LAST NAME _____ FIRST _____ Phone _____ Date _____ **NOVEMBER 2026**

Springwell Nutrition: LUNCH MENU – Brookline Senior Center 93 Winchester Street 617-730-2747

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 GG / DR **HOT: General Tso's Chicken** White Rice Bok Choy & Shredded Cabbage Whole grain roll Chocolate Chip Cookie **COLD: Nicoise Pasta Salad with Tuna** Carrot Salad Applesauce Cup Dinner Roll	3 GG / DR **HOT: Minestrone Soup** Cheeseburger with Bun Sweet Potato Fries Fiesta Corn Fresh Pear **COLD: Turkey Sandwich** Tomato Salad Cucumber Salad Jell-O	4 GG / DR **HOT: Salmon Cake** Orzo Vegetable Squash Blend Whole grain bread Apple Blueberry Crisp **COLD: Chicken Salad Sandwich** Potato Salad Tomato Salad Fruit Cup	5 GG / DR **HOT: Arroz con Pollo** Yellow Rice and Beans Peppers and Onions Whole Grain Bread Fresh Apple **COLD: Egg Salad Sandwich** Pickled Beet Salad Fiesta Corn Fresh Orange	6 GG / DR **HOT: Cheese Tortellini with Tomato Sauce** Broccoli & Cauliflower Garlic Knot Applesauce **COLD: Chickpea Shawarma Sandwich** Quinoa Salad Broccoli Sesame Salad Sugar Cookie
9 GG / DR **HOT: Lentil Stew** Couscous Carrots Whole Grain Bread Pear Cobbler **COLD: Buffalo Chicken Sandwich** Carrot Sesame Salad Corn Salsa Fresh Orange	10 GRAB & GO ONLY **HOT: Mac n Cheese** Broccoli Whole Grain Bread Fresh Apple	11 GG / DR **NO MEAL DELIVERY** **VETERAN'S DAY**	12 GG / DR **HOT: Italian Wedding Soup** American Chop Suey Cauliflower Whole Grain Bread Applesauce Cup **COLD: Falafel Sandwich** Orzo Salad Tomato Salad Vanilla Pudding	13 GG / DR **NO MEAL DELIVERY** **CRAFT FAIR**
16 GG / DR **HOT: Beef & Broccoli** White Rice Dinner Roll Fresh Pear **COLD: Southwest Chicken Sandwich** Potato Salad Tomato Salad Applesauce Cup	17 GG / DR **HOT: Black Bean & Vegetable Soup** Southwest Chicken w/Lime Garlic Sauce Yellow Rice Seasoned Cabbage Whole Grain Bread. Vanilla Pudding **COLD: Egg Salad Sandwich** Macaroni Salad Carrot Sticks Honey Grahams	18 GG / DR **HOT: Stuffed Shells with Tomato Sauce** Green Beans Whole Grain Bread Applesauce Cup **COLD: Tomato Pasta Salad w/ Chicken** Pickled Beet Salad Fruit Cup Dinner Roll	19 GG / DR **HOT: Sliced Turkey with Gravy** Mashed Potatoes & Stuffing Maple Carrots Dinner Roll. Cranberry Sauce Pumpkin Spice Cake **COLD: Country Ham Sandwich** Corn Salsa Tomato Pesto Pasta Salad Fresh Apple	20 GG / DR **HOT: Pasta Bolognese** Sauteed Spinach Garlic Knot Fresh Apple **COLD: Honey Mustard Turkey Sandwich** Broccoli Sesame Salad Mixed Bean Salad Chocolate Chip Cookie
23 GG / DR **HOT: Chicken Marsala** Penne Pasta Broccoli Whole Grain Bread Fresh Orange **COLD: Roast Beef Sandwich** Potato Salad Cucumber Salad Applesauce Cup	24 GG / DR **HOT: Tomato Vegetable Soup** Ham Tetrazzini Green Beans Dinner Roll Chocolate Pudding **COLD: Curry Chicken Salad Sandwich** Pickled Beet Salad Fresh Orange	25 GG / DR **HOT: Meatloaf with Gravy** Mashed Potatoes Stewed Tomatoes Multigrain Roll Applesauce Cup **COLD: Country Ham Sandwich** Coleslaw Orzo Salad Fresh Apple	26 GG / DR **NO MEAL DELIVERY** **THANKSGIVING**	27 GG / DR **NO MEAL DELIVERY** **BLACK FRIDAY**
30 GG / DR **HOT: Eggbake with Ham** Hash Brown Sauteed Spinach Whole Grain Bread Fresh Pear **COLD: Nicoise Pasta Salad with Tuna** Carrot Salad Applesauce Cup Dinner Roll				**MENU IS SUBJECT TO CHANGE** MONTHLY MENU AT **WWW.SPRINGWELL.COM**

- 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.
- $3.00 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

- *Meals containing more than 1500mg sodium are considered high sodium

Chilled Meal Re-Heating Instructions

Conventional oven

- Eat or refrigerate immediately.
- Reheat in oven at 350 degrees for 10-20 minutes.

Microwave oven

- Reheat in microwave on high for 2 to 3 minutes
- Peel back corner to vent,

Do not reheat in toaster oven.

FOOD ALLERGIES

Please review menus carefully to identify meals that contain items you are allergic to and notify the site staff. Don't hesitate to call the Springwell Dietician 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.

COLD MEAL OPTION AVAILABLE FOR DINE IN

DINE IN: Please circle HOT or COLD to reserve that meal option.