LAST NAME _____FIRST _____Phone_____Date_____

Springwell Nutrition : LUNCH MENU - NOVEMBER 2021 – Clark Apartments 48 Pine Street, Waltham MA 781-398-0150

- 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.
- $2.00 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

- *Indicates 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.

Frozen Meal Re-Heating Instructions

Conventional oven
- Peel back the plastic lid to vent or slit film in sectior
- Heat frozen meal in conventional oven, place meal on cookie sheet and set oven at 350 degrees F.for 30 minutes maximum.

Microwave oven
- Heat frozen meal in microwave
- 3-5 minutes maximum on high

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.

- **YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Marsala (397) Red Bliss Potatoes (8) Spinach & Mushrooms (160) Low Sodium Multigrain Bread (135) Mandarin Oranges (7) Calories 726/Sodium 844mg **Frozen Meal For 11/11 Will Be Sent Today.**	2 Cream of Butternut Squash Soup (107) w/Crackers Pot Roast w/Gravy (120) Mashed Potatoes (68) Zucchini (5) Low Sodium Multigrain Bread (65) Pumpkin Pudding w/Topping (167) Calories 928/ Sodium 725mg	3 Breaded Alaskan Pollock w/ Lemon Wedge (190) Tartar Sauce Whipped Sweet Potatoes (27) Fresh Broccoli (12) Snack n Loaf Muffin (160) Fudge Brownie (247) Calories 954/Sodium 1034mg	4 Chicken Vegetable Soup w/Crackers (97) Cheese Stuffed Rigatoni(139) Italian Meat Sauce (68) Fresh Cauliflower (17) Multigrain Bread (6) Peaches (6) Calories 813/Sodium 656mg	5 * Hot Dog Kayem (550) Baked Beans (140) Cole Slaw (45) Hot Dog Roll (210) Ketchup, Mustard, Relish(218) Fresh Fruit Calories 773/Sodium 1272mg
8 Lentil Spinach Soup w/ Crackers (195) Potato Crunch Fish (337) Tartar Sauce (267) Lemon Wedge Whipped Butternut Squash (32) Mixed Vegetable (56) Snack n Loaf Muffin (160) Mandarin Oranges (7) Calories 1024/Sodium 1185mg	9 Turkey Stew (647) Chuckwagon Corn (2) Multigrain Bread (135) Chocolate Pudding w/Topping (195) Calories 717/Sodium 1116mg	10 Beef Burgundy (170) Green Beans (3) Mashed Potatoes (68) Cornbread Loaf (211) Cupcake (170) Calories 1013/Sodium 759mg	11 HOLIDAY MEAL SITE CLOSED NO MEAL DELIVERY **FROZEN MEAL WILL BE SENT ON 11/01**	12 * Macaroni & Cheese w/Crumb Topped (548) Stewed Tomatoes (446) Whole Wheat Dinner Roll (180) Fresh Fruit Calories 803/Sodium 1313mg
15 Escarole Bean Soup w/Crackers (201) Baked Ziti w/ Tomato Sauce (423) Chicken Meatball (70) Italian Blend Vegetables (19) Whole Wheat Roll (180) Fresh Fruit Orange Calories 750/Sodium 1031mg	16 Fish Chowder w/Crackers (230) Salmon Loin (67) Lemon Pepper Sauce (33) Rice Pilaf w/Browned Orzo (99) Dill Carrots (81) Low Sodium Multigrain Bread (135) Topical Mixed Fruit Calories 830/Sodium 777mg **Frozen Meal For 11/25 and 11/26 Will Be Sent Today.**	17 Chicken Cacciatore (644) Butter Seasoned Noodle (40) Fresh Broccoli & Cauliflower (14) Low Sodium Wheat Bread (65) Vanilla Pudding w/Topping (174) Calories 866/Sodium 1075mg	18 * Thanksgiving Special Gravy Over Roast Turkey (617) Cornbread Stuffing (24) Whip Potatoes & Chives (53) Country Blend Vegetables (40) Cranberry Sauce (1) Soft Dinner Roll (132) Pumpkin Pie (398) Apple Juice (5) Calories 1161/Sodium 1631mg	19 Meatloaf (116) Gravy (34) Green Beans (3) Sweet Potatoes (27) Low Sodium Wheat Bread (65) Pears Calories 807/Sodium 388mg
22 Chicken Vegetable Ditalini Soup w/Crackers (136) Vegetable Lasagna (370) Tomato Sauce (236) Chicken Meatball (70) Fresh Broccoli and Cauliflower (14) Cracked Wheat Multi Oat Top Bread(115) Peaches Calories 762/Sodium 1088mg	23 Chicken w/Sauté Vegetables (347) White Rice (5) Multigrain Bread (135) Pumpkin Pudding w/Topping (167) Calories 648/Sodium 791mg	24 Breaded Alaskan Pollock (190) Tartar Sauce (261) Italian Red Potatoes (4) Tuscany Vegetable Blend (47) Low Sodium Wheat Bread (65) Apple Cranberry Crisp (129) Calories 899/Sodium 833mg	25 HOLIDAY MEAL SITE CLOSED NO MEAL DELIVERY **FROZEN MEAL WILL BE SENT ON 11/16**	26 MEAL SITE CLOSED NO MEAL DELIVERY **FROZEN MEAL WILL BE SENT ON 11/16**
29 BBQ Pulled Pork (678) Potato Salad (100) Fiesta Blend Vegetables (23) Low Sodium Hamburger Roll (80) Vanilla Pudding w/Topping (174) Calories 924/Sodium 1163mg	30 Mixed Bean w/Chicken Soup w/Crackers (271) Potato Crunch Fish w/Lemon Wedge (270) Tartar Sauce (261) Red Bliss Potatoes (8), Green Beans (3) Snack n Loaf (3) Mixed Fruit Calories 950/Sodium 1074mg			