

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
				1	Roast Turkey w/ Gravy (370) Mashed Potatoes (68) Jardinière Vegetables (32) Wheat Dinner Roll (180) Peaches (8) Calories 634/Sodium 1038mg	2	Broccoli Cheese Soup (276) Alaskan Breaded Pollock (190) Tartar Sauce (261) Rice Pilaf (99) Carrots (59) Low Sodium Wheat Bread (65) Pears (4) Calories 983/Sodium 919mg	3	Spinach Red Pepper Quiche(320), Italian Roasted White Potatoes (4) Zucchini & Summer Squash Snack n Loaf Muffin (160) Cupcake w/ Sprinkles (170) Calories 832/Sodium 652mg		
6	Hamburger (259) O'Brien Potatoes (6) Mixed Vegetables (56) Hamburger Roll (80) Ketchup (82) Pears (4) Calories 796/Sodium 594mg	7	Minestrone Soup w/ Crackers(295) Chicken Scallopini Over Buttered Seasoned Orzo (289) Spinach (146) Low Sodium Multigrain Bread(135) Fresh Fruit Calories 818/Sodium 1040mg	8	Spinach, White Bean Quinoa Stew (637)* Green Beans (3) Wheat Bread (65) Mixed Fruit Calories 739/Sodium 846mg	9	Lasagna w/ Tomato Sauce(557)* Chicken Meatball (70) Zucchini & Red Pepper (5) Tossed Garden Salad (168) Multigrain Bread (135) Chocolate Chip Cookie (60) Calories 681/Sodium 1132mg	10	Teriyaki Salmon Lo Mein Noodles Asian Blend Vegetables Wheat Dinner Roll (180) Chocolate Pudding w/ Topping (195) Calories 774/Sodium 960mg		
13	American Chop Suey (450) Italian Blend Vegetables (19) Wheat Dinner Roll (180) Pears (4) Calories 943/Sodium 790mg	14	Vegetable Soup w/Chicken & Crackers (140) Chicken Cacciatore (644) Over Buttered Noodles (40) Spinach (145) Low Sodium Wheat Bread (65) Peaches (8) Calories 842/Sodium 1176mg	15	Potato Crunch Fish (300) Lemon Wedge Whipped Sweet Potatoes (27) Country Blend Vegetables (40) Wheat Dinner Roll (180) Tapioca Pudding w/ Topping (183) Calories 839/Sodium 904mg	16	*ST. PATRICK'S DAY SPECIAL Corned Beef Stew Boiled Parsley Potatoes Low Sodium Wheat Bread (65) Boston Cream Cup (309) Calories 835/Sodium 1429mg	17	Crumb Topped Macaroni & Cheese (548)* Stewed Tomatoes Low Sodium Multigrain Bread (135) Fresh Fruit Calories 814/Sodium 1010mg		
20	Broccoli Mushroom Frittata (181) Potato Wedges (32) Green Beans (3) Low Sodium Wheat Bread (65) Vanilla Pudding w/ Topping (174) Calories 802/Sodium 588mg	21	Baked Ziti w/ Tomato Sauce (744)* Chicken Meatball (70) Zucchini Low Sodium Wheat Bread (65) Pears (4) Calories 758/Sodium 1025mg	22	Honey Mustard Chicken (473) Rice Pilaf (99) Carrots (59) Multigrain Bread (135) Fresh Fruit Calories 757/Sodium 921mg	23	Meatloaf (116) Mushroom Gravy (122) Red Bliss Potatoes (8) Beets Low Sodium Wheat Bread (65) Oatmeal Raisin Cookies (75) Calories 790/Sodium 708mg	24	Italian Garden Vegetable Soup w/ Crackers(200), Alaskan Breaded Fish(190), Tartar Sauce(261), Herbed White Rice Brussel Sprouts (17) Low Sodium Multigrain Bread (135), Peaches (8) Calories 812/Sodium 780mg		
27	Vegetable Soup w/ Crackers(264) Chicken Stir Fry (453) Jasmine Coconut Rice (9) Low Sodium Multigrain Bread(135), Mandarin Oranqes (7) Calories 814/Sodium 1005mg	28	American Chop Suey (450) Parmesan Cheese Packet (108) Tuscany Blend Vegetables (47) Low Sodium Multigrain Bread(135) Fresh Fruit Orange Calories 1013/Sodium 876mg	29	Lentil Stew (486) Green Beans (3) Tossed Garden Salad w/ Lite Italian Dressing (168) Wheat Dinner Roll (180) Vanilla Pudding w/Topping(174) Calories 875/Sodium 1149mg	30	OPENING DAY FENWAY Hot Dog Kayem (550)* Coleslaw (45) Baked Beans (140) Low Sodium Hot Dog Roll Ketchup, Mustard, Relish (218) Mixed Fruit Calories 766/Sodium 1270mg	31	Fish w/ Broccoli Cheese Sauce Italian Roasted Potatoes (4) Mixed Vegetables (56) Low Sodium Wheat Bread (65) Brownie (297) Calories 814/Sodium 1010mg		
<ul style="list-style-type: none"> Please call your lunch reservations by 11 a.m. two business 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. 				<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 <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>Frozen Meal Re-Heating Instructions</p> <p>Conventional oven</p> <ul style="list-style-type: none"> o Peel back the plastic lid to vent or slit film in section o Heat frozen meal in conventional oven, place meal on cookie sheet and set oven at 350 degrees F. for 30 minutes maximum. <p>Microwave oven</p> <ul style="list-style-type: none"> o Heat frozen meal in microwave o 3-5 minutes maximum on high 					
<p>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>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>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p> <p>Please check the box on the days you will be dining in.</p>				<p>MENU IS SUBJECT TO CHANGE</p>	