

Springwell Nutrition : LUNCH MENU – Center at the Heights 300 Hillside Avenue, Needham MA 781-455-7555 JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Vegetable Soup w/ Crackers(264) Lasagna w/ Tomato Sauce (557*) Chicken Meatball (70) Tuscany Blend Vegetables (47) Low Sodium Multigrain Bread (135), Fresh Fruit Calories 666/Sodium 1195mg	2 Alaskan Breaded Fish (190) Tartar Sauce (261) Italian Roasted Potatoes (4) Broccoli (12) Low Sodium Wheat Bread (65) Brownie (297) Calories 902/Sodium 776mg
5 Unstuffed Pepper Casserole (224) Tuscany Blend Vegetables (47) Low Sodium Multigrain Bread(135), Fig Bar (99) Calories 698/Sodium 657mg	6 Italian Garden Vegetable Soup w/ Crackers (200) Chicken Souvlaki (456) Over Seasoned Orzo (38) Brussel Sprouts (17) Low Sodium Multigrain Bread (135), Pineapple (9) Calories 918/Sodium 935mg	7 Broccoli Mushroom Frittata (181) Sweet Potatoes (27) Spring/Summer Blend Blueberry Snack Loaf (160) Fresh Pear Calories 689/Sodium 574mg	8 Salmon Loin w/ Lemon Garlic Cream Sauce Mashed Potatoes (68) Zucchini & Cauliflower(6) Low Sodium Wheat Bread (65) Peaches (8) Calories 779/Sodium 597mg	9 Spinach, White Bean, & Quinoa Stew (637)* Green Beans (3) Wheat Dinner Roll (180) Chocolate Pudding w/ Topping (195) Calories 862/Sodium 1153mg
12 Chicken Marsala Buttered Noodles Green Beans (3) Low Sodium Wheat Bread (65) Pineapple (9) Calories 824/Sodium 652mg	13 Mediterranean Fish Buttered Seasoned Orzo (38) Mixed Vegetables (56) Low Sodium Wheat Bread (65) Fresh Fruit Calories 711/Sodium 560mg	14 Crumb Topped Macaroni & Cheese (548)* Broccoli (12) Low Sodium Multigrain Bread (135) Pears (4) Calories 756/Sodium 853mg	15 FATHERS' DAY SPECIAL Cream of Butternut Squash Soup w/ Crackers Pot Roast Burgundy (170) Mashed Potatoes (68) Jardinière Vegetables (32) Dinner Roll (180) Cupcake (170) Calories 1052/Sodium 856mg	16 Chicken Bites (456) Roasted Potatoes w/ Red Peppers & Onions (10) Spinach (146) Wheat Dinner Roll (180) Vanilla Pudding w/ Topping (174) Calories 764/Sodium 1102
19 JUNETEENTH HOLIDAY NO MEAL DELIVERY	20 Chicken w/ Sauté Vegetables (347) Jasmine Coconut Rice (9) Wheat Multi Oat Top Bread(230) Pears (4) Calories 693/Sodium 612mg	21 Breaded Fish Sandwich (190) Cheddar Cheese (185) Tartar Sauce (261) Whipped Sweet Potatoes (27) Tuscany Blend Vegetables (47) Hamburger Roll (80) Fig Bar (99) Calories 750/Sodium 620mg	22 Roast Turkey w/ Gravy (370) Mashed Potatoes (68) Carrots (59) Low Sodium Wheat Bread (65) Cranberry Sauce (1) Mixed Fruit Calories 691/Sodium 968mg	23 Lentil Spinach Soup (139) w/ Crackers (56) Pot Roast Stroganoff (179) Over Noodles (40) Brussel Sprouts (17) Low Sodium Wheat Bread (65) Tapioca Pudding w/ Topping(183) Calories 936/Sodium 816mg
26 Baked Ziti w/ Tomato Sauce (744)* Chicken Meatball (70) Green Beans (3) Whole Wheat Bread (65) Peaches (8) Calories 783/Sodium 1027mg	27 Minestrone Soup w/ Crackers(295) Potato Crunch Fish (300) Lemon Wedge Red Bliss Potatoes (8) Spinach (146) Wheat Dinner Roll (180) Mixed Fruit Calories 730/Sodium 1096mg	28 Hot Dog Kayem (550)* Coleslaw (45) Baked Beans (140) Low Sodium Hot Dog Roll Ketchup, Mustard, Relish (218) Multigrain Bread (135) Fresh Fruit Calories 834/Sodium 1127	29 Meatloaf (122) w/ Gravy (122) Sour Cream & Chive Mashed Potatoes (53), Carrots (59) Tossed Garden Salad w/ Lite Italian Dressing (168) Wheat Dinner Roll (180) Vanilla Pudding w/Topping(174) Calories 1002/Sodium 906mg	30 Chicken Broccoli Divan (427) Roasted Red Potatoes Summer/Spring Blend(67) Wheat Multi Oat Top Bread(230) Oatmeal Raisin Cookie (75) Calories 635/Sodium 860mg
<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>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 <p>Microwave oven</p> <ul style="list-style-type: none"> o Reheat in microwave on high for 2 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 o Heat frozen meal in cookie sheet and set oven at 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>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>