Springwell Breakfast Menu Morse Apartments - MARCH 2024

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

MARCH 2ND Fresh Banana Cheerios Cheerios Cheerios Cheese Omelet Sliced Cheese 2 Slices Wheat Bread Carnation Instant Breakfast MARCH 9TH Fresh Orange Oatmeal Apple Turnover Apple Turnover All Bran Wheat Cereal Cottage Cheese Wheat Bagel MARCH 23RD Fresh Fruit Cup All Bran Wheat Cereal Cottage Cheese 2 Slices Pancakes Wheat Bagel MARCH 23RD Fresh Fruit Cup ARCH 25RD ARCH 25RD Fresh Fruit Cup Oatmeal Cottage Cheese AMARCH 25RD ARCH 25RD Fresh Fruit Cup ARCH 25RD ARCH 25RD ARCH 25RD ARCH 25RD Fresh Fruit Cup Oatmeal Cottage Cheese AMARCH 25RD ARCH 25	SATURDAY	SUNDAY	HOLIDAYS
Cheerios Low Sodium Ham Sliced Cheese 2 Slices Wheat Bread Carnation Instant Breakfast MARCH 9TH Fresh Orange Oatmeal Apple Turnover MARCH 16TH Citrus Fruit Cup All Bran Wheat Cereal Cottage Cheese Wheat Bagel MARCH 23RD Fresh Fruit Cup Oatmeal Cottage Cheese Silces Orange Wheat Bagel MARCH 25 Slices Oatmeal Cottage Cheese Silces Orange March 16TH Corange/Pineapple Juice All Bran Wheat Cereal Cottage Cheese Silces French Toast Syrup MARCH 25 Source Silces Prench Toast Syrup MARCH 30TH Fresh Fruit Corange/Pineapple Juice Cream of Wheat Boiled Egg Bran Muffin Carnation Instant Breakfast MARCH 30TH Fresh Fruit Corange/Pineapple Juice Cream of Wheat Boiled Egg Silces French Toast Syrup MARCH 30TH Fresh Fruit Corange/Pineapple Juice Cream of Wheat Boiled Egg Silces French Toast Syrup MARCH 31ST Orange Juice Cottage Cheese Wheat Bagel Wheat Bagel Value Solicus French Toast Syrup Carnation Instant Breakfast MARCH 31ST Orange Juice Cottage Cheese Wheat Bagel With Milk & Margarine	MARCH 2ND	MARCH 3RD	
Low Sodium Ham Sliced Cheese 2 Slices Wheat Bread Carnation Instant Breakfast MARCH 9TH Fresh Orange Oatmeal Apple Turnover All Bran Wheat Cereal Cottage Cheese Wheat Bagel MARCH 23RD Fresh Fruit Cup Oatmeal Cottage Cheese Wheat Bagel MARCH 23RD Fresh Fruit Cup Oatmeal Cottage Cheese Aprile Cottage Cheese Cottage Cheese Cottage Cheese Cottage Cheese Aprile Cottage Cheese Cheerios Call 617-7	Fresh Banana	Cranberry Juice	
Sliced Cheese 2 Slices Wheat Bread Carnation Instant Breakfast MARCH 9TH Fresh Orange Oatmeal Vanilla Yogurt Apple Turnover MARCH 16TH Citrus Fruit Cup All Bran Wheat Cereal Cottage Cheese Wheat Bagel MARCH 23RD Fresh Fruit Cup Oatmeal Cottage Cheese 2 Slices Prench Toast Syrup MARCH 23RD AMARCH 23RD Fresh Fruit Cup Oatmeal Cottage Cheese All Bran Wheat Cereal Cottage Cheese Oatmeal Cottage Cheese All Bran Wheat Cup Oatmeal Cottage Cheese All Bran Fruit Cup Oatmeal Cottage Cheese All Bran Fruit Cup Oatmeal Cottage Cheese Oatmeal Cottage Cheese Oatmeal Cottage Cheese All Bran Wheat Cottage Cheese Oatmeal Cottage Cheese Cream of Wheat Syrup MARCH 23RD Fresh Fruit Cup Oatmeal Cottage Cheese Oatmeal Cottage Cheese All Bran Muffin Carnation Instant Breakfast MARCH 24TH Orange/Pineapple Juice Cream of Wheat Boiled Egg Bran Muffin Carnation Instant Breakfast MARCH 30TH Fresh Fruit Orange Juice Cottage Cheese Oatmeal Cottage Cheese Vheat Bagel Vith Milk & Margarine	Cheerios	Total Cereal	
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MARCH 9TH MARCH 10TH Fresh Orange Oatmeal Cheerios Vanilla Yogurt English Muffin Apple Turnover Peanut Butter Jelly Fresh Fruit MARCH 16TH Citrus Fruit Cup All Bran Wheat Cereal Cottage Cheese Wheat Bagel MARCH 17TH Low Sodium Tomato Juice Fiber One Cereal Boiled Egg Muffin Carnation Instant Breakfast Please pick up your weekend breakfast MARCH 23RD Fresh Fruit Cup Oatmeal Cottage Cheese MARCH 24TH Orange/Pineapple Juice Cream of Wheat Boiled Egg Bran Muffin Carnation Instant Breakfast Please pick up your weekend breakfast meals every Friday by 12p.m. LS = LOW SODIUM MARCH 30TH Fresh Fruit Cheerios Cottage Cheese Cheerios MARCH 31ST Orange Juice Oatmeal Cheerios Cottage Cheese Vheat Bagel Peanut Butter \$2.50 SUGGESTED DONATION Each breakfast is served with Milk & Margarine	2 Slices Wheat Bread	Carnation Instant Breakfast	
Fresh Orange Oatmeal Vanilla Yogurt Apple Turnover MARCH 16TH Citrus Fruit Cup All Bran Wheat Cereal Cottage Cheese Wheat Bagel MARCH 23RD Fresh Fruit Cup Oatmeal Cottage Cheese Spilod Egg Wheat Bagel MARCH 25 Sprup MARCH 25 Sprup MARCH 25 Sprup MARCH 25 Sprup MARCH 30TH Cottage Cheese Cottage Chee	Carnation Instant Breakfast		
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Vanilla Yogurt Apple Turnover Begilish Muffin Peanut Butter Jelly Fresh Fruit MARCH 16TH Citrus Fruit Cup All Bran Wheat Cereal Cottage Cheese Wheat Bagel MARCH 23RD Fresh Fruit Cup Oatmeal Cottage Cheese 2 Slices French Toast Syrup MARCH 30TH Fresh Fruit Carnation Instant Breakfast MARCH 31ST Cheerios Cottage Cheese Wheat Bagel MARCH 31ST Cheerios Cottage Cheese Wheat Bagel MARCH 30TH Fresh Fruit Corange Juice Cottage Cheese Wheat Bagel Cottage Cheese Wheat Bagel Peanut Butter MARCH 31ST Orange Juice Cottage Cheese Wheat Bagel Peanut Butter Service. To register and/or reserve a meal, call 617-735-7588 Service. To register and/or reserve a meal, call 617-735-7588 Service. To register and/or reserve a meal, call 617-735-7588 Service. To register and/or reserve a meal, call 617-735-7588 Service. To register and/or reserve a meal, call 617-735-7588 Service. To register and/or reserve a meal, call 617-735-7588 Service. To register and/or reserve a meal, call 617-735-7588 Service. To register and/or reserve a meal, call 617-735-7588 Service. To register and/or reserve a meal, call 617-735-7588 Service. To register and/or reserve a meal, call 617-735-7588 Service. To register and/or reserve a meal, call 617-735-7588 Service. To register and/or reserve a meal, call 617-735-7588 Service. To register and/or reserve a meal, call 617-735-7588 Service. To real 617-735-7588	Fresh Orange	Orange/Pineapple Juice	Breakfast reservations must be made by
Apple Turnover Peanut Butter Jelly Fresh Fruit MARCH 16TH Citrus Fruit Cup All Bran Wheat Cereal Cottage Cheese Wheat Bagel MARCH 23RD Fresh Fruit Cup Oatmeal Cottage Cheese 2 Slices French Toast Syrup MARCH 30TH Fresh Fruit Cheerios Cottage Cheese Wheat Bagel MARCH 31ST Cottage Cheese	Oatmeal	Cheerios	11 a.m. Tuesdays before the weekend of
Jelly Fresh Fruit	Vanilla Yogurt	English Muffin	
Fresh Fruit MARCH 16TH Citrus Fruit Cup All Bran Wheat Cereal Cottage Cheese Wheat Bagel MARCH 23RD Fresh Fruit Cup Orange/Pineapple Juice Cottage Cheese Boiled Egg Oatmeal Cottage Cheese Boiled Egg Muffin Carnation Instant Breakfast MARCH 24TH Orange/Pineapple Juice Cottage Cheese Boiled Egg Cream of Wheat Boiled Egg Carnation Instant Breakfast MARCH 25RD Fresh Fruit Cup Orange/Pineapple Juice Cream of Wheat Boiled Egg Carnation Instant Breakfast MARCH 30TH Fresh Fruit Cheerios Cottage Cheese Cottage Cheese Cottage Cheese Cottage Cheese Cottage Cheese Cottage Cheese Awheat Bagel Cottage Cheese Awheat Bagel Cottage Cheese Awheat Bagel Peanut Butter	Apple Turnover	Peanut Butter	call 617-735-7588
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Oatmeal Cottage Cheese Boiled Egg Syrup MARCH 30TH Fresh Fruit Cheerios Cheerios Cottage Cheese Cheese Cottage Cheese Cheese Cottage Cheese	MARCH 23RD	MARCH 24TH	Please pick up your
Cottage Cheese 2 Slices French Toast Syrup MARCH 30TH Fresh Fruit Cheerios Cottage Cheese Cheese 2 Pancakes Boiled Egg Bran Muffin Carnation Instant Breakfast MARCH 31ST Orange Juice Cheese Wheat Bagel Peanut Butter Boiled Egg Bran Muffin Carnation Instant Breakfast \$2.50 SUGGESTED DONATION \$2.50 SUGGESTED DONATION Each breakfast is served with Milk & Margarine	Fresh Fruit Cup	Orange/Pineapple Juice	weekend breakfast
2 Slices French Toast Syrup MARCH 30TH Fresh Fruit Cheerios Cottage Cheese 2 Pancakes Bran Muffin Carnation Instant Breakfast MARCH 31ST Orange Juice Cottage Cheese Wheat Bagel Peanut Butter Bran Muffin Carnation Instant Breakfast \$2.50 SUGGESTED DONATION \$2.50 SUGGESTED DONATION Each breakfast is served with Milk & Margarine	Oatmeal	Cream of Wheat	meals every Friday by 12p.m.
Syrup Carnation Instant Breakfast MARCH 30TH Fresh Fruit Cheerios Cottage Cheese 2 Pancakes Carnation Instant Breakfast MARCH 31ST Corange Juice Orange Juice Oatmeal Each breakfast is served with Milk & Margarine Peanut Butter	Cottage Cheese	Boiled Egg	LS = LOW SODIUM
MARCH 30TH Fresh Fruit Cheerios Cottage Cheese 2 Pancakes MARCH 31ST Orange Juice Oatmeal Oatmeal Wheat Bagel Peanut Butter \$2.50 SUGGESTED DONATION Each breakfast is served with Milk & Margarine	2 Slices French Toast	Bran Muffin	
Fresh Fruit Orange Juice Cheerios Oatmeal Each breakfast is served Cottage Cheese Wheat Bagel with Milk & Margarine 2 Pancakes Peanut Butter	Syrup	Carnation Instant Breakfast	
Cheerios Oatmeal Each breakfast is served Cottage Cheese Wheat Bagel with Milk & Margarine 2 Pancakes Peanut Butter	MARCH 30TH	MARCH 31ST	\$2.50 SUGGESTED DONATION
Cottage Cheese Wheat Bagel with Milk & Margarine 2 Pancakes Peanut Butter	Fresh Fruit	Orange Juice	
2 Pancakes Peanut Butter	Cheerios	Oatmeal	Each breakfast is served
	Cottage Cheese		with Milk & Margarine
Syrup Fresh Fruit			
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