

# Springwell Breakfast Menu

## Linden & Chambers - NOVEMBER 2021

Breakfast is served Saturday, Sunday, and Holidays at 9:30 a.m. to 10:30 a.m.

Breakfast reservations must be made by 11 a.m. on the Wednesday before the weekend of service.

To register and/or reserve a meal, call 617-972-5700 press 3 and  
leave a voicemail with your name, phone number & the day you wish to reserve for.

[You must make a reservation with Springwell before attending the meal.](#)

SATURDAY	SUNDAY	HOLIDAYS
<b>NOVEMBER 6TH</b> Apple Juice Cheerios Cheese Omelet 2 Slices Whole Wheat Bread Peanut Butter	<b>NOVEMBER 7TH</b> Fruit Cup All Bran Wheat Cereal Cottage Cheese 2 Waffles Syrup	<b>Breakfast reservations must be made by 11 a.m. Tuesdays before the weekend of service. To register and/or reserve a meal, call 617-972-5700</b>
<b>NOVEMBER 13TH</b> Low Sodium Tomato Juice Total Cereal English Muffin Peanut Butter Carnation Instant Breakfast	<b>NOVEMBER 14TH</b> Cranberry Juice Oatmeal Boiled Egg Wheat Bagel Cream Cheese	
<b>NOVEMBER 20TH</b> Fresh Orange Cream of Wheat Yogurt Boiled Egg Blueberry Muffin	<b>NOVEMBER 21ST</b> Fresh Banana Cheerios Low Sodium Ham Sliced Cheese 2 Slices Wheat Bread Carnation Instant Breakfast	Please pick up your weekend breakfast meals every Friday by 12p.m. LS = LOW SODIUM
<b>NOVEMBER 27TH</b> Cranberry Juice Total Cereal Cheese Omelet 2 Slices Oatmeal Bread Carnation Instant Breakfast	<b>NOVEMBER 28TH</b> Fresh Orange Oatmeal Vanilla Yogurt Apple Turnover	<b>\$2.00 SUGGESTED DONATION</b>  Each breakfast is served with Milk & Margarine.