

Springwell Nutrition Program: LUNCH MENU – Center at the Heights  
**JANUARY 2021**

300 Hillside Avenue, Needham MA 781-855-3629

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<ul style="list-style-type: none"> <li>Please call your lunch reservations by 11 a.m. <u>two business days before.</u></li> <li>If you would like to cancel your meal reservation, please call by 11 a.m. two business days before.</li> <li>\$2.00 Suggested donation per meal. *Indicates high sodium. <b>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></b></li> </ul>						
<p style="text-align: center;"><b>FOOD ALLERGIES</b></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 style="text-align: center;"><b>1. NEW YEAR'S DAY HOLIDAY</b></p> <p style="text-align: center;"><b>MEAL SITE CLOSED NO MEAL SERVICE TODAY</b></p>			
<p><b>4.</b> Lasagna w/Tomato Sauce Chicken Meatball Broccoli Scali Bread <b>Peaches</b></p>	<p><b>5.</b> BBQ Pulled Pork on Hamburger Roll Potato Salad Fiesta Vegetable Blend <b>Fiesta Fruit</b></p>	<p><b>6.</b> Breaded Alaskan Pollock w/Tartar Sauce Whipped Butternut Squash Green Beans &amp; Red Peppers Rye Bread <b>Oatmeal Raisin Cookie</b></p>	<p><b>7.</b> Pot Roast w/Roasted Onion Gravy Mashed Potatoes Mixed Vegetables Wheat Bread <b>Vanilla Pudding w/Topping</b></p>	<p><b>8.</b> Lemon Chicken w/Peas Whipped Sweet Potatoes Spinach Multigrain Bread <b>Tropical Mixed Fruit</b></p>		
<p><b>11.</b> Lentil Stew (V) Corn Rye Bread <b>Mixed Fruit</b></p>	<p><b>12.</b> American Chop Suey Parmesan Cheese Italian Style Vegetable Blend Scali Bread <b>Fresh Fruit</b> <b>Holiday frozen meal for 1/18 will be send today.</b></p>	<p><b>13. Winter Special Lunch</b> Chicken Cordon Bleu w/Ham*** Half Baked Potato w/Sour Cream Jardinière Style Vegetable Blend Garlic Dinner Roll <b>Carrot Cake w/Cream Cheese Frosting</b></p>	<p><b>14.</b> Hot Dog***on Roll w/Ketchup, Mustard &amp; Relish Baked Beans Cole Slaw <b>Pineapple</b></p>	<p><b>15.</b> Fish Loin (Flounder) w/Lemon Garlic Cream Sauce Sweet Potatoes Broccoli/Cauliflower Wheat Bread <b>Tapioca Pudding w/Topping</b></p>		
<p><b>18. MARTIN LUTHER KING JR. DAY</b></p> <p style="text-align: center;"><b>MEAL SITE CLOSED NO MEAL SERVICE TODAY</b></p>	<p><b>19.</b> Alaskan Pollock w/Tartar Sauce Italian Roasted Potatoes Tuscany Vegetable Blend Multigrain Bread <b>Chocolate Birthday Cupcake</b></p>	<p><b>20.</b> Greek Chicken Whipped Sweet Potato Collard Greens &amp; Onions Cranberry Orange Snack Loaf <b>Pineapple</b></p>	<p><b>21.</b> Meatloaf w/Roast Onion Gravy Mashed Potatoes Beets Wheat Bread <b>Apple Raisin Compote</b></p>	<p><b>22.</b> Crumb Topped Macaroni &amp; Cheese*** Fresh Baked Tomato Half Oatmeal Bread <b>Fresh Fruit</b></p>		
<p><b>25.</b> Chicken Marsala Red Bliss Potatoes Zucchini &amp; Summer Squash Wheat Roll <b>Fresh Fruit</b></p>	<p><b>26.</b> Fish Loin (Flounder) w/Broccoli Cheese Sauce Whipped Butternut Squash Italian Green Beans Oat Bread <b>Ambrosia Pudding</b></p>	<p><b>27.</b> Chicken Swedish Meatballs Over Egg Noodles Country Vegetable Blend Scali Bread <b>Tropical Mixed Fruit</b></p>	<p><b>28.</b> Beef Stuffed Pepper Cauliflower Wheat Bread <b>Pumpkin Cookie</b></p>	<p><b>29.</b> Spinach &amp; Red Pepper Quiche (V) Italian Oven Roasted Red Potatoes Ratatouille Blueberry Snack Loaf <b>Applesauce</b></p>		
<p><b>Hot Meal Re-Heating Instructions</b></p> <p><b>Conventional oven</b></p> <ul style="list-style-type: none"> <li>Consumers should freeze meals if not consume right away. . <b>Follow the frozen meal re-heating instructions</b></li> <li>Peel back the plastic lid to vent or slit film in each section.</li> <li>Re-heat on a cookie sheet and set oven at 350 degrees F. for 10 minutes.</li> </ul> <p><b>Microwave oven</b></p> <ul style="list-style-type: none"> <li>Re-heat meal in microwave 2 to 3 minutes maximum on high.</li> </ul>		<p><b>Frozen Meal Re-Heating Instructions</b></p> <p><b>Conventional oven</b></p> <ul style="list-style-type: none"> <li>Peel back the plastic lid to vent or slit film in section</li> <li>Heat frozen meal in conventional oven, place meal on cookie sheet and set oven at 350 degrees F. for 30 minutes maximum.</li> </ul> <p><b>Microwave oven</b></p> <ul style="list-style-type: none"> <li>Heat frozen meal in microwave 3-5 minutes maximum on high</li> </ul>		<p><b>Chilled Meal Re-Heating Instructions</b></p> <p><b>Conventional oven</b></p> <ul style="list-style-type: none"> <li>Eat or refrigerate immediately.</li> <li>Reheat in oven at 350 degrees for 10-20 minutes.</li> </ul> <p><b>Microwave oven</b></p> <ul style="list-style-type: none"> <li>Reheat in microwave on high for 2 to 3 minutes</li> <li>Peel back corner to vent</li> <li>Do not reheat in toaster oven.</li> </ul>		<p style="text-align: center;"><b>\$2.00 Suggested donation per meal</b></p> <p><b><u>Please make checks payable to Springwell</u></b> Please add the site you receive your meals from on the memo line: <b>Needham Senior Center</b> Send check to: <b>Attention: Arianny Medina</b> Springwell, Inc. 307 Waverley Oaks Road Suite 205 Waltham MA 02452</p>