

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>MENU IS SUBJECT TO CHANGE</div> <div>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></div>				<div>1GG / DR</div> <div>HOT: Lentil Spinach Soup, Salmon Loin, Honey Mustard Sauce, Roasted Potatoes w/Peppers &amp; Onions, Mixed Vegetables, Wheat Dinner Roll, Fresh Orange</div> <div>COLD: * Vegetarian Chef Salad, Lite Italian Dressing, Italian Pasta Salad, Wheat Dinner Roll, Margarine, Tropical Fruit</div>
<div>4NO MEAL SERVICE TODAY</div> <div>Please make your frozen meal reservation with the site staff to cover for today.</div>	<div>5NO MEAL SERVICE TODAY</div> <div>Please make your frozen meal reservation with the site staff to cover for today.</div>	<div>6GG / DR</div> <div>HOT: * Hot Dog, Baked Beans, Cole Slaw, Hot Dog Roll, Relish, Mustard, Peaches</div> <div>COLD: Turkey, Swiss Cheese, Potato Salad, Lite Mayonnaise, Lettuce, Wheat Bread, Spinach Mandarin Orange Salad, Diet Pudding w/Topping</div>	<div>7GG / DR</div> <div>HOT: Italian Garden Vegetable Soup, Chicken Souvlaki, Butternut Squash, Buttered Seasoned Orzo, Oatmeal Bread, Fresh Fruit</div> <div>COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Broccoli, Feta, Orzo Salad, Tossed Garden Salad, Lite Italian Dressing, Wheat Bread, Peaches</div>	<div>8GG / DR</div> <div>HOT: Broccoli Egg Bake, Italian Roasted Red Bliss Potatoes, Stewed Tomatoes, Wheat Dinner Roll, Ginger Snaps</div> <div>COLD: Tuna Salad, Greek Pasta Salad, Tomato Zucchini Salad, Multigrain Bread, Lorna Doones</div>
<div>11GG / DR</div> <div>HOT: American Chop Suey, Tuscany Blend Vegetables, Wheat Dinner Roll, Applesauce</div> <div>COLD: Chicken Salad, Lettuce, Summer Squash Salad, Italian Pasta Salad, Wheat Bread, Diet Vanilla Pudding w/Topping</div>	<div>12GG / DR</div> <div>HOT: Cream of Tomato Soup, Spinach &amp; Red Pepper Frittata, Potato Wedges, Brussels Sprouts, Wheat Bread, Vanilla Pudding w/Topping</div> <div>COLD: Tuna Salad, Lettuce, Riviera Salad, Ziti Broccoli Salad, Multigrain Bread, Fresh Fruit</div>	<div>13GG / DR</div> <div>HOT: Chicken Marsala Over Buttered Noodles, Scandinavian Vegetables, Wheat Bread, Fresh Fruit</div> <div>COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Wheat Bread, Garden Shell Pasta Salad, Root Vegetable Salad, Lorna Doones</div>	<div>14St. Patrick's Day Special GG / DR</div> <div>HOT: * Corned Beef Stew, Boiled Parsley Potatoes, Wheat Bread, Pineapple Whip</div> <div>COLD: Turkey, Swiss Cheese, Multigrain Bread, Squash, Zucchini, Red Onion Salad, Barley Raisin Salad, Lite Mayonnaise, Mixed Fruit</div>	<div>15NO MEAL SERVICE TODAY</div> <div>Please make your frozen meal reservation with the site staff to cover for today.</div>
<div>18GG / DR</div> <div>HOT: Chicken Scallopini Over Buttered Noodles, Zucchini &amp; Cauliflower, Wheat Bread, Tapioca Pudding w/Topping</div> <div>COLD: Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Cole Slaw, Orzo Vegetable Salad, Wheat Bread, Applesauce</div>	<div>19GG / DR</div> <div>HOT: Vegetable Soup w/Chicken, Unstuffed Pepper Casserole, Italian Blend Vegetables, Wheat Dinner Roll, Orange</div> <div>COLD: Chicken Salad, Potato Salad, Riviera Salad, Multigrain Salad, Lorna Doones</div>	<div>20GG / DR</div> <div>HOT: Roast Turkey w/Gravy, Mashed Potatoes, Carrots, Wheat Bread, Pears</div> <div>COLD: Tuna Salad, Lettuce, Wheat Bread, Italian Pasta Salad, Summer Squash Salad, Diet Chocolate Pudding w/Topping</div>	<div>21GG / DR</div> <div>HOT: Fish, Newburg Sauce, Herbed Rice, Brussels Sprouts, Multigrain Bread, Brownie</div> <div>COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Multigrain Bread, Broccoli Slaw, Garden Shell Pasta Salad, Mixed Fruit</div>	<div>22GG / DR</div> <div>HOT: * Macaroni &amp; Cheese, Stewed Tomatoes, Multigrain Bread, Peaches</div> <div>COLD: * Vegetarian Chef Salad, Italian Dressing, Barley Raisin Salad, Snack Loaf Muffin, Orange</div>
<div>25GG / DR</div> <div>HOT: Chicken w/Sauté Vegetables, Jasmine Coconut Rice, Whole Wheat Roll, Chocolate Pudding w/Topping</div> <div>COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Root Vegetable Salad, Macaroni Salad, Wheat Bread, Peaches</div>	<div>26GG / DR</div> <div>HOT: * Black Bean and Barley Chili, Broccoli &amp; Carrots, Wheat Bread, Pears</div> <div>COLD: Tuna Salad, Lettuce, Potato Salad, Broccoli Slaw, Wheat Bread, Diet Tapioca w/Topping</div>	<div>27GG / DR</div> <div>HOT: Pot Roast Burgundy, Mashed Potatoes, Zucchini, Dinner Roll, Cupcake</div> <div>COLD: California Chicken Salad, Lettuce, Balsamic Pasta Salad, Cole Slaw, Wheat Bread, Lorna Doones</div>	<div>28GG / DR</div> <div>HOT: Stuffed Shells w/Tomato Sauce *, Chicken Meatball, Cauliflower Florets, Wheat Bread, Fresh Fruit</div> <div>COLD: Roast Beef, Provolone Cheese, Lettuce, Lite Mayonnaise, Multigrain Bread, Orzo Vegetable Salad, Carrot Pineapple Salad, Mandarin Oranges</div>	<div>29GG / DR</div> <div>HOT: Minestrone Soup, Potato Pollock, Lemon Wedge, Sweet Potatoes, Green Beans, Multigrain Bread, Mixed Fruit</div> <div>COLD: Egg Salad, Lettuce, Cole Slaw, Wheat Bread, Quinoa Tabbouleh Salad, Fresh Fruit</div>
<div><ul style="list-style-type: none"><li>• Please call your lunch reservations by 11 a.m. two</li><li>• If you would like to cancel your meal reservation, please call by 11 a.m. two business days before.</li><li>• \$2.50 Suggested donation per meal.</li></ul><div>Please make checks payable to Springwell</div><div>Please add the site you receive your meals from on the memo line</div><div>Send check to:</div><div>Springwell, Inc.</div><div>307 Waverley Oaks Road Suite 205, Waltham MA 02452</div><div>Attention: Nutrition Department</div><li>• *Indicates high sodium.</li></div>		<div>Chilled Meal Re-Heating Instructions</div> <div>Conventional oven<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></div> <div>Microwave oven<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></div> <div>Do not reheat in toaster oven.</div>	<div>FOOD ALLERGIES</div> <div>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.</div>	<div>PLEASE CIRCLE “GG”/GRAB AND GO IF YOU INTEND TO INTEND TO PICK UP YOUR MEAL AND TAKE IT HOME WITH YOU.</div> <div>OTHERWISE, CIRCLE “DR”/DINING ROOM IF YOU WILL BE EATING YOUR MEAL IN THE DINING ROOM THAT DAY.</div> <div>COLD MEAL OPTION AVAILABLE FOR DINE IN DINE IN: Please circle HOT or COLD to reserve that meal option.</div>