

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><b>YOUR NAME:</b> _____ <b>PHONE:</b> _____</p> <p>Please note the days you have reserved your meals &amp; then submit menus to Springwell Dining Site Staff. If you cannot attend on a day you have reserved your meal, please call to cancel by 11am the day before. YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></p>									
<p><b>2. LABOR DAY HOLIDAY</b></p> <p><b>MEAL SITE CLOSED</b></p> <p><b>NO MEAL SERVICE TODAY</b></p>		<p><b>3. Cream of Tomato Soup</b></p> <p><b>HOT:</b> Potato Pollock Filet w/Lemon Dill Sauce, Sweet Potatoes, Jardinière Vegetable Blend &amp; Oatmeal Bread.</p> <p><b>COLD:</b> Egg Salad on Multigrain Bread, Potato Salad &amp; Riviera Salad.</p> <p><b>Peaches</b></p>		<p><b>4. Chicken Orzo Soup</b></p> <p><b>HOT:</b> Greek Chicken, Red Bliss Potatoes, Fresh Broccoli &amp; Wheat Bread.</p> <p><b>COLD:</b> Turkey, Swiss Cheese, Lite Mayo &amp; Lettuce on Rye Bread, Macaroni Salad &amp; Carrot Raisin Salad.</p> <p><b>Fresh Fruit</b></p>		<p><b>5. LABOR DAY SPECIAL</b></p> <p><b>Cheeseburger</b></p> <p>w/Lettuce, Tomato &amp; Ketchup</p> <p>On Hamburger Roll</p> <p>Cole Slaw</p> <p>Chuckwagon Corn</p> <p><b>Hoodsie Ice Cream Cup</b></p>		<p><b>6. Lentil Spinach Soup</b></p> <p><b>HOT:</b> Vegetable Lasagna w/Tomato Sauce &amp; Chicken Meatball, Italian Green Beans &amp; Whole Wheat Dinner Roll.</p> <p><b>COLD:</b> Roast Beef w/Swiss Cheese, Mustard &amp; Lettuce on Multigrain Bread, Zucchini Salad &amp; Italian Pasta Salad.</p> <p><b>Fruited Gelatin w/Topping</b></p>	
<p><b>9. Seafood Chowder</b></p> <p><b>HOT:</b> Teriyaki Salmon Strips over Lo Mein Noodles, Oriental Style Vegetable Blend &amp; Oatmeal Bread.</p> <p><b>COLD:</b> Chicken Salad on Multigrain Bread, Summer Potato Salad &amp; Summer Squash, Red Onions &amp; Zucchini Salad.</p> <p><b>Pears</b></p>		<p><b>10.</b></p> <p><b>HOT:</b> American Chop Suey, Parmesan Cheese, Fresh Broccoli &amp; Cauliflower &amp; Multigrain Bread.</p> <p><b>COLD:</b> Cottage Cheese &amp; Fruit Plate, Tri Color Pasta Salad &amp; Blueberry Snack Loaf.</p> <p><b>Ambrosia</b></p>		<p><b>11.</b></p> <p><b>HOT:</b> Lentil Stew (V), Tossed Garden Salad w/Ranch Dressing, White Rice &amp; Pinwheel.</p> <p><b>COLD:</b> Turkey Deluxe Sandwich on Hamburger Roll &amp; Ranch Dressing, Macaroni Salad &amp; Broccoli Slaw.</p> <p><b>Fresh Fruit</b></p>		<p><b>12. Fruit Cup</b></p> <p><b>HOT:</b> Broccoli Mushroom Quiche (V), Fresh Butternut Squash, Stewed Tomatoes &amp; Rye Bread.</p> <p><b>COLD:</b> Roast Beef w/Provolone Cheese, Lite Mayo &amp; Lettuce on Multigrain Bread, Potato Salad &amp; Cauliflower Carrot Salad.</p> <p><b>Chocolate Chip Cookie</b></p>		<p><b>13. Cream of Pumpkin Soup</b></p> <p><b>HOT: (1)</b> Cranberry Chicken Drumstick, Roasted Potatoes, Green Beans &amp; Corn Bread.</p> <p><b>COLD:</b> Tuna Salad w/Lettuce on Oatmeal Bread, Italian Pasta Salad &amp; Cucumber, Feta &amp; Onion Salad.</p> <p><b>Peaches</b></p>	
<p><b>16. Beef Vegetable Soup</b></p> <p><b>HOT:</b> Stuffed Shells w/Tomato Sauce &amp; Chicken Meatball, Fresh Broccoli &amp; Cauliflower &amp; Scali Bread.</p> <p><b>COLD:</b> Turkey, Provolone Cheese &amp; Lite Mayo on Oat Bread, English Pea Salad &amp; Carrot Pineapple Salad.</p> <p><b>Fruited Yogurt</b></p>		<p><b>17.</b></p> <p><b>HOT:</b> Beef Stew, Corn, Tossed Garden Salad w/Lite Italian Dressing &amp; Wheat Dinner Roll.</p> <p><b>COLD:</b> Chicken Pesto Caesar Salad w/Dressing, Summer Potato Salad &amp; Rye Bread.</p> <p><b>Tropical Mixed Fruit</b></p>		<p><b>18. Cream of Mushroom Soup</b></p> <p><b>HOT:</b> Orange Almond Chicken, Rice Pilaf Browned Orzo, Spinach &amp; Chickpeas &amp; Multigrain Bread.</p> <p><b>COLD:</b> Tuna Salad w/Lettuce on Pumpnickel Bread, Macaroni Salad &amp; Tomato Zucchini Salad.</p> <p><b>Peaches</b></p>		<p><b>19. Italian Garden Vegetable Soup</b></p> <p><b>HOT:</b> Potato Pollock Filet w/Newburg Sauce, Mashed Potatoes, Fresh Zucchini &amp; Red Peppers &amp; Oatmeal Bread.</p> <p><b>COLD:</b> Ham Chef Salad w/Lite Italian Dressing, Scali Bread &amp; German Potato Salad.</p> <p><b>Orange</b></p>		<p><b>20.</b></p> <p><b>HOT:</b> Hot Dog***w/Ketchup, Mustard &amp; Relish on Hot Dog Roll, Baked Beans &amp; Cole Slaw.</p> <p><b>COLD:</b> California Chicken Salad on Multigrain Bread, Garden Shell Pasta Salad &amp; Beet Salad.</p> <p><b>Birthday Cake</b></p>	
<p><b>23. Minestrone Soup</b></p> <p><b>HOT:</b> Baked Fish w/Broccoli Cheese Sauce, Peas &amp; Onions, Italian Roasted Potatoes &amp; Pumpnickel Bread.</p> <p><b>COLD:</b> Curry Chicken Salad on Multigrain Bread, Riviera Salad &amp; Three Bean Salad.</p> <p><b>Pears</b></p>		<p><b>24. Chicken White Bean Soup</b></p> <p><b>HOT:</b> Chicken Scaloppini Over Buttered Ziti, Fresh Broccoli &amp; Carrots &amp; Oatmeal Bread.</p> <p><b>COLD:</b> Turkey w/Swiss Cheese, Lite Mayo &amp; Lettuce on Whole Wheat Bread, Macaroni Salad &amp; Spinach Mandarin Salad w/Lite Italian Dressing.</p> <p><b>Chocolate Pudding w/Topping</b></p>		<p><b>25.</b></p> <p><b>HOT:</b> Crumb Topped Macaroni &amp; Cheese***, Stewed Tomatoes &amp; Tossed Garden Salad w/Lite Italian Dressing &amp; Scali Bread.</p> <p><b>COLD:</b> Roast Beef w/Swiss Cheese &amp; Lite Mayo on Wheat Bread, Potato Salad &amp; Zucchini Salad.</p> <p><b>Fresh Fruit</b></p>		<p><b>26. Vegetable Barley Spinach Soup</b></p> <p><b>HOT:</b> Sliced Beef Steak w/Mushroom Gravy, Mashed Potatoes, Mixed Vegetables &amp; Wheat Bread.</p> <p><b>COLD:</b> Vegetarian Chef Salad w/Lite Italian Dressing, Pasta Salad &amp; ½ Pita Bread.</p> <p><b>Apple Raisin Compote w/Topping</b></p>		<p><b>27.</b></p> <p><b>HOT:</b> BBQ Pulled Pork, Rice &amp; Beans, Cole Slaw &amp; Dinner Roll.</p> <p><b>COLD:</b> Tuna Salad w/Lettuce on Rye Bread, Lo Mein Pasta Salad &amp; Root Vegetable Salad.</p> <p><b>Oatmeal Raisin Cookie</b></p>	
<p><b>30.</b></p> <p><b>HOT:</b> Turkey Stew, White Rice, Spinach, Whole Wheat Roll.</p> <p><b>COLD:</b> Roast Beef w/Provolone Cheese &amp; Lite Mayo on Multigrain Bread, Tomato Broccoli Salad &amp; Corn Salad.</p> <p><b>Tropical Mixed Fruit</b></p>		<p><u>Nutrition information: Mg of sodium is listed next to menu items.</u></p> <ul style="list-style-type: none"> <li>• Milk contributes an additional 100 mg sodium.</li> <li>• Baked Goods contribute an average of 150 mg sodium, Pudding contributes an average of 175 mg sodium, Fruit contributes an average of 0 mg sodium</li> <li>• Calorie information is for entire meal</li> </ul> <p><b>(V) = Vegetarian   All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.</b></p> <p>***Denotes Higher Sodium    \$2.00 Suggested donation per meal    All soups served with crackers</p>				<p><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>			

## Springwell Nutrition Program: LUNCH MENU –Nutrition Information SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY										
<b>2. LABOR DAY HOLIDAY</b>	<b>3. Cream of Tomato Soup: 245</b>	<b>4. Chicken Orzo Soup: 56</b>	<b>5. LABOR DAY SPECIAL</b>	<b>6. Lentil Spinach Soup: 140</b>										
<b>MEAL SITE CLOSED NO MEAL SERVICE TODAY</b>	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>HOT</b> Potato Pollock Filet w/Lemon Dill Sauce: 203 Sweet Potatoes: 25 Jardinière Veg. Blend: 30 Oatmeal Bread: 121 Peaches: 5</td> <td style="width: 50%;"><b>COLD</b> Egg Salad on Multigrain Bread: 336 Potato Salad: 100 Riviera Salad: 92 Peaches: 5</td> </tr> </table>	<b>HOT</b> Potato Pollock Filet w/Lemon Dill Sauce: 203 Sweet Potatoes: 25 Jardinière Veg. Blend: 30 Oatmeal Bread: 121 Peaches: 5	<b>COLD</b> Egg Salad on Multigrain Bread: 336 Potato Salad: 100 Riviera Salad: 92 Peaches: 5	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>HOT</b> Greek Chicken: 433 Red Bliss Potatoes: 10 Fresh Broccoli: 12 Wheat Bread: 127 Fresh Fruit: 0</td> <td style="width: 50%;"><b>COLD</b> Turkey, Swiss Cheese, Lite Mayo &amp; Lettuce on Rye Bread: 708 Macaroni Salad: 138 Carrot Raisin Salad: 137 Fresh Fruit: 0</td> </tr> </table>	<b>HOT</b> Greek Chicken: 433 Red Bliss Potatoes: 10 Fresh Broccoli: 12 Wheat Bread: 127 Fresh Fruit: 0	<b>COLD</b> Turkey, Swiss Cheese, Lite Mayo & Lettuce on Rye Bread: 708 Macaroni Salad: 138 Carrot Raisin Salad: 137 Fresh Fruit: 0	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>CHEESEBURGER</b> w/Lettuce, Tomato &amp; Ketchup on Hamburger Roll: 814 Cole Slaw: 45 Chuckwagon Corn: 2 Hoodsie Ice Cream Cup: 46</td> <td style="width: 50%;"><b>HOT</b> Vegetable Lasagna w/Tomato Sauce: 520 Chicken Meatball: 70 Italian Green Beans: 3 Wheat Dinner Roll: 132 Fruited Gelatin w/Topping: 10</td> </tr> </table>	<b>CHEESEBURGER</b> w/Lettuce, Tomato & Ketchup on Hamburger Roll: 814 Cole Slaw: 45 Chuckwagon Corn: 2 Hoodsie Ice Cream Cup: 46	<b>HOT</b> Vegetable Lasagna w/Tomato Sauce: 520 Chicken Meatball: 70 Italian Green Beans: 3 Wheat Dinner Roll: 132 Fruited Gelatin w/Topping: 10	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>COLD</b> Roast Beef w/Swiss Cheese, Mustard &amp; Lettuce on Multigrain Bread: 446 Zucchini Salad: 5 Italian Pasta Salad: 140 Fruited Gelatin w/Topping: 10</td> </tr> </table>	<b>COLD</b> Roast Beef w/Swiss Cheese, Mustard & Lettuce on Multigrain Bread: 446 Zucchini Salad: 5 Italian Pasta Salad: 140 Fruited Gelatin w/Topping: 10			
<b>HOT</b> Potato Pollock Filet w/Lemon Dill Sauce: 203 Sweet Potatoes: 25 Jardinière Veg. Blend: 30 Oatmeal Bread: 121 Peaches: 5	<b>COLD</b> Egg Salad on Multigrain Bread: 336 Potato Salad: 100 Riviera Salad: 92 Peaches: 5													
<b>HOT</b> Greek Chicken: 433 Red Bliss Potatoes: 10 Fresh Broccoli: 12 Wheat Bread: 127 Fresh Fruit: 0	<b>COLD</b> Turkey, Swiss Cheese, Lite Mayo & Lettuce on Rye Bread: 708 Macaroni Salad: 138 Carrot Raisin Salad: 137 Fresh Fruit: 0													
<b>CHEESEBURGER</b> w/Lettuce, Tomato & Ketchup on Hamburger Roll: 814 Cole Slaw: 45 Chuckwagon Corn: 2 Hoodsie Ice Cream Cup: 46	<b>HOT</b> Vegetable Lasagna w/Tomato Sauce: 520 Chicken Meatball: 70 Italian Green Beans: 3 Wheat Dinner Roll: 132 Fruited Gelatin w/Topping: 10													
<b>COLD</b> Roast Beef w/Swiss Cheese, Mustard & Lettuce on Multigrain Bread: 446 Zucchini Salad: 5 Italian Pasta Salad: 140 Fruited Gelatin w/Topping: 10														
<b>9. Seafood Chowder: 162</b>	<b>10.</b>	<b>11.</b>	<b>12. Fruit Cup: 5</b>	<b>13. Cream of Pumpkin Soup: 332</b>										
<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>HOT</b> Teriyaki Salmon Strips Over Lo Mein Noodles: 520 Oriental Style Veg.: 10 Oatmeal Bread: 121 Pears: 5</td> <td style="width: 50%;"><b>COLD</b> Chicken Salad on Multigrain Bread: 275 Summer Potato Salad: 65 Summer Squash, Red Onions &amp; Zucchini Salad: 5 Pears: 5</td> </tr> </table>	<b>HOT</b> Teriyaki Salmon Strips Over Lo Mein Noodles: 520 Oriental Style Veg.: 10 Oatmeal Bread: 121 Pears: 5	<b>COLD</b> Chicken Salad on Multigrain Bread: 275 Summer Potato Salad: 65 Summer Squash, Red Onions & Zucchini Salad: 5 Pears: 5	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>HOT</b> American Chop Suey: 192 Parmesan Cheese: 110 Fresh Broccoli &amp; Cauliflower: 15 Multigrain Bread: 100 Ambrosia: 5</td> <td style="width: 50%;"><b>COLD</b> Cottage Cheese &amp; Fruit Plate: 177 Tri Color Pasta Salad: 137 Blueberry Snack Loaf: 160 Ambrosia: 5</td> </tr> </table>	<b>HOT</b> American Chop Suey: 192 Parmesan Cheese: 110 Fresh Broccoli & Cauliflower: 15 Multigrain Bread: 100 Ambrosia: 5	<b>COLD</b> Cottage Cheese & Fruit Plate: 177 Tri Color Pasta Salad: 137 Blueberry Snack Loaf: 160 Ambrosia: 5	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>HOT</b> Lentil Stew (V): 424 Tossed Garden Salad w/Ranch Dressing: 170 White Rice: 5 Pinwheel: 158 Fresh Fruit: 0</td> <td style="width: 50%;"><b>COLD</b> Turkey Deluxe Sandwich on Hamburger Roll &amp; Ranch Dressing: 905 Macaroni Salad: 138 Broccoli Slaw: 145 Fresh Fruit: 0</td> </tr> </table>	<b>HOT</b> Lentil Stew (V): 424 Tossed Garden Salad w/Ranch Dressing: 170 White Rice: 5 Pinwheel: 158 Fresh Fruit: 0	<b>COLD</b> Turkey Deluxe Sandwich on Hamburger Roll & Ranch Dressing: 905 Macaroni Salad: 138 Broccoli Slaw: 145 Fresh Fruit: 0	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>HOT</b> Broccoli Mushroom Quiche (V): 357 Butternut Squash: 0 Stewed Tomatoes: 251 Rye Bread: 150 Chocolate Chip Cookie: 66</td> <td style="width: 50%;"><b>COLD</b> Roast Beef w/Provolone, Lite Mayo &amp; Lettuce on Multigrain Bread: 450 Potato Salad: 100 Cauliflower Carrot Salad: 96 Chocolate Chip Cookie: 66</td> </tr> </table>	<b>HOT</b> Broccoli Mushroom Quiche (V): 357 Butternut Squash: 0 Stewed Tomatoes: 251 Rye Bread: 150 Chocolate Chip Cookie: 66	<b>COLD</b> Roast Beef w/Provolone, Lite Mayo & Lettuce on Multigrain Bread: 450 Potato Salad: 100 Cauliflower Carrot Salad: 96 Chocolate Chip Cookie: 66	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>HOT</b> (1) Cranberry Chicken Drumstick: 340 Roasted Potatoes: 5 Green Beans: 3 Corn Bread: 290 Peaches: 5</td> <td style="width: 50%;"><b>COLD</b> Tuna Salad w/Lettuce on Oatmeal Bread: 483 Italian Pasta Salad: 140 Cucumber, Feta &amp; Onion Salad: 80 Peaches: 5</td> </tr> </table>	<b>HOT</b> (1) Cranberry Chicken Drumstick: 340 Roasted Potatoes: 5 Green Beans: 3 Corn Bread: 290 Peaches: 5	<b>COLD</b> Tuna Salad w/Lettuce on Oatmeal Bread: 483 Italian Pasta Salad: 140 Cucumber, Feta & Onion Salad: 80 Peaches: 5
<b>HOT</b> Teriyaki Salmon Strips Over Lo Mein Noodles: 520 Oriental Style Veg.: 10 Oatmeal Bread: 121 Pears: 5	<b>COLD</b> Chicken Salad on Multigrain Bread: 275 Summer Potato Salad: 65 Summer Squash, Red Onions & Zucchini Salad: 5 Pears: 5													
<b>HOT</b> American Chop Suey: 192 Parmesan Cheese: 110 Fresh Broccoli & Cauliflower: 15 Multigrain Bread: 100 Ambrosia: 5	<b>COLD</b> Cottage Cheese & Fruit Plate: 177 Tri Color Pasta Salad: 137 Blueberry Snack Loaf: 160 Ambrosia: 5													
<b>HOT</b> Lentil Stew (V): 424 Tossed Garden Salad w/Ranch Dressing: 170 White Rice: 5 Pinwheel: 158 Fresh Fruit: 0	<b>COLD</b> Turkey Deluxe Sandwich on Hamburger Roll & Ranch Dressing: 905 Macaroni Salad: 138 Broccoli Slaw: 145 Fresh Fruit: 0													
<b>HOT</b> Broccoli Mushroom Quiche (V): 357 Butternut Squash: 0 Stewed Tomatoes: 251 Rye Bread: 150 Chocolate Chip Cookie: 66	<b>COLD</b> Roast Beef w/Provolone, Lite Mayo & Lettuce on Multigrain Bread: 450 Potato Salad: 100 Cauliflower Carrot Salad: 96 Chocolate Chip Cookie: 66													
<b>HOT</b> (1) Cranberry Chicken Drumstick: 340 Roasted Potatoes: 5 Green Beans: 3 Corn Bread: 290 Peaches: 5	<b>COLD</b> Tuna Salad w/Lettuce on Oatmeal Bread: 483 Italian Pasta Salad: 140 Cucumber, Feta & Onion Salad: 80 Peaches: 5													
<b>16. Beef Vegetable Soup: 140</b>	<b>17.</b>	<b>18. Cream of Mushroom Soup: 194</b>	<b>19. Italian Garden Vegetable Soup: 126</b>	<b>20.</b>										
<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>HOT</b> Stuffed Shells w/Tomato Sauce: 427 Chicken Meatball: 70 Fresh Broccoli &amp; Cauliflower: 15 Scali Bread: 120 Fruited Yogurt: 170</td> <td style="width: 50%;"><b>COLD</b> Turkey w/Provolone Cheese &amp; Lite Mayo on Oat Bread: 654 English Pea Salad: 155 Carrot Pineapple Salad: 97 Fruited Yogurt: 170</td> </tr> </table>	<b>HOT</b> Stuffed Shells w/Tomato Sauce: 427 Chicken Meatball: 70 Fresh Broccoli & Cauliflower: 15 Scali Bread: 120 Fruited Yogurt: 170	<b>COLD</b> Turkey w/Provolone Cheese & Lite Mayo on Oat Bread: 654 English Pea Salad: 155 Carrot Pineapple Salad: 97 Fruited Yogurt: 170	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>HOT</b> Beef Stew: 325 Corn: 189 Tossed Garden Salad w/Lite Italian Dressing: 170 Wheat Dinner Roll: 132 Tropical Mixed Fruit: 10</td> <td style="width: 50%;"><b>COLD</b> Chicken Pesto Caesar Salad w/Dressing: 680 Summer Potato Salad: 65 Rye Bread: 150 Tropical Mixed Fruit: 10</td> </tr> </table>	<b>HOT</b> Beef Stew: 325 Corn: 189 Tossed Garden Salad w/Lite Italian Dressing: 170 Wheat Dinner Roll: 132 Tropical Mixed Fruit: 10	<b>COLD</b> Chicken Pesto Caesar Salad w/Dressing: 680 Summer Potato Salad: 65 Rye Bread: 150 Tropical Mixed Fruit: 10	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>HOT</b> Orange Almond Chicken: 325 Rice Pilaf Browned Orzo: 91 Spinach &amp; Chickpeas: 160 Multigrain Bread: 100 Peaches: 5</td> <td style="width: 50%;"><b>COLD</b> Tuna Salad w/Lettuce on Pumpernickel Bread: 593 Macaroni Salad: 138 Tomato Zucchini Salad: 60 Peaches: 5</td> </tr> </table>	<b>HOT</b> Orange Almond Chicken: 325 Rice Pilaf Browned Orzo: 91 Spinach & Chickpeas: 160 Multigrain Bread: 100 Peaches: 5	<b>COLD</b> Tuna Salad w/Lettuce on Pumpernickel Bread: 593 Macaroni Salad: 138 Tomato Zucchini Salad: 60 Peaches: 5	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>HOT</b> Potato Pollock Filet w/Newburg Sauce: 203 Mashed Potatoes: 105 Zucchini &amp; Red Peppers: 5 Oatmeal Bread: 121 Fresh Fruit: 0</td> <td style="width: 50%;"><b>COLD</b> Ham Chef Salad w/Lite Italian Dressing: 568 Scali Bread: 120 German Potato Salad: 70 Fresh Fruit: 0</td> </tr> </table>	<b>HOT</b> Potato Pollock Filet w/Newburg Sauce: 203 Mashed Potatoes: 105 Zucchini & Red Peppers: 5 Oatmeal Bread: 121 Fresh Fruit: 0	<b>COLD</b> Ham Chef Salad w/Lite Italian Dressing: 568 Scali Bread: 120 German Potato Salad: 70 Fresh Fruit: 0	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>HOT</b> Hot Dog***on Roll: 803 Ketchup: 82 Mustard: 55 Relish: 81 Baked Beans: 140 Cole Slaw: 45 Birthday Cake: 95</td> <td style="width: 50%;"><b>COLD</b> California Chicken Salad on Multigrain Bread: 263 Garden Shell Pasta Salad: 156 Beet Salad: 145 Birthday Cake: 95</td> </tr> </table>	<b>HOT</b> Hot Dog***on Roll: 803 Ketchup: 82 Mustard: 55 Relish: 81 Baked Beans: 140 Cole Slaw: 45 Birthday Cake: 95	<b>COLD</b> California Chicken Salad on Multigrain Bread: 263 Garden Shell Pasta Salad: 156 Beet Salad: 145 Birthday Cake: 95
<b>HOT</b> Stuffed Shells w/Tomato Sauce: 427 Chicken Meatball: 70 Fresh Broccoli & Cauliflower: 15 Scali Bread: 120 Fruited Yogurt: 170	<b>COLD</b> Turkey w/Provolone Cheese & Lite Mayo on Oat Bread: 654 English Pea Salad: 155 Carrot Pineapple Salad: 97 Fruited Yogurt: 170													
<b>HOT</b> Beef Stew: 325 Corn: 189 Tossed Garden Salad w/Lite Italian Dressing: 170 Wheat Dinner Roll: 132 Tropical Mixed Fruit: 10	<b>COLD</b> Chicken Pesto Caesar Salad w/Dressing: 680 Summer Potato Salad: 65 Rye Bread: 150 Tropical Mixed Fruit: 10													
<b>HOT</b> Orange Almond Chicken: 325 Rice Pilaf Browned Orzo: 91 Spinach & Chickpeas: 160 Multigrain Bread: 100 Peaches: 5	<b>COLD</b> Tuna Salad w/Lettuce on Pumpernickel Bread: 593 Macaroni Salad: 138 Tomato Zucchini Salad: 60 Peaches: 5													
<b>HOT</b> Potato Pollock Filet w/Newburg Sauce: 203 Mashed Potatoes: 105 Zucchini & Red Peppers: 5 Oatmeal Bread: 121 Fresh Fruit: 0	<b>COLD</b> Ham Chef Salad w/Lite Italian Dressing: 568 Scali Bread: 120 German Potato Salad: 70 Fresh Fruit: 0													
<b>HOT</b> Hot Dog***on Roll: 803 Ketchup: 82 Mustard: 55 Relish: 81 Baked Beans: 140 Cole Slaw: 45 Birthday Cake: 95	<b>COLD</b> California Chicken Salad on Multigrain Bread: 263 Garden Shell Pasta Salad: 156 Beet Salad: 145 Birthday Cake: 95													
<b>23. Minestrone Soup: 239</b>	<b>24. Chicken White Bean Soup: 190</b>	<b>25.</b>	<b>26. Vegetable Barley Spinach Soup: 153</b>	<b>27.</b>										
<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>HOT</b> Baked Fish w/Broccoli Cheese Sauce: 490 Peas &amp; Onions: 75 Italian Roasted Potatoes: 4 Pumpernickel Bread: 176 Pears: 5</td> <td style="width: 50%;"><b>COLD</b> Curry Chicken Salad on Multigrain Bread: 334 Riviera Salad: 92 Three Bean Salad: 295 Pears: 5</td> </tr> </table>	<b>HOT</b> Baked Fish w/Broccoli Cheese Sauce: 490 Peas & Onions: 75 Italian Roasted Potatoes: 4 Pumpernickel Bread: 176 Pears: 5	<b>COLD</b> Curry Chicken Salad on Multigrain Bread: 334 Riviera Salad: 92 Three Bean Salad: 295 Pears: 5	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>HOT</b> Chicken Scaloppini over Buttered Ziti: 350 Broccoli &amp; Carrots: 45 Oatmeal Bread: 121 Chocolate Pudding w/Topping: 175</td> <td style="width: 50%;"><b>COLD</b> Turkey w/Swiss, Mayo &amp; Lettuce on Wheat Bread: 666 Macaroni Salad: 138 Spinach Mandarin Salad w/Lite Italian Dressing: 190 Chocolate Pudding w/Topping: 175</td> </tr> </table>	<b>HOT</b> Chicken Scaloppini over Buttered Ziti: 350 Broccoli & Carrots: 45 Oatmeal Bread: 121 Chocolate Pudding w/Topping: 175	<b>COLD</b> Turkey w/Swiss, Mayo & Lettuce on Wheat Bread: 666 Macaroni Salad: 138 Spinach Mandarin Salad w/Lite Italian Dressing: 190 Chocolate Pudding w/Topping: 175	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>HOT</b> Crumb Topped Macaroni &amp; Cheese***: 365 Tossed Garden Salad w/Lite Italian Dressing: 170 Stewed Tomatoes: 251 Scali Bread: 120 Fresh Fruit: 0</td> <td style="width: 50%;"><b>COLD</b> Roast Beef w/Swiss Cheese &amp; Lite Mayo on Wheat Bread: 504 Potato Salad: 100 Zucchini Salad: 5 Fresh Fruit: 0</td> </tr> </table>	<b>HOT</b> Crumb Topped Macaroni & Cheese***: 365 Tossed Garden Salad w/Lite Italian Dressing: 170 Stewed Tomatoes: 251 Scali Bread: 120 Fresh Fruit: 0	<b>COLD</b> Roast Beef w/Swiss Cheese & Lite Mayo on Wheat Bread: 504 Potato Salad: 100 Zucchini Salad: 5 Fresh Fruit: 0	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>HOT</b> Sliced Beef Steak w/Mushroom Gravy: 300 Mixed Vegetables: 56 Wheat Bread: 132 Apple Raisin Compote w/Topping: 3</td> <td style="width: 50%;"><b>COLD</b> Vegetarian Chef Salad w/Lite Italian Dressing: 520 Pasta Salad: 140 ½ Pita Bread: 161 Apple Raisin Compote w/Topping: 3</td> </tr> </table>	<b>HOT</b> Sliced Beef Steak w/Mushroom Gravy: 300 Mixed Vegetables: 56 Wheat Bread: 132 Apple Raisin Compote w/Topping: 3	<b>COLD</b> Vegetarian Chef Salad w/Lite Italian Dressing: 520 Pasta Salad: 140 ½ Pita Bread: 161 Apple Raisin Compote w/Topping: 3	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>HOT</b> BBQ Pulled Pork: 680 Rice &amp; Beans: 78 Cole Slaw: 45 Dinner Roll: 130 Oatmeal Raisin Cookie: 75</td> <td style="width: 50%;"><b>COLD</b> Tuna Salad w/Lettuce on Rye Bread: 541 Lo Mein Pasta Salad: 101 Root Vegetable Salad: 86 Oatmeal Raisin Cookie: 75</td> </tr> </table>	<b>HOT</b> BBQ Pulled Pork: 680 Rice & Beans: 78 Cole Slaw: 45 Dinner Roll: 130 Oatmeal Raisin Cookie: 75	<b>COLD</b> Tuna Salad w/Lettuce on Rye Bread: 541 Lo Mein Pasta Salad: 101 Root Vegetable Salad: 86 Oatmeal Raisin Cookie: 75
<b>HOT</b> Baked Fish w/Broccoli Cheese Sauce: 490 Peas & Onions: 75 Italian Roasted Potatoes: 4 Pumpernickel Bread: 176 Pears: 5	<b>COLD</b> Curry Chicken Salad on Multigrain Bread: 334 Riviera Salad: 92 Three Bean Salad: 295 Pears: 5													
<b>HOT</b> Chicken Scaloppini over Buttered Ziti: 350 Broccoli & Carrots: 45 Oatmeal Bread: 121 Chocolate Pudding w/Topping: 175	<b>COLD</b> Turkey w/Swiss, Mayo & Lettuce on Wheat Bread: 666 Macaroni Salad: 138 Spinach Mandarin Salad w/Lite Italian Dressing: 190 Chocolate Pudding w/Topping: 175													
<b>HOT</b> Crumb Topped Macaroni & Cheese***: 365 Tossed Garden Salad w/Lite Italian Dressing: 170 Stewed Tomatoes: 251 Scali Bread: 120 Fresh Fruit: 0	<b>COLD</b> Roast Beef w/Swiss Cheese & Lite Mayo on Wheat Bread: 504 Potato Salad: 100 Zucchini Salad: 5 Fresh Fruit: 0													
<b>HOT</b> Sliced Beef Steak w/Mushroom Gravy: 300 Mixed Vegetables: 56 Wheat Bread: 132 Apple Raisin Compote w/Topping: 3	<b>COLD</b> Vegetarian Chef Salad w/Lite Italian Dressing: 520 Pasta Salad: 140 ½ Pita Bread: 161 Apple Raisin Compote w/Topping: 3													
<b>HOT</b> BBQ Pulled Pork: 680 Rice & Beans: 78 Cole Slaw: 45 Dinner Roll: 130 Oatmeal Raisin Cookie: 75	<b>COLD</b> Tuna Salad w/Lettuce on Rye Bread: 541 Lo Mein Pasta Salad: 101 Root Vegetable Salad: 86 Oatmeal Raisin Cookie: 75													
<b>30.</b>	<p><b>Nutrition information: Mg of sodium is listed next to menu items.</b> Milk contributes an additional 100 mg sodium. Butter contributes an additional 45 mg sodium. Crackers (with soup) contribute an additional 55 mg sodium. Calorie and sodium information at bottom of menu is for entire meal, including milk, butter, crackers if served. <b>(V) = Vegetarian   All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.</b> <b>*Denotes Higher Sodium \$2.00 Suggested donation per meal</b></p>													
<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>HOT</b> Turkey Stew: 97 White Rice: 5 Spinach: 145 Whole Wheat Roll: 130 Tropical Mixed Fruit: 10</td> <td style="width: 50%;"><b>COLD</b> Roast Beef w/Provolone Cheese &amp; Lite Mayo on Multigrain Bread: 612 Tomato Broccoli Salad: 65 Corn Salad: 189 Tropical Mixed Fruit: 10</td> </tr> </table>	<b>HOT</b> Turkey Stew: 97 White Rice: 5 Spinach: 145 Whole Wheat Roll: 130 Tropical Mixed Fruit: 10	<b>COLD</b> Roast Beef w/Provolone Cheese & Lite Mayo on Multigrain Bread: 612 Tomato Broccoli Salad: 65 Corn Salad: 189 Tropical Mixed Fruit: 10												
<b>HOT</b> Turkey Stew: 97 White Rice: 5 Spinach: 145 Whole Wheat Roll: 130 Tropical Mixed Fruit: 10	<b>COLD</b> Roast Beef w/Provolone Cheese & Lite Mayo on Multigrain Bread: 612 Tomato Broccoli Salad: 65 Corn Salad: 189 Tropical Mixed Fruit: 10													