LAST NAME FIRST Phone Date

Springwell Nutrition: LUNCH MENUL MORSE APPLIANCE Anartments 90 Longwood Ave. Brookline MA 617-735-7588

Springwe		Morse Ap	e	5-7588			
, , , , , , , , , , , , , , , , , , ,	MONDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
1	GG / DR	2	GG / DR	3	GG / DR	4 GG / DR	5 GG / DR
НОТ:	Italian Garden Vegetable Soup.	HOT.	Chicken Cacciatore Over Seasoned Orzo,	нот.	Mini Ravioli w/Spinach Alfredo Sauce,	HOT: Cod w/Diion Wine Sauce.	HOT: Beef Chili.
	Broccoli & Mushroom Frittata,		Brussels Sprouts,		Chicken Meatball, Wheat Bread,	Quinoa Pilaf, Riviera Blend Vegetables,	Spinach,
Sweet P	otato Wedges, Green Beans & Red Peppers		Oatmeal Bread,		Tuscany Blend Vegetables,	Multigrain Bread,	Wheat Roll,
	Blueberry Snack n Loaf,		Fresh Fruit		Chocolate Chip Cookie	Mixed Fruit	Raisins
	Yogurt				• • • • • • • • • • • • • • • • • • • •		
COLD		COLD	* Chaffalad/Ham	COLD	Fam Calad Lattura	COLD: Turkey Cuite Chance Letteres	COLD: Time Caled Lattings
COLD:	Chicken Salad, Broccoli Slaw,	COLD:	* Chef Salad w/Ham,	COLD		COLD: Turkey, Swiss Cheese, Lettuce,	COLD: Tuna Salad, Lettuce,
	Sweet Potato Salad,		Lite Italian Dressing, Multigrain Bread,		Squash, Zucchini, Red Onion Salad,	Mayonnaise, Macaroni Salad, Beet Salad,	Broccoli, Feta, Orzo Salad,
	Multigrain Bread.		Balsamic Pasta Salad,	- 1	English Pea Salad, Wheat Bread,	Wheat Bread.	Cole Slaw, Multigrain Bread,
	Pears		Tropical Fruit		Diet Vanilla Pudding w/Topping	Mandarin Oranges	Fig Bar
•		_		10			
8	GG / DR	9	GG / DR	10	GG / DR	11 GG / DR	12 GG / DR
HOT:	Chicken w/Teriyaki Sauce,	HOT:	<ul><li>* Hot Dog, Baked Beans,</li></ul>	HOT:	Broccoli & Cheese Soup,	HOT: Mixed Bean and Vegetable Stew,	HOT: Pollock w/Mediterranean Sauce,
1	White Rice. Asian Blend Vegetables.		Root Vegetables, Hot Dog Roll,	Pot	Roast Stroganoff Over Buttered Egg Noodles.	Broccoli & Cauliflower, Wheat Bread.	Italian Roasted Red Bliss Potatoes.
	Multigrain Bread,		Mustard, Relish,	' ' '	Jardinière Blend Vegetables,	Tapioca Pudding w/Topping	Ratatouille,
				- 1		rapioca rudding w/ ropping	
	Mixed Fruit		Brownie		Wheat Bread,		Wheat Bread,
			High Sodium	- 1	Peaches		Orange
COLD:	Egg Salad, Wheat Bread,	COLD:	Chicken Salad, Beet Salad,	COLD	* Vegetarian Chef Salad,	COLD: Tuna Salad, Lettuce,	COLD: Roast Beef, Swiss Cheese,
COLD.		COLD.	Garden Shell Pasta Salad.	ICOLD			
	Potato Salad,			- 1	Italian Dressing, Tri-Color Pasta Salad,	Quinoa Tabbouleh Salad, Broccoli Slaw,	Lite Mayonnaise, Lettuce, Cole Slaw,
	Zucchini Salad,	1	Multigrain Bread,		Snack Loaf Muffin, Margarine,	Wheat Bread,	Barley Raisin Salad, Multigrain Bread,
	Pineapple	1	Diet Chocolate Pudding w/Topping		Orange	Lorna Doones	Mixed Fruit
15		16	GG / DR	17	GG / DR	18 GG / DR	19 GG / DR
' '	PATRIOTS' DAY HOLIDAY	١.٠	NO MEAL SERVICE TODAY.	1.,	NO MEAL SERVICE TODAY.	NO MEAL SERVICE TODAY.	NO MEAL SERVICE TODAY.
	PATRIOTS DAT HOLIDAT		NO WEAL SERVICE TODAY.		NO WEAL SERVICE TODAY.	NO MEAL SERVICE TODAY.	NO MEAL SERVICE TODAY.
	NO MEAL DELIVERY		Please make your frozen meal reservation	- 1	Please make your frozen meal reservation	Please make your frozen meal reservation	Please make your frozen meal reservation
			with the site staff to		with the site staff to	with the site staff to	with the site staff to
			cover for today.		cover for today.	cover for today.	cover for today.
			cover for today.	- 1	cover for today.	cover for today.	cover for today.
22	CC / DD	22	CC / DD	24	CDDING CDECIAL CC / DD	25 CC / DD	26 66 / DD
22	GG / DR	23	GG / DR	24	SPRING SPECIAL GG / DR	25 GG / DR	26 GG / DR
нот:	Lasagna, Tomato Sauce,	HOT:	Mushroom Barley Soup,	HOT:	Broccoli & Cheese Stuffed Chicken,	HOT: Beef Pot Roast w/Gravy,	HOT: * Roast Turkey w/Gravy,
	Chicken Meatball.		Potato Crunch Fish, Lemon Wedge,		Sour Cream & Chive Mashed Potatoes,	Italian Roasted White Potatoes, Multigrain Bread,	Bread Stuffing, Green Beans,
	Brussels Sprouts,		Italian Roasted Red Bliss Potatoes,	c.,	mmer/Spring Blend Vegetables, Dinner Roll,	Roman Blend Vegetables,	Wheat Bread,
				Ju			
	Multigrain Bread,		Broccoli & Cauliflower, Wheat Bread,		Carrot Cake w/Cream Cheese Icing	Peaches	Fresh Fruit
	Pears		Fig Bar				
COLD:	Egg Salad, Greek Pasta Salad,	COLD:	Turkey, Swiss Cheese, Lettuce,	COLD	Roast Beef, Provolone Cheese, Lettuce,	COLD: Chicken Salad, Lettuce,	COLD: Tuna Salad, Lettuce,
COLD.	Cauliflower Carrot Salad.	COLD.	Lite Mayonnaise. Sweet Potato Salad.	10020	Lettuce. Lite Mayonnaise. Cole Slaw.	Balsamic Vinaigrette Pasta Salad.	Broccoli Slaw.
				I .			
	Multigrain Bread,		Zucchini Salad, Wheat Bread,	- 1 '	Garden Shell Pasta Salad, Multigrain Bread,	Carrot Raisin Salad, Multigrain Bread,	Potato Salad, Wheat Bread,
	Mixed Fruit		Lorna Doones		Pears	Orange	Diet Chocolate Pudding w/Topping
29	GG / DR	30	GG / DR			·	
HOT:	Macaroni & Cheese,	HOT. C	hicken Scallopini Over Buttered Noodles,				MENU IS SUBJECT TO CHANGE
		C					MENO IS SUBJECT TO CHANGE
	Stewed Tomatoes,		Spinach,				
	Multigrain Bread,	1	Dinner Roll,				
	Fresh Orange	1	Tropical Fruit				YOU CAN OBTAIN A COPY OF YOUR
							MONTHLY MENU AT
6015		co: -	5 C. I. I				
COLD:	California Chicken Salad,	COLD:	Egg Salad, Lettuce,				WWW.SPRINGWELL.COM
S	ummer Squash Salad, Wheat Bread,		English Pea Salad, Multigrain Bread,				
1	Balsamic Vinaigrette Pasta Salad,		Cauliflower Carrot Salad.				
	Peaches	1	Diet Vanilla Pudding w/Topping				
DI-			DIEL VAIIIIIA FUUUIIIQ W/ TOPPIIIQ	a		FOOD ALLEDGIES	DI FACE CIDCLE (CC) /CDAD AND CO IF VC II VC II VC III
Please call your lunch reservations by 11 a.m. two				Meal Re-Heating Instructions	FOOD ALLERGIES	PLEASE CIRCLE "GG"/GRAB AND GO IF YOU INTEND TO	
	If you would like to cancel your meal reservation,				onal oven	Review menus carefully to identify those meals that	INTEND TO PICK UP YOUR MEAL AND TAKE IT
· it you					Eat or refrigerate immediately. Reheat in oven at 350 degrees for 10-20 minutes.	contain items you are allergic to and notify the site	HOME WITH YOU.
plea	se call by 11 a.m. two business days before.		\$2.50 Suggested donation per meal.			staff. Don't hesitate to call the Springwell Dietitian	
. sea plea	se call by 11 a.m. two business davs before. Suggested donation per meal.					at (617) 026 4100 if you need belo identifying the	OTHERWISE CIRCLE (IDD) / DIMINIC ROOM IF
<ul> <li>blea</li> <li>\$2.50</li> <li>Please ma</li> </ul>	se call by 11 a.m. two business davs before. Suggested donation per meal. ke checks payable to Springwell					at (617) 920-4100 if you need help identifying the	OTHERWISE, CIRCLE "DR"/DINING ROOM IF
<ul> <li>blea</li> <li>\$2.50</li> <li>Please ma</li> </ul>	se call by 11 a.m. two business davs before. Suggested donation per meal.	o line		Mi	crowave oven	ingredients of a meal. Please be sure to only order	YOU WILL BE EATING YOUR MEAL IN THE
blea • \$2.50 Please ma Please add	se call by 11 a.m. two business davs before. Suggested donation per meal. ke checks payable to Springwell I the site you receive your meals from on the mem	o line			crowave oven Reheat in microwave on high for 2 to 3 minutes	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	YOU WILL BE EATING YOUR MEAL IN THE
blea • \$2.50 Please ma Please add Send check	se call by 11 a.m. two business davs before. Suggested donation per meal. ke checks payable to Springwell t the site you receive your meals from on the mem k to:	o line		0	Reheat in microwave on high for 2 to 3 minutes	those menu items which do not present a problem	YOU WILL BE EATING YOUR MEAL IN THE DINING ROOM THAT DAY.
blea • \$2.50 Please ma Please add Send chec Springwel	se call by 11 a.m. two business davs before. Suggested donation per meal. ke checks payable to Springwell t the site you receive your meals from on the mem k to: , Inc.	o line		0		those menu items which do not present a problem for you. Springwell does not keep track of individual	YOU WILL BE EATING YOUR MEAL IN THE DINING ROOM THAT DAY.
please ma Please ma Please add Send chec Springwel 307 Wave	se call by 11 a.m. two business davs before. Suggested donation per meal. ke checks payable to Springwell I the site you receive your meals from on the mem k to: I, Inc. Irley Oaks Road Suite 205, Waltham MA 02452	o line		0	Reheat in microwave on high for 2 to 3 minutes Peel back corner to vent,	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	YOU WILL BE EATING YOUR MEAL IN THE DINING ROOM THAT DAY.  COLD MEAL OPTION AVAILABLE FOR DINE IN
S2.50 Please ma Please add Send chec Springwel 307 Wave Attention	se call by 11 a.m. two business davs before. Suggested donation per meal. ke checks payable to Springwell t the site you receive your meals from on the mem k to: , Inc.	o line		0	Reheat in microwave on high for 2 to 3 minutes	those menu items which do not present a problem for you. Springwell does not keep track of individual	YOU WILL BE EATING YOUR MEAL IN THE DINING ROOM THAT DAY.