

LAST NAME \_\_\_\_\_ FIRST \_\_\_\_\_ Phone \_\_\_\_\_ Date \_\_\_\_\_

Springwell Nutrition : LUNCH MENU –MARCH 2024 – Linden & Chambers   5 Chambers Street, Needham, MA				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MENU IS SUBJECT TO CHANGE</b></p> <p>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></p>				<p>1 Lentil Spinach Soup w/ Crackers (139), Salmon Loin (67) Honey Mustard Sauce (187) Roasted Potatoes w/ Peppers &amp; Onions (10), Mixed Vegetables Wheat Roll (180), Fresh Orange</p> <p>Calories 743/Sodium 850mg</p>
<p>4 Sloppy Joe Red Bliss Potatoes (8) Broccoli &amp; Cauliflower Low Sodium Hamburger Roll Chocolate Pudding w/ Topping (195)</p> <p>Calories 730/Sodium 752mg</p>	<p>5 Cod w/ Scarpariello Sauce (282) Quinoa Pilaf (56) Green Beans (3), Low Sodium Multigrain Bread (135) Chocolate Chip Cookie (60)</p> <p>Calories 707/Sodium 691mg</p>	<p>6 *Hot Dog (550) Coleslaw (45) Baked Beans (140) Hot Dog Roll (165) Mustard, Relish Peaches (8)</p> <p>Calories 827/Sodium 1033mg</p>	<p>7 Italian Garden Vegetable Soup w/ Crackers(200), Chicken Souvlaki(456), Buttered Seasoned Orzo(38), Butternut Squash (32) Low Sodium Oatmeal Bread (140) Fresh Fruit</p> <p>Calories 1011/Sodium 1019mg</p>	<p>8 Broccoli Egg Bake (475) Italian Roasted Red Bliss Potatoes (8) Stewed Tomatoes (251) Wheat Dinner Roll (180) Ginger Snaps (105)</p> <p>Calories 748/Sodium 1171mg</p>
<p>11 American Chop Suey (450) Tuscany Blend Vegetables (47) Dinner Roll (180) Applesauce (14)</p> <p>Calories 932/Sodium 845mg</p>	<p>12 Cream of Tomato Soup (243) w/ Crackers Spinach Red Pepper Frittata(175) Potato Wedges (27) Brussels Sprouts (17) Low Sodium Wheat Bread (65) Vanilla Pudding w/ Topping (174)</p> <p>Calories 920/Sodium 1036mg</p>	<p>13 Chicken Marsala (397) Over Buttered Noodles (40) Scandinavian Vegetables(41) Low Sodium Wheat Bread (65) Fresh Fruit</p> <p>Calories 791/Sodium 723mg</p>	<p>14 ST. PATRICK'S DAY SPECIAL *Corned Beef Stew (886) Boiled Parsley Potatoes(8) Low Sodium Wheat Bread (65) Pineapple Whip(87)</p> <p>Calories 674/Sodium 1226mg</p>	<p>15 Salmon w/ Sweet &amp; Sour Sauce (166) Lo Mein Noodles (58) Asian Blend Vegetables(9) Low Sodium Wheat Bread (65) Mandarin Oranges (7)</p> <p>Calories 669/Sodium 484mg</p>
<p>18 Chicken Scallopini Over Buttered Noodles (329) Zucchini &amp; Cauliflower (6) Low Sodium Wheat Bread (65) Tapioca Pudding w/ Topping (183)</p> <p>Calories 732/Sodium 762mg</p>	<p>19 Vegetable Soup w/ Chicken (81) Unstuffed Pepper Casserole (224) Italian Blend Vegetables (19mg) Wheat Dinner Roll (180) Orange</p> <p>Calories 862/Sodium 884mg</p>	<p>20 Roast Turkey w/ Gravy (370) Mashed Potatoes (68) Carrots (59) Low Sodium Wheat Bread (65) Pears (5)</p> <p>Calories 634/Sodium 1011mg</p>	<p>21 Fish w/ Newburg Sauce (404) Herbed Rice (95) Brussel Sprouts (17) Low Sodium Multigrain Bread(135) Brownie (297)</p> <p>Calories 775/Sodium 1105mg</p>	<p>22 *Macaroni &amp; Cheese (548) Stewed Tomatoes (251) Low Sodium Multigrain Bread (135) Peaches (8)</p> <p>Calories 845/Sodium 1097mg</p>
<p>25 Chicken w/ Sauté Vegetables(347) Jasmine Coconut Rice (9) Whole Wheat Roll (180) Chocolate Pudding w/ Topping (195)</p> <p>Calories 825/Sodium 885mg</p>	<p>26 *Black Bean &amp; Barley Chili (614) Broccoli &amp; Carrots (45) Low Sodium Wheat Bread (65) Pears (5)</p> <p>Calories 778/Sodium 1150mg</p>	<p>27 Pot Roast Beef Burgundy (170) Mashed Potatoes (68) Zucchini (5) Dinner Roll (180) Cupcake (170)</p> <p>Calories 884/Sodium 747mg</p>	<p>28 Stuffed Shells w/ Tomato Sauce* (626) Chicken Meatball (70) Cauliflower Florets(17) Low Sodium Wheat Bread (65) Fresh Fruit</p> <p>Calories 634/Sodium 965mg</p>	<p>29 Minestrone Soup w/ Crackers (295), Potato Pollock, Lemon Wedge Sweet Potatoes, Green Beans(3) Low Sodium Multigrain Bread (135), Mixed Fruit</p> <p>Calories 785/Sodium 949mg</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.</p> <p><b>Please make checks payable to Springwell</b> 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 <b>Attention: Nutrition Department</b> • *Indicates high sodium.</p>		<p><b>Chilled Meal Re-Heating Instructions</b></p> <p><b>Conventional oven</b></p> <ul style="list-style-type: none"> <li>o Eat or refrigerate immediately.</li> <li>o Reheat in oven at 350 degrees for 10-20 minutes.</li> </ul> <p><b>Microwave oven</b></p> <ul style="list-style-type: none"> <li>o Reheat in microwave on high for 2 to 3 minutes</li> <li>o Peel back corner to vent,</li> </ul> <p>Do not reheat in toaster oven.</p>		
<p><b>FOOD ALLERGIES</b></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><b>Frozen Meal Re-Heating Instructions</b></p> <p><b>Conventional oven</b></p> <ul style="list-style-type: none"> <li>o Peel back the plastic lid to vent or slit film in section</li> <li>o Heat frozen meal in conventional oven, place meal on cookie sheet and set oven at 350 degrees F. for 30 minutes maximum.</li> </ul> <p><b>Microwave oven</b></p> <ul style="list-style-type: none"> <li>o Heat frozen meal in microwave</li> <li>o 3-5 minutes maximum on high</li> </ul>		
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