

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>YOUR NAME: _____ PHONE: _____</p>				
<p>Please note the days you have reserved your meals & 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.</p>				
<p>1. Chicken Orzo Soup HOT: Greek Chicken, Red Bliss Potatoes, Fresh Broccoli & Wheat Bread. COLD: Egg Salad on Multigrain Bread, Potato Salad & Summer Squash Salad. Fresh Fruit</p>	<p>2. HOT: Crumb Topped Macaroni & Cheese***, Tossed Garden Salad w/Lite Italian Dressing, Fresh Zucchini & Cauliflower & Oatmeal Bread. COLD: Salmon Salad over Tossed Garden Salad w/Lite Italian Dressing, Scali Bread & Tri Color Pasta. Peaches</p>	<p>3. INDEPENDENCE DAY SPECIAL Cheeseburger w/Lettuce, Tomato & Ketchup On Hamburger Roll Summer Potato Salad: Summer Vegetable Blend: Berry Trifle</p>	<p>4. INDEPENDENCE DAY HOLIDAY MEAL SITE CLOSED NO MEAL SERVICE TODAY</p>	<p>5. Italian Garden Vegetable Soup HOT: Vegetable Lasagna w/Tomato Sauce, Chicken Meatball, Italian Green Beans & Wheat Dinner Roll. COLD: Turkey, Swiss Cheese, Lettuce & Mustard on Multigrain Bread, Riviera Salad & Italian Pasta Salad. Fruited Gelatin w/Topping</p>
<p>8. Seafood Chowder HOT: Beef Steak w/Mushroom Gravy, Mashed Potatoes, Mixed Vegetables & Oatmeal Bread. COLD: Chicken Salad on Multigrain Bread, Macaroni Salad & Summer Squash, Red Onions & Zucchini Salad. Pears</p>	<p>9. HOT: American Chop Suey, Parmesan Cheese, Fresh Broccoli & Cauliflower & Multigrain Bread. COLD: Turkey, Provolone Cheese, Lite Mayo & Lettuce on Wheat Bread, Spinach Mandarin Salad w/Lite Italian Dressing & Summer Potato Salad. Peaches</p>	<p>10. Springwell's Annual BBQ Hot Dog & Hamburger w/Ketchup, Mustard & Relish Potato Salad Cole Slaw Refreshing Beverage Watermelon Wedge</p>	<p>11. Fruit Cup HOT: Broccoli Mushroom Quiche (V), Green Beans, Fresh Butternut Squash & Rye Bread. COLD: Roast Beef, Provolone Cheese, Lite Mayo & Lettuce on Multigrain Bread, Tossed Garden Salad w/Lite Italian Dressing & Potato Salad. Chocolate Chip Cookie</p>	<p>12. HOT: BBQ Chicken Drum Sticks, Chuckwagon Corn, Cole Slaw & Corn Bread. COLD: Tuna Salad w/Lettuce on Oatmeal Bread, Italian Pasta Salad & Cucumber, Feta & Onion Salad. Ambrosia</p>
<p>15. Split Pea Soup HOT: Stuffed Shells w/Tomato Sauce, Chicken Meatball, Green Beans & Scali Bread. COLD: Egg Salad on Oat Bread, Broccoli & Feta Orzo Salad & Carrot Pineapple Salad. Oatmeal Cookie</p>	<p>16. Chicken Orzo Soup HOT: Alaskan Crunch Pollock w/Dill Sauce, Mashed Potatoes, Fresh Zucchini & Red Peppers & Oatmeal Bread. COLD: Ham Chef Salad w/Lite Italian Dressing, English Pea Salad & Wheat Roll. Peaches</p>	<p>17. COLD BOX LUNCH DAY COLD: Tuna Salad w/Lettuce on Pumpnickel Bread, Summer Potato Salad & Summer Squash, Red Onions & Zucchini Salad. Orange</p>	<p>18. HOT: Beef Stew, Whole Grain Vegetable Pin Wheel, Tossed Garden Salad w/Lite Italian Dressing & Wheat Dinner Roll. COLD: Chicken Pesto Caesar Salad, Garden Shell Pasta Salad & Wheat Roll. Tropical Mixed Fruit</p>	<p>19. HOT: Hot Dog***w/Ketchup, Mustard & Relish on Hot Dog Roll, Baked Beans & Cole Slaw. COLD: Turkey Mediterranean Salad, Spinach Mandarin Salad w/Lite Italian Dressing & Rye Bread. Fruited Yogurt</p>
<p>22. Vegetable Barley Soup HOT: Baked Fish (Haddock) w/Broccoli Cheese Sauce, Fresh Butternut Squash, Peas & Onions & Pumpnickel Bread. COLD: Curry Chicken Salad on Multigrain Bread, Riviera Salad & Three Bean Salad. Pears</p>	<p>23. Chicken White Bean Soup HOT: Chicken Scaloppini over Buttered Ziti, Fresh Broccoli & Carrots & Oatmeal Bread. COLD: Roast Beef, Swiss Cheese, Lite Mayo on Wheat Bread, Potato Salad & Tomato Zucchini Salad. Ambrosia</p>	<p>24. HOT: Tortellini, Zucchini & Cauliflower, Parmesan Cheese & Scali Bread. COLD: Turkey Deluxe Sandwich on Bulkie Roll, Cole Slaw & English Pea Salad. Fresh Fruit</p>	<p>25. Minestrone Soup HOT: Meatloaf w/Roast Onion Gravy, Mashed Potatoes, Beets & Garlic Dinner Roll. COLD: Vegetarian Chef Salad w/Lite Italian Dressing, Pasta Salad & ½ Pita Bread. Birthday Cake</p>	<p>26. HOT: BBQ Pulled Pork, Rice & Beans, Tossed Garden Salad & Multigrain Bread. COLD: Tuna Salad w/Lettuce on Rye Bread, Lo Mein Pasta Salad & Spinach Mandarin Salad w/Lite Italian Dressing. Tropical Mixed Fruit</p>
<p>29. Chicken Vegetable Soup HOT: Honey Mustard Chicken, Italian Green Beans, Italian Roasted Red Bliss Potatoes & Oatmeal Bread. COLD: Egg Salad on Multigrain Bread, Tomato Broccoli Salad & Corn Salad. Fruited Yogurt</p>	<p>30. Cream of Butternut Squash Soup HOT: Potato Pollack Filet w/Spinach Alfredo Sauce, Brown Rice Pilaf, Carrots & Multigrain Bread. COLD: California Chicken Salad on Wheat Bread, Potato Salad & Cucumber, Feta & Onion Salad. Cinnamon Applesauce</p>	<p>31. HOT: Veggie Burger (V) w/Ketchup on Hamburger Roll, Potato Salad & Fresh Ratatouille. COLD: Turkey, Provolone Cheese & Lite Mayo on Wheat Bread, Tossed Garden Salad w/Lite Italian Dressing & Macaroni Salad. Tropical Mixed Fruit</p>	<p>FOOD ALLERGIES 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.</p>	<p>FOOD ALLERGIES 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 JULY 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1. Chicken Orzo Soup: 55		2.		3. INDEPENDENCE DAY SPECIAL		4. INDEPENDENCE DAY HOLIDAY		5. Italian Garden Vegetable Soup: 140	
HOT Greek Chicken*: 615 Red Bliss Potatoes: 10 Fresh Broccoli: 10 Wheat Bread: 115 Fresh Fruit: 0 Calories: 645 Sodium: 1015	COLD Egg Salad on Multigrain Bread: 285 Potato Salad: 100 Summer Squash Salad: 40 Fresh Fruit: 0 Calories: 780 Sodium: 655	HOT Macaroni & Cheese*: 550 Garden Salad w/Lite Italian Dressing: 170 Zucchini & Cauliflower: 5 Oatmeal Bread: 120 Peaches: 5 Calories: 770 Sodium: 985	COLD Salmon Salad on Tossed Garden Salad w/Lite Italian Dressing: 350 Scali Bread: 125 Tri Color Pasta Salad: 60 Peaches: 5 Calories: 705 Sodium: 870	Cheeseburger w/Lettuce, Tomato & Ketchup On Hamburger Roll *: 660 Summer Potato Salad: 65 Summer Vegetable Blend: 65 Berry Trifle: 165 Calories: 995 Sodium: 1145		MEAL SITE CLOSED NO MEAL SERVICE TODAY		HOT Vegetable Lasagna: 440 Chicken Meatball: 70 Italian Green Beans: 5 Wheat Dinner Roll: 130 Fruited Gelatin w/Topping: 10 Calories: 775 Sodium: 995	COLD Turkey, Swiss, Lettuce & Mustard on Multigrain Bread*: 540 Riviera Salad: 90 Italian Pasta Salad: 140 Fruited Gelatin w/Topping: 10 Calories: 890 Sodium: 1085
8. Seafood Chowder: 160		9.		10. Springwell's Annual BBQ		11. Fruit Cup: 0		12.	
HOT Beef Steak w/Mushroom Gravy: 162 Mashed Potatoes: 70 Mixed Vegetables: 56 Oatmeal Bread: 121 Pears: 5 Calories: 1030 Sodium: 958	COLD Chicken Salad on Multigrain Bread: 225 Macaroni Salad: 140 Summer Squash, Red Onions & Zucchini: 5 Pears: 5 Calories: 1000 Sodium: 700	HOT American Chop Suey: 320 Parmesan Cheese: 100 Broccoli & Cauliflower: 15 Multigrain Bread: 75 Peaches: 5 Calories: 885 Sodium: 550	COLD Turkey, Provolone Cheese, Lite Mayo & Lettuce on Wheat Bread*: 670 Spinach Mandarin w/Lite Italian Dressing: 205 Summer Potato Salad: 65 Peaches: 5 Calories: 665 Sodium: 1055	Hot Dog & Hamburger w/Ketchup, Mustard & Relish Potato Salad Cole Slaw Refreshing Beverage Watermelon Wedge		HOT Broccoli Mushroom Quiche (V): 355 Green Beans: 5 Butternut Squash: 25 Rye Bread: 150 Chocolate Chip Cookie: 60 Calories: 790 Sodium: 735	COLD Roast Beef, Provolone Cheese, Lite Mayo & Lettuce on Multigrain Bread*: 505 Potato Salad: 100 Garden Salad w/Lite Italian Dressing: 170 Chocolate Chip Cookie: 60 Calories: 700 Sodium: 970	HOT BBQ Chicken Drum Sticks*: 950 Chuckwagon Corn: 0 Cole Slaw: 45 Corn Bread: 190 Ambrosia: 5 Calories: 945 Sodium: 1430	COLD Tuna Salad w/Lettuce on Oatmeal Bread*: 520 Italian Pasta Salad: 205 Cucumber, Feta & Onion Salad: 150 Ambrosia: 5 Calories: 660 Sodium: 1090
15. Split Pea Soup: 45		16. Chicken Orzo Soup: 55		17. COLD BOX LUNCH DAY		18.		19.	
HOT Stuffed Shells w/Tomato Sauce*: 545 Chicken Meatball: 70 Green Beans: 5 Scali Bread: 125 Oatmeal Cookie: 75 Calories: 760 Sodium: 1055	COLD Egg Salad on Oat Bread: 375 Broccoli & Feta Orzo Salad: 220 Carrot Pineapple Salad: 95 Oatmeal Cookie: 75 Calories: 860 Sodium: 980	HOT Alaskan Crunch Pollock w/Dill Sauce: 450 Mashed Potatoes: 70 Zucchini & Red Peppers: 5 Oatmeal Bread: 120 Peaches: 5 Calories: 895 Sodium: 900	COLD Ham Chef Salad w/Lite Italian Dressing*: 570 English Pea Salad: 155 Wheat Roll: 130 Peaches: 5 Calories: 795 Sodium: 1110	COLD Tuna Salad w/Lettuce On Pumpernickel Bread*: 595 Summer Potato Salad: 65 Summer Squash, Red Onions & Zucchini Salad: 5 Orange: 0 Calories: 895 Sodium: 1160		HOT Beef Stew: 325 Vegetable Pin Wheel: 158 Tossed Garden Salad w/Lite Italian Dressing: 170 Wheat Dinner Roll: 130 Tropical Mixed Fruit: 10 Calories: 770 Sodium: 1035	COLD Chicken Pesto Caesar Salad: 680 Garden Shell Pasta Salad: 200 Wheat Roll: 130 Tropical Mixed Fruit: 10 Calories: 895 Sodium: 1160	HOT Hot Dog* on Roll: 715 Ketchup: 80 Mustard: 55 Relish: 80 Baked Beans: 145 Cole Slaw: 45 Fruited Yogurt: 75 Calories: 785 Sodium: 1350	COLD Turkey Mediterranean Salad*: 520 Spinach Mandarin Salad w/Lite Italian Dressing: 205 Rye Bread: 150 Fruited Yogurt: 75 Calories: 780 Sodium: 833
22. Vegetable Barley Soup: 155		23. Chicken White Bean Soup: 75		24.		25. Minestrone Soup: 240		26.	
HOT Baked Fish (Haddock) 450 Butternut Squash: 25 Peas & Onions: 75 Pumpernickel Bread: 175 Pears: 5 Calories: 610 Sodium: 1080	COLD Curry Chicken Salad on Multigrain Bread: 220 Riviera Salad: 90 Three Bean Salad: 35 Pears: 5 Calories: 625 Sodium: 670	HOT Chicken Scaloppini Over Buttered Ziti: 350 Broccoli & Carrots: 45 Oatmeal Bread: 120 Ambrosia: 5 Calories: 775 Sodium: 785	COLD Roast Beef, Swiss Cheese & Lite Mayo on Wheat Bread: 480 Potato Salad: 100 Tomato Zucchini: 60 Ambrosia: 5 Calories: 890 Sodium: 885	HOT Tortellini: 430 Parmesan Cheese: 100 Zucchini & Cauliflower: 5 Scali Bread: 125 Fresh Fruit: 0 Calories: 665 Sodium: 805		HOT Meatloaf w/Roast Onion Gravy: 160 Mashed Potatoes: 70 Beets: 185 Garlic Dinner Roll: 135 Birthday Cake: 95 Calories: 985 Sodium: 1075	COLD Vegetarian Chef Salad w/Lite Italian Dressing*: 555 Pasta Salad: 135 ½ Pita Bread: 160 Birthday Cake: 95 Calories: 850 Sodium: 1350	HOT BBQ Pulled Pork*: 680 Rice & Beans: 80 Garden Salad w/Lite Italian Dressing: 170 Multigrain Bread: 75 Tropical Mixed Fruit: 10 Calories: 690 Sodium: 1145	COLD Tuna Salad w/Lettuce on Rye Bread*: 540 Spinach Mandarin Salad w/Lite Italian Dressing: 205 Lo Mein Pasta Salad: 100 Tropical Mixed Fruit: 10 Calories: 610 Sodium: 965
29. Chicken Vegetable Soup: 80		30. Cream of Butternut Squash Soup: 100		31.		Nutrition information: Mg of sodium is listed next to menu items.			
HOT Honey Mustard Chicken: 515 Italian Green Beans: 5 Red Bliss Potatoes: 5 Oatmeal Bread: 120 Fruited Yogurt: 75 Calories: 755 Sodium: 990	COLD Egg Salad on Multigrain Bread: 220 Tomato Broccoli Salad: 90 Corn Salad: 120 Fruited Yogurt: 75 Calories: 625 Sodium: 670	HOT Potato Pollack Filet*: 540 Brown Rice Pilaf: 110 Carrots: 75 Multigrain Bread: 75 Applesauce: 0 Calories: 1045 Sodium: 1155	COLD California Chicken Salad on Wheat Bread: 110 Potato Salad: 100 Cucumber, Feta & Onion Salad: 115 Applesauce: 0 Calories: 720 Sodium: 635	HOT Veggie Burger (V) w/Ketchup on Hamburger Roll: 695 Potato Salad: 100 Ratatouille: 115 Tropical Mixed Fruit: 10 Calories: 670 Sodium: 1110	COLD Turkey, Provolone, Lite Mayo on Wheat Bread*: 745 Tossed Garden Salad w/Lite Italian Dressing: 170 Macaroni Salad: 140 Tropical Mixed Fruit: 10 Calories: 820 Sodium: 1165	<ul style="list-style-type: none"> • Milk contributes an additional 100 mg sodium. • 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 • Calorie information is for entire meal (V) = Vegetarian All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers. ***Denotes Higher Sodium \$2.00 Suggested donation per meal All soups served with crackers			