

Springwell Breakfast Menu

Morse Apartments - DECEMBER 2023

Due to COVID-19 Breakfast weekend meals will continue as take-out only

SATURDAY	SUNDAY	HOLIDAYS
DECEMBER 2ND Cranberry Juice Total Cereal American Cheese Low Sodium Ham Multigrain Bread Peanut Butter	DECEMBER 3RD Low Sodium Tomato Juice All Bran Wheat Cereal Boiled Egg Blueberry Muffin Carnation Instant Breakfast	Breakfast reservations must be made by 11 a.m. Tuesdays before the weekend of service. To register and/or reserve a meal, call 617-735-7588
DECEMBER 9TH Cranberry Juice Oatmeal Wheat Bagel Peanut Butter Fresh Fruit	DECEMBER 10TH Citrus Fruit Cup Fiber One Cereal Cottage Cheese 2 Waffles Syrup	\$2.50 SUGGESTED DONATION Each breakfast is served with Milk & Margarine
DECEMBER 16TH Orange/Pineapple Juice Total Cereal Sliced Cheese Low Sodium Ham English Muffin Carnation Instant Breakfast	DECEMBER 17TH Apple Juice Cheerios Cheese Omelet 2 Slices Whole Wheat Bread Peanut Butter	Please pick up your weekend breakfast meals every Friday by 12p.m. LS = LOW SODIUM
DECEMBER 23RD Fruit Cup All Bran Wheat Cereal Cottage Cheese 2 Waffles Syrup	DECEMBER 24TH Low Sodium Tomato Juice Total Cereal English Muffin Peanut Butter Carnation Instant Breakfast	DECEMBER 25TH CHRISTMAS HOLIDAY Cranberry Juice Oatmeal Boiled Egg Wheat Bagel Cream Cheese
DECEMBER 30TH Fresh Orange Cream of Wheat Yogurt Boiled Egg Blueberry Muffin	DECEMBER 31ST Fresh Banana Cheerios Low Sodium Ham Sliced Cheese 2 Slices Wheat Bread Carnation Instant Breakfast	