

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	GG / DR HOT: Italian Garden Vegetable Soup, Broccoli & Mushroom Frittata, Sweet Potato Wedges, Green Beans & Red Peppers Blueberry Snack n Loaf, Yogurt COLD: Chicken Salad, Broccoli Slaw, Sweet Potato Salad, Multigrain Bread, Pears	2	GG / DR HOT: Chicken Cacciatore Over Seasoned Orzo, Brussels Sprouts, Oatmeal Bread, Fresh Fruit COLD: * Chef Salad w/Ham, Lite Italian Dressing, Multigrain Bread, Balsamic Pasta Salad, Tropical Fruit	3	GG / DR HOT: Mini Ravioli w/Spinach Alfredo Sauce, Chicken Meatball, Wheat Bread, Tuscan Blend Vegetables, Chocolate Chip Cookie COLD: Egg Salad, Lettuce, Squash, Zucchini, Red Onion Salad, English Pea Salad, Wheat Bread, Diet Vanilla Pudding w/Topping	4	GG / DR HOT: Cod w/Dijon Wine Sauce, Quinoa Pilaf, Riviera Blend Vegetables, Multigrain Bread, Mixed Fruit COLD: Turkey, Swiss Cheese, Lettuce, Mayonnaise, Macaroni Salad, Beet Salad, Wheat Bread, Mandarin Oranges	5	GG / DR HOT: Beef Chili, Spinach, Wheat Roll, Raisins COLD: Tuna Salad, Lettuce, Broccoli, Feta, Orzo Salad, Cole Slaw, Multigrain Bread, Fig Bar
8	GG / DR HOT: Chicken w/Teriyaki Sauce, White Rice, Asian Blend Vegetables, Multigrain Bread, Mixed Fruit COLD: Egg Salad, Wheat Bread, Potato Salad, Zucchini Salad, Pineapple	9	GG / DR HOT: * Hot Dog, Baked Beans, Root Vegetables, Hot Dog Roll, Mustard, Relish, Brownie High Sodium COLD: Chicken Salad, Beet Salad, Garden Shell Pasta Salad, Multigrain Bread, Diet Chocolate Pudding w/Topping	10	GG / DR HOT: Broccoli & Cheese Soup, Pot Roast Stroganoff Over Buttered Egg Noodles, Jardiniere Blend Vegetables, Wheat Bread, Peaches COLD: * Vegetarian Chef Salad, Italian Dressing, Tri-Color Pasta Salad, Snack Loaf Muffin, Margarine, Orange	11	GG / DR HOT: Mixed Bean and Vegetable Stew, Broccoli & Cauliflower, Wheat Bread, Tapioca Pudding w/Topping COLD: Tuna Salad, Lettuce, Quinoa Tabbouleh Salad, Broccoli Slaw, Wheat Bread, Lorna Doones	12	GG / DR HOT: Pollock w/Mediterranean Sauce, Italian Roasted Red Bliss Potatoes, Ratatouille, Wheat Bread, Orange COLD: Roast Beef, Swiss Cheese, Lite Mayonnaise, Lettuce, Cole Slaw, Barley Raisin Salad, Multigrain Bread, Mixed Fruit
15	PATRIOTS' DAY HOLIDAY  NO MEAL DELIVERY	16	GG / DR NO MEAL SERVICE TODAY.  Please make your frozen meal reservation with the site staff to cover for today.	17	GG / DR NO MEAL SERVICE TODAY.  Please make your frozen meal reservation with the site staff to cover for today.	18	GG / DR NO MEAL SERVICE TODAY.  Please make your frozen meal reservation with the site staff to cover for today.	19	GG / DR NO MEAL SERVICE TODAY.  Please make your frozen meal reservation with the site staff to cover for today.
22	GG / DR HOT: Lasagna, Tomato Sauce, Chicken Meatball, Brussels Sprouts, Multigrain Bread, Pears COLD: Egg Salad, Greek Pasta Salad, Cauliflower Carrot Salad, Multigrain Bread, Mixed Fruit	23	GG / DR HOT: Mushroom Barley Soup, Potato Crunch Fish, Lemon Wedge, Italian Roasted Red Bliss Potatoes, Broccoli & Cauliflower, Wheat Bread, Fig Bar COLD: Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Sweet Potato Salad, Zucchini Salad, Wheat Bread, Lorna Doones	24	SPRING SPECIAL GG / DR HOT: Broccoli & Cheese Stuffed Chicken, Sour Cream & Chive Mashed Potatoes, Summer/Spring Blend Vegetables, Dinner Roll, Carrot Cake w/Cream Cheese Icing COLD: Roast Beef, Provolone Cheese, Lettuce, Lettuce, Lite Mayonnaise, Cole Slaw, Garden Shell Pasta Salad, Multigrain Bread, Pears	25	GG / DR HOT: Beef Pot Roast w/Gravy, Italian Roasted White Potatoes, Multigrain Bread, Roman Blend Vegetables, Peaches COLD: Chicken Salad, Lettuce, Balsamic Vinaigrette Pasta Salad, Carrot Raisin Salad, Multigrain Bread, Orange	26	GG / DR HOT: * Roast Turkey w/Gravy, Bread Stuffing, Green Beans, Wheat Bread, Fresh Fruit COLD: Tuna Salad, Lettuce, Broccoli Slaw, Potato Salad, Wheat Bread, Diet Chocolate Pudding w/Topping
29	GG / DR HOT: Macaroni & Cheese, Stewed Tomatoes, Multigrain Bread, Fresh Orange COLD: California Chicken Salad, Summer Squash Salad, Wheat Bread, Balsamic Vinaigrette Pasta Salad, Peaches	30	GG / DR HOT: Chicken Scallopini Over Buttered Noodles, Spinach, Dinner Roll, Tropical Fruit COLD: Egg Salad, Lettuce, English Pea Salad, Multigrain Bread, Cauliflower Carrot Salad, Diet Vanilla Pudding w/Topping						
<div><div><div>Please call your lunch reservations by 11 a.m. two</div><div>If you would like to cancel your meal reservation, please call by 11 a.m. two business days before.</div><div>\$2.50 Suggested donation per meal.</div></div><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><div>*Indicates high sodium.</div></div>				<div>Chilled Meal Re-Heating Instructions</div> <div>Conventional oven</div> <div><div>Eat or refrigerate immediately.</div><div>Reheat in oven at 350 degrees for 10-20 minutes.</div></div> <div>Microwave oven</div> <div><div>Reheat in microwave on high for 2 to 3 minutes</div><div>Peel back corner to vent.</div></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>	