

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>4 HOT: GG / DR Chicken Stir Fry, Jasmine Coconut Rice, Snack n Loaf, Mixed Fruit</p> <p>COLD: Turkey, Swiss Cheese, Mayonnaise, Wheat Bread, Potato Salad, Zucchini Salad, Pineapple</p>	<p>5 HOT: GG / DR Stuffed Shells w/Tomato Sauce *, Tuscany Blend Vegetables, Multigrain Bread, Vanilla Pudding w/Topping</p> <p>COLD: Roast Beef, Swiss Cheese, Mayonnaise, Lettuce, Cole Slaw, Barley Raisin Salad, Multigrain Bread, Mixed Fruit</p>	<p>6 HOT: GG / DR Salmon Loin, Honey Mustard Sauce, Roasted Potatoes w/Peppers & Onions, Broccoli, Wheat Bread, Brownie</p> <p>COLD: Chicken Salad, Lettuce, Garden Shell Pasta Salad, Beet Salad, Multigrain Bread, Diet Chocolate Pudding w/Topping</p>	<p>7 HOT: GG / DR Mixed Bean and Vegetable Stew, Green Beans, Wheat Bread, Fresh Orange</p> <p>COLD: Tuna Salad, Lettuce, Quinoa Tabbouleh Salad, Broccoli Slaw, Wheat Bread, Lorna Doones</p>	<p>1 HOT: GG / DR * Hot Dog, Cole Slaw, Baked Beans, Hot Dog Roll, Ketchup, Mustard, Relish Peaches</p> <p>COLD: Tuna Salad, Lettuce, Broccoli, Feta, Orzo Salad, Cole Slaw, Multigrain Bread, Fig Bar</p>
<p>11 HOT: GG / DR Chicken Vegetable Soup, Lasagna, Tomato Sauce, Chicken Meatball, Zucchini and Cauliflower, Whole Wheat Dinner Roll, Tropical Fruit</p> <p>COLD: Chicken Salad, Wheat Bread, Balsamic Vinaigrette Pasta Salad, Spinach Mandarin Orange Salad, Diet Vanilla Pudding w/Topping</p>	<p>12 HOT: GG / DR Shepherd's Pie, Spinach, Multigrain Bread, Fig Bar</p> <p>COLD: Turkey, Swiss Cheese, Lettuce, Mayonnaise, Multigrain Bread, Macaroni Salad, Broccoli Slaw, Mixed Fruit</p>	<p>13 HOT: GG / DR Fish w/Mediterranean Sauce, Herbed Rice, Broccoli, Wheat Bread, Peaches</p> <p>COLD: Roast Beef, Provolone Cheese, Mayonnaise, Lettuce, Potato Salad, Tossed Garden Salad, Italian Dressing, Wheat Bread, Applesauce</p>	<p>14 HOT: GG / DR Chicken Stuffed w/Broccoli & Cheese, Buttered Seasoned Orzo w/Parmesan, California Vegetables, Wheat Dinner Roll, Boston Cream Cup</p> <p>COLD: Egg Salad Over Tossed Garden Salad, Italian Dressing, Garden Shell Pasta Salad, Snack Loaf Muffin, Pears</p>	<p>15 HOT: GG / DR Roast Turkey w/Gravy, Mashed Potatoes, Peas & Carrots, Wheat Bread, Pineapple</p> <p>COLD: Tuna Salad, Lettuce, Summer Potato Salad, Multigrain Bread, Squash, Zucchini, Red Onion Salad, Lorna Doones</p>
<p>18 HOT: GG / DR Lentil Stew, Green Beans, Wheat Roll, Oatmeal Raisin Cookie</p> <p>COLD: Egg Salad, Potato Salad, Barley Raisin Salad, Wheat Bread, Diet Tapioca Pudding w/Topping</p>	<p>19 HOT: GG / DR Escarole Bean Soup, Potato Crunch Fish, Lemon Wedge, Italian Roasted Red Bliss Potatoes, Broccoli & Cauliflower, Wheat Bread, Peaches</p> <p>COLD: Chicken Salad, Lettuce, Balsamic Vinaigrette Pasta Salad, Carrot Raisin Salad, Multigrain Bread, Fresh Fruit</p>	<p>20 HOT: GG / DR Ravioli w/Tomato Sauce *, Chicken Meatball, Brussels Sprouts, Snack n Loaf, Pears</p> <p>COLD: Turkey, Swiss Cheese, Mayonnaise, Lettuce, Wheat Bread, Sweet Potato Salad, Zucchini Salad, Lorna Doones</p>	<p>21 HOT: GG / DR Unstuffed Pepper Casserole, Carrots, Whole Wheat Dinner Roll, Fresh Orange</p> <p>COLD: Tuna Salad, Lettuce, Orzo Vegetable Salad, Cole Slaw, Multigrain Bread, Mixed Fruit</p>	<p>22 HOT: GG / DR Chicken & Rice Bake, Butternut Squash, Dinner Roll, Vanilla Pudding w/Topping</p> <p>COLD: Roast Beef, Provolone Cheese, Mayonnaise, Lettuce, Broccoli Slaw, Summer Potato Salad, Wheat Bread, Peaches</p>
<p>25 CHRISTMAS DAY HOLIDAY</p> <p>NO MEAL SERVICE</p>	<p>26 HOT: GG / DR Chicken w/Sauté Vegetables, Spinach, Jasmine Coconut Rice, Dinner Roll, Pineapple</p> <p>COLD: Egg Salad, English Pea Salad, Cauliflower Carrot Salad, Multigrain Bread, Diet Chocolate Pudding w/Topping</p>	<p>27 HOT: GG / DR Macaroni & Cheese, Broccoli Multigrain Bread, Yoqurt</p> <p>COLD: Tuna Salad, Lettuce, Summer Potato Salad, Summer Squash Salad, Wheat Bread, Lorna Doones</p>	<p>28 HOT: GG / DR Chicken Meatballs, Rotini, Tomato Sauce, Tuscany Vegetables, Wheat Bread, Chocolate Chip Cookie</p> <p>COLD: Turkey, Swiss Cheese, Mayonnaise, Lettuce, Beet Salad, Potato Salad, Wheat Bread, Mandarin Orange</p>	<p>29 HOT: GG / DR Lentil Spinach Soup, Alaskan Breaded Fish, Herbed Rice, Ratatouille, Wheat Dinner Roll, Fresh Orange</p> <p>COLD: California Chicken Salad, Lettuce, Cole Slaw, Wheat Bread, Balsamic Vinaigrette Pasta Salad, Peaches</p>
<p>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 *Indicates high sodium.</p>		<p>Chilled Meal Re-Heating Instructions Conventional oven o Eat or refrigerate immediately. o Reheat in oven at 350 degrees for 10-20 minutes. Microwave oven o Reheat in microwave on high for 2 to 3 minutes o Peel back corner to vent, Do not reheat in toaster oven.</p>	<p>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.</p>	<p>PLEASE CIRCLE "GG"/GRAB AND GO IF YOU INTEND TO INTEND TO PICK UP YOUR MEAL AND TAKE IT HOME WITH YOU.</p> <p>OTHERWISE, CIRCLE "DR"/DINING ROOM IF YOU WILL BE EATING YOUR MEAL IN THE DINING ROOM THAT DAY.</p> <p>COLD MEAL OPTION AVAILABLE FOR DINE IN DINE IN: Please circle HOT or COLD to reserve that meal option.</p>