, Quinoa Tabbouleh Salad, Broccoli Slaw, Wheat Bread, Lorna Doones
15 PATRIOTS' DAY HOLIDAY NO MEAL DELIVERY		16 HOT: GG / DR Chicken & Rice Bake, Italian Green Beans, Wheat Dinner Roll, Brownie COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Multigrain Bread, Macaroni Salad, Roman Blend Salad, Mixed Fruit		17 HOT: GG / DR Salmon w/Honey Mustard Sauce, Lo Mein Noodles, Stir Fry Vegetables, Wheat Bread, Fresh Fruit COLD: Egg Salad Over Tossed Garden Salad, Italian Dressing, Snack Loaf Muffin, Garden Shell Pasta Salad, Pears		18 HOT: GG / DR Cream of Butternut Squash Soup, Shepherd's Pie, Spinach, Multigrain Bread, Chocolate Pudding w/Topping COLD: Chicken Caesar Salad, Lettuce, Potato Salad, Wheat Bread, Root Vegetable Salad, Applesauce
22 HOT: GG / DR Lasagna, Tomato Sauce, Chicken Meatball, Brussels Sprouts, Multigrain Bread, Pears COLD: Egg Salad, Greek Pasta Salad, Cauliflower Carrot Salad, Multigrain Bread, Mixed Fruit		23 HOT: GG / DR Mushroom Barley Soup, Potato Crunch Fish, Lemon Wedge, Italian Roasted Red Bliss Potatoes, Broccoli & Cauliflower, Wheat Bread, Fig Bar COLD: Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Sweet Potato Salad, Zucchini Salad, Wheat Bread, Lorna Doones		24 SPRING SPECIAL GG / DR Broccoli & Cheese Stuffed Chicken, Sour Cream & Chive Mashed Potatoes, Summer/Spring Blend Vegetables, Dinner Roll, Carrot Cake w/Cream Cheese Icing COLD: Roast Beef, Provolone Cheese, Lettuce, Lettuce, Lite Mayonnaise, Cole Slaw, Garden Shell Pasta Salad, Multigrain Bread, Pears		25 HOT: GG / DR Beef Pot Roast w/Gravy, Italian Roasted White Potatoes, Multigrain Bread, Roman Blend Vegetables, Peaches COLD: Chicken Salad, Lettuce, Balsamic Vinaigrette Pasta Salad, Carrot Raisin Salad, Multigrain Bread, Orange
29 HOT: GG / DR Macaroni & Cheese, Stewed Tomatoes, Multigrain Bread, Fresh Orange COLD: California Chicken Salad, Summer Squash Salad, Wheat Bread, Balsamic Vinaigrette Pasta Salad, Peaches		30 HOT: GG / DR Chicken Scallopini Over Buttered Noodles, Spinach, Dinner Roll, Tropical Fruit COLD: Egg Salad, Lettuce, English Pea Salad, Multigrain Bread, Cauliflower Carrot Salad, Diet Vanilla Pudding w/Topping				MENU IS SUBJECT TO CHANGE  YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a>
• Please call your lunch reservations by 11 a.m. two business • 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. <b>Please make checks payable to Springwell</b> 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 <b>Attention: Nutrition Department</b> • *Indicates high sodium.		<b>Chilled Meal Re-Heating Instructions</b> <b>Conventional oven</b> <ul style="list-style-type: none"> <li>o Eat or refrigerate immediately.</li> <li>o Reheat in oven at 350 degrees for 10-20 minutes.</li> </ul> <b>Microwave oven</b> <ul style="list-style-type: none"> <li>o Reheat in microwave on high for 2 to 3 minutes</li> <li>o Peel back corner to vent.</li> </ul> Do not reheat in toaster oven.		<b>FOOD ALLERGIES</b> 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.		PLEASE CIRCLE "GG"/GRAB AND GO IF YOU INTEND TO INTEND TO PICK UP YOUR MEAL AND TAKE IT HOME WITH YOU.  OTHERWISE, CIRCLE "DR"/DINING ROOM IF YOU WILL BE EATING YOUR MEAL IN THE DINING ROOM THAT DAY.  <b>COLD MEAL OPTION AVAILABLE FOR DINE IN</b> <b>DINE IN: Please circle HOT or COLD to</b> <b>reserve that meal option.</b>