

Springwell Nutrition : LUNCH MENU – DECEMBER 2023 – Clark Apartments 48 Pine Street, Waltham MA 781-398-0150

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				1 *Hot Dog (550) Coleslaw (45) Baked Beans (140) Low Sodium Hot Dog Roll (165) Ketchup, Mustard, Relish Peaches (8) Calories 827/Sodium 1033mg	
4 Chicken Stir Fry (453) Jasmine Coconut Rice (9) Snack n Loaf Muffin (160) Mixed Fruit (3) Calories 776/Sodium 786mg	5 Stuffed Shells w/ Tomato Sauce (626)* Chicken Meatball (70) Tuscany Blend Vegetables (47) Multigrain Bread (150) Vanilla Pudding w/ Topping (174) Calories 705/Sodium 1157mg	6 Salmon Loin (67) Honey Mustard Sauce (187) Roasted Potatoes w/Peppers & Onions (10), Broccoli (12) Low Sodium Wheat Bread (65) Brownie (297) Calories 808/Sodium 818mg	7 Bean & Vegetable Stew (600) Green Beans (3) Low Sodium Wheat Bread (65) Fresh Orange Calories 719/Sodium 886mg	8 Vegetable Soup w/ Crackers(264) Pot Roast Burgundy Sour Cream & Chive Mashed Potatoes (53) Jardinière Blend Vegetables (32) Low Sodium Wheat Bread (65) Tropical Fruit Calories 858/Sodium 763mg	
11 Chicken Vegetable Soup w/ Crackers Lasagna w/ Tomato Sauce (557) Chicken Meatball (70) Zucchini & Cauliflower (6) Whole Wheat Dinner Roll (180) Tropical Fruit (5) Calories 731/Sodium 1164mg	12 Shepherd's Pie (197) Spinach (146) Multigrain Bread (150) Fiq Bar (99) Calories 782/Sodium 796mg	13 Fish w/ Mediterranean Sauce (418), Herbed Rice (95) Broccoli (12) Low Sodium Wheat Bread (65) Peaches (8) Calories 534/Sodium 781mg	14 HOLIDAY SPECIAL Chicken Stuffed w/ Broccoli & Cheese (410) Buttered Seasoned Orzo (38) California Vegetables Wheat Roll (180) Boston Cream Cup (309) Calories 864 /Sodium 1092mg	15 Roast Turkey w/ Gravy (370) Mashed Potatoes (68) Peas & Carrots(82) Low Sodium Wheat Bread (65) Pineapple (9) Calories 775/Sodium 961mg	
18 Lentil Stew (486) Green Beans (3) Wheat Roll (180) Oatmeal Raisin Cookie (75) Calories 773/Sodium 904mg	19 Escarole Bean Soup w/ Crackers (201) Potato Crunch Fish (337) Lemon Wedge, Italian Roasted Red Bliss Potatoes (8), Broccoli & Cauliflower, Low Sodium Wheat Bread (65), Peaches(8) Calories 731/Sodium 743mg	20 Raviolis w/ Tomato Sauce (544)* Chicken Meatball (70) Brussel Sprouts (17) Snack n Loaf Muffin (160) Pears (5) Calories 675/Sodium 793mg	21 Unstuffed Pepper Casserole (224) Carrots (59) Wheat Roll (180) Fresh Orange Calories 706/Sodium 636mg	22 Chicken & Rice Bake (429) Butternut Squash (32) Wheat Roll (180) Vanilla Pudding w/ Topping(174) Calories 819/Sodium 970mg	
25 CHRISTMAS DAY HOLIDAY NO MEAL DELIVERY	26 Chicken w/ Sauté Vegetables(347) Spinach (146) Jasmine Coconut Rice (9) Wheat Roll (180) Pineapple (9) Calories 719/Sodium 844ma	27 Macaroni & Cheese (199) Broccoli (12) Low Sodium Multigrain Bread (135) Yoqurt (75) Calories 797/Sodium 941mg	28 Chicken Meatballs (70) Rotini w/ Tomato Sauce Tuscany Blend Vegetables (47) Low Sodium Wheat Bread (65) Chocolate Chip Cookie (60) Calories 684/Sodium 801mg	29 Lentil Spinach Soup (139) Alaskan Breaded Fish (190) Herbed Rice (95) Ratatouille (116) Wheat Roll (180) Fresh Orange Calories 708/Sodium 934mg	
<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. <p>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 Waverlev Oaks Road Suite 205. Waltham MA 02452 Attention: Nutrition Department *Indicates high sodium.</p>		<p>Chilled Meal Re-Heating Instructions Conventional oven</p> <ul style="list-style-type: none"> o Eat or refrigerate immediately. o Reheat in oven at 350 degrees for 10-20 mins. <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>Frozen Meal Re-Heating Instructions Conventional oven</p> <ul style="list-style-type: none"> o Peel back the plastic lid to vent or slit film in section o Heat frozen meal in conventional oven, place meal on cookie sheet and set oven at 350 degrees F. for 30 minutes maximum. <p>Microwave oven</p> <ul style="list-style-type: none"> o Heat frozen meal in microwave o 3-5 minutes maximum on high 	
<p align="center">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 align="center">• YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p> <p>MENU INSTRUCTIONS Please enter 'D' in the box on the days you will be dining in. Please enter 'G' in the box on the days you will grab n go.</p>		<p align="center">MENU IS SUBJECT TO CHANGE</p>	