

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

300 Hillside Avenue, Needham MA 781-855-3629

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<ul style="list-style-type: none"> Please call your lunch reservations by 11 a.m. <u>two business days before.</u> If you would like to cancel your meal reservation, please call by 11 a.m. two business days before. \$2.00 Suggested donation per meal. *Indicates high sodium. YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM 						
<p style="text-align: center;">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>1. Pot Roast w/Roasted Onion Gravy Mashed Potatoes Green & Wax Bean Mix Wheat Bread Chocolate Chip Cookie</p>	<p>2. Lentil Stew Tossed Garden Salad Ranch Dressing White Rice Wheat Roll Pears</p>		
<p>5. Stuffed Shells w/Tomato Sauce Chicken Meatball Italian Vegetable Blend Wheat Bread Tapioca Pudding w/Topping</p>	<p>6. Spinach Cheese Omelet Potato Wedges Ratatouille Snack and Loaf Muffin Applesauce</p>	<p>7. Hot Dog Kayem*** Baked Beans Cole Slaw Hot Dog Roll Ketchup, Mustard, Relish Fresh Fruit Apple</p>	<p>8. SPRING SPECIAL Chicken Broccoli Penne Alfredo*** Tuscany Blend Vegetables Tossed Garden Salad Lite Italian Dressing Dinner Roll Ambrosia</p>	<p>9. Baked Fish (Flounder) w/Butter Crumbed Topping Lemon Wedge Mashed Potatoes Mixed Vegetables Oatmeal Bread Peaches</p>		
<p>12. Roast Turkey w/Gravy Mashed Potatoes Carrots Multigrain Bread Pineapple</p>	<p>13. Honey Mustard Chicken White Rice Green & Wax Beans Oat Bread Mandarin Oranges Holiday frozen meal for 4/19 will be sent today.</p>	<p>14. Meatloaf w/Low Sodium Brown Gravy Butternut Squash Jardineire Vegetable Blend Rye Bread Vanilla Pudding w/Topping</p>	<p>15. Breaded Alaskan Pollock Tartar Sauce American Cheese Italian Roasted White Potatoes Cole Slaw Hamburger Roll Fresh Fruit Pear</p>	<p>16. Vegetable Lasagna w/Tomato Sauce Chicken Meatball Broccoli/Cauliflower Whole Wheat Roll Cupcake</p>		
<p>19. PATRIOT'S DAY HOLIDAY MEAL SITE CLOSED NO MEAL SERVICE TODAY</p>	<p>20. Chicken Paprika Whipped Sweet Potato Tuscany Blend Vegetables Rye Bread Pineapple</p>	<p>21. Salmon Loin Lemon Dill Sauce Spinach Mashed Potatoes Snack and Loaf Muffin Apple Cranberry Crisp</p>	<p>22. Sweet & Sour Meatballs Fried Rice Oriental Mixed Vegetables (Corn) Wheat Bread Chocolate Pudding w/Topping</p>	<p>23. Crumb Topped Macaroni & Cheese Stewed Tomatoes Rye Bread Fresh Fruit Orange</p>		
<p>26. Breaded Alaskan Pollock Tartar Sauce Whipped Butternut Squash Green Beans & Red Peppers Rye Bread Peaches</p>	<p>27. BBQ Pulled Pork Potato Salad Fiesta Blend Hamburger Roll Mandarin Oranges</p>	<p>28. Lasagna w/Tomato Sauce Chicken Meatball Zucchini Tossed Green Salad Lite Italian Dressing Wheat Bread Fresh Fruit Orange</p>	<p>29. Beef Burgundy Mashed Potatoes Roasted Root Vegetables Wheat Bread Oatmeal Raisin Cookie</p>	<p>30. Chicken Vegetable Stir Fry White Rice Oatmeal Bread Vanilla Pudding w/Topping</p>		
<p>Hot Meal Re-Heating Instructions</p> <p>Conventional oven</p> <ul style="list-style-type: none"> Consumers should freeze meals if not consume right away. Follow the frozen meal re-heating instructions Peel back the plastic lid to vent or slit film in each section. Re-heat on a cookie sheet and set oven at 350 degrees F. for 10 minutes. <p>Microwave oven</p> <ul style="list-style-type: none"> Re-heat meal in microwave 2 to 3 minutes maximum on high. 		<p>Frozen Meal Re-Heating Instructions</p> <p>Conventional oven</p> <ul style="list-style-type: none"> Peel back the plastic lid to vent or slit film in section 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"> Heat frozen meal in microwave 3-5 minutes maximum on high 		<p>Chilled Meal Re-Heating Instructions</p> <p>Conventional oven</p> <ul style="list-style-type: none"> Eat or refrigerate immediately. Reheat in oven at 350 degrees for 10-20 minutes. <p>Microwave oven</p> <ul style="list-style-type: none"> Reheat in microwave on high for 2 to 3 minutes Peel back corner to vent Do not reheat in toaster oven. 		<p>\$2.00 Suggested donation per meal Please make checks payable to Springwell Please add the site you receive your meals from on the memo line: Needham Senior Center Send check to: Attention: Karen Odierno Springwell, Inc. 307 Waverley Oaks Road Suite 205 Waltham MA 02452</p>