

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">MENU IS SUBJECT TO CHANGE</p> <p style="text-align: center;">YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p>				<p>1 GG / DR HOT: * Hot Dog, Cole Slaw, Baked Beans, Hot Dog Roll, Ketchup, Mustard, Relish, Peaches</p> <p>COLD: Tuna Salad, Lettuce, Broccoli, Feta, Orzo Salad, Cole Slaw, Multigrain Bread, Fig Bar</p>
<p>4 GG / DR HOT: Chicken Stir Fry, Jasmine Coconut Rice, Snack n Loaf, Mixed Fruit</p> <p>COLD: Turkey, Swiss Cheese, Mayonnaise, Wheat Bread, Potato Salad, Zucchini Salad, Pineapple</p>	<p>5 GG / DR HOT: Stuffed Shells w/Tomato Sauce *, Tuscan Blend Vegetables, Multigrain Bread, Vanilla Pudding w/Topping</p> <p>COLD: Roast Beef, Swiss Cheese, Mayonnaise, Lettuce, Cole Slaw, Barley Raisin Salad, Multigrain Bread, Mixed Fruit</p>	<p>6 GG / DR HOT: Salmon Loin, Honey Mustard Sauce, Roasted Potatoes w/Peppers & Onions, Broccoli, Wheat Bread, Brownie</p> <p>COLD: Chicken Salad, Lettuce, Garden Shell Pasta Salad, Beet Salad, Multigrain Bread, Diet Chocolate Pudding w/Topping</p>	<p>7 GG / DR HOT: Mixed Bean and Vegetable Stew, Green Beans, Wheat Bread, Fresh Orange</p> <p>COLD: Tuna Salad, Lettuce, Quinoa Tabbouleh Salad, Broccoli Slaw, Wheat Bread, Lorna Doones</p>	<p>8 GG / DR HOT: Vegetable Soup, Pot Roast Burgundy, Sour Cream & Chive Mashed Potatoes, Jardiniere Blend Vegetables, Wheat Bread, Tropical Fruit</p> <p>COLD: * Vegetarian Chef Salad, Italian Dressing, Sweet Potato Salad, Snack Loaf Muffin, Orange</p>
<p>11 GG / DR HOT: Chicken Vegetable Soup, Lasagna, Tomato Sauce, Chicken Meatball, Zucchini and Cauliflower, Whole Wheat Dinner Roll, Tropical Fruit</p> <p>COLD: Chicken Salad, Wheat Bread, Balsamic Vinaigrette Pasta Salad, Spinach Mandarin Orange Salad, Diet Vanilla Pudding w/Topping</p>	<p>12 GG / DR HOT: Shepherd's Pie, Spinach, Multigrain Bread, Fig Bar</p> <p>COLD: Turkey, Swiss Cheese, Lettuce, Mayonnaise, Multigrain Bread, Macaroni Salad, Broccoli Slaw, Mixed Fruit</p>	<p>13 GG / DR HOT: Fish w/Mediterranean Sauce, Herbed Rice, Broccoli, Wheat Bread, Peaches</p> <p>COLD: Roast Beef, Provolone Cheese, Mayonnaise, Lettuce, Potato Salad, Tossed Garden Salad, Italian Dressing, Wheat Bread, Applesauce</p>	<p>14 GG / DR HOT: Chicken Stuffed w/Broccoli & Cheese, Buttered Seasoned Orzo w/Parmesan, California Vegetables, Wheat Dinner Roll, Boston Cream Cup</p> <p>COLD: Egg Salad Over Tossed Garden Salad, Italian Dressing, Garden Shell Pasta Salad, Snack Loaf Muffin, Pears</p>	<p>15 GG / DR HOT: Roast Turkey w/Gravy, Mashed Potatoes, Peas & Carrots, Wheat Bread, Pineapple</p> <p>COLD: Tuna Salad, Lettuce, Summer Potato Salad, Multigrain Bread, Squash, Zucchini, Red Onion Salad, Lorna Doones</p>
<p>18 GG / DR HOT: Lentil Stew, Green Beans, Wheat Roll, Oatmeal Raisin Cookie</p> <p>COLD: Egg Salad, Potato Salad, Barley Raisin Salad, Wheat Bread, Diet Tapioca Pudding w/Topping</p>	<p>19 GG / DR HOT: Escarole Bean Soup, Potato Crunch Fish, Lemon Wedge, Italian Roasted Red Bliss Potatoes, Broccoli & Cauliflower, Wheat Bread, Peaches</p> <p>COLD: Chicken Salad, Lettuce, Balsamic Vinaigrette Pasta Salad, Carrot Raisin Salad, Multigrain Bread, Fresh Fruit</p>	<p>20 GG / DR HOT: Ravioli w/Tomato Sauce *, Chicken Meatball, Brussels Sprouts, Snack n Loaf, Pears</p> <p>COLD: Turkey, Swiss Cheese, Mayonnaise, Lettuce, Wheat Bread, Sweet Potato Salad, Zucchini Salad, Lorna Doones</p>	<p>21 GG / DR HOT: Unstuffed Pepper Casserole, Carrots, Whole Wheat Dinner Roll, Fresh Orange</p> <p>COLD: Tuna Salad, Lettuce, Orzo Vegetable Salad, Cole Slaw, Multigrain Bread, Mixed Fruit</p>	<p>22 GG / DR HOT: Chicken & Rice Bake, Butternut Squash, Dinner Roll, Vanilla Pudding w/Topping</p> <p>COLD: Roast Beef, Provolone Cheese, Mayonnaise, Lettuce, Broccoli Slaw, Summer Potato Salad, Wheat Bread, Peaches</p>
<p style="text-align: center;">CHRISTMAS DAY HOLIDAY</p> <p style="text-align: center;">NO MEAL SERVICE</p>	<p>26 GG / DR HOT: Chicken w/Sauté Vegetables, Spinach, Jasmine Coconut Rice, Dinner Roll, Pineapple</p> <p>COLD: Egg Salad, English Pea Salad, Cauliflower Carrot Salad, Multigrain Bread, Diet Chocolate Pudding w/Topping</p>	<p>27 GG / DR HOT: Macaroni & Cheese, Broccoli, Multigrain Bread, Yoqurt</p> <p>COLD: Tuna Salad, Lettuce, Summer Potato Salad, Summer Squash Salad, Wheat Bread, Lorna Doones</p>	<p>28 GG / DR HOT: Chicken Meatballs, Rotini, Tomato Sauce, Tuscan Vegetables, Wheat Bread, Chocolate Chip Cookie</p> <p>COLD: Turkey, Swiss Cheese, Mayonnaise, Lettuce, Beet Salad, Potato Salad, Wheat Bread, Mandarin Orange</p>	<p>29 GG / DR HOT: Lentil Spinach Soup, Alaskan Baked Fish, Herbed Rice, Ratatouille, Wheat Dinner Roll, Fresh Orange</p> <p>COLD: California Chicken Salad, Lettuce, Cole Slaw, Wheat Bread, Balsamic Vinaigrette Pasta Salad, Peaches</p>
<p>Please call your lunch reservations by 11 a.m. two 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. Please make checks payable to Springwell 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 Attention: Nutrition Department *Indicates high sodium.</p>		<p>Chilled Meal Re-Heating Instructions</p> <p>Conventional oven</p> <ul style="list-style-type: none"> o Eat or refrigerate immediately. o Reheat in oven at 350 degrees for 10-20 minutes. <p>Microwave oven</p> <ul style="list-style-type: none"> o Reheat in microwave on high for 2 to 3 minutes o Peel back corner to vent, <p>Do not reheat in toaster oven.</p>	<p>FOOD ALLERGIES</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>PLEASE CIRCLE "GG"/GRAB AND GO IF YOU INTEND TO INTEND TO PICK UP YOUR MEAL AND TAKE IT HOME WITH YOU.</p> <p>OTHERWISE, CIRCLE "DR"/DINING ROOM IF YOU WILL BE EATING YOUR MEAL IN THE DINING ROOM THAT DAY.</p> <p>COLD MEAL OPTION AVAILABLE FOR DINE IN DINE IN: Please circle HOT or COLD to reserve that meal option.</p>