

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.</p> <p><b><u>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></u></b></p> <p><u>(V) = Vegetarian   All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.</u> ***Denotes Higher Sodium \$2.00 Suggested donation per meal</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.</p>	<p><b>FOOD ALLERGIES</b></p> <p>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><b>1. Escarole &amp; Bean Soup</b>  <b>HOT:</b> Potato Crunch Fish w/Newburg Sauce, O'Brien Potatoes, Carrots &amp; Multigrain Bread.  <b>COLD:</b> Ham, Swiss Cheese &amp; Lettuce on Rye Bread, English Pea Salad &amp; Tossed Garden Salad w/Lite Italian Dressing.  <b>Orange</b></p>	<p><b>2.HOT:</b> Crumb Topped Macaroni &amp; Cheese*** (V), Zucchini &amp; Tomatoes, Tossed Garden Salad w/Lite Italian Dressing &amp; Oatmeal Bread.  <b>COLD:</b> California Chicken Salad w/Lettuce on Wheat Bread, Broccoli &amp; Feta Orzo Salad &amp; Cucumber Dill Salad.  <b>Ambrosia</b></p>	<p><b>3. HOT:</b> Oven Fried Chicken Breast, Corn, Collard Green &amp; Onions &amp; Wheat Dinner Roll.  <b>COLD:</b> Roast Beef w/Swiss Cheese, Lettuce &amp; Mustard on Multigrain Bread, Riviera Salad &amp; Italian Pasta Salad.  <b>Brownie</b></p>
<p><b>6. Chicken Vegetable Soup</b>  <b>HOT:</b> Ravioli w/Tomato Sauce (V), Fresh Zucchini &amp; Summer Squash &amp; Multigrain Bread.  <b>COLD:</b> Turkey Mediterranean Salad, Balsamic Pasta Salad, Cucumber, Feta &amp; Onion Salad &amp; ½ Pita Bread.  <b>Fresh Fruit</b></p>	<p><b>7. SPRINGWELL'S ANNUAL STAFF TRAINING</b></p> <p><b>NO MEAL SERVICE TODAY</b></p>	<p><b>8. Minestrone Soup</b>  <b>HOT:</b> Salmon Strips w/Lemon Dill Cream Sauce, Whipped Sweet Potatoes, Italian Green Beans &amp; Whole Wheat Bread.  <b>COLD:</b> Roast Beef w/Provolone Cheese, Lite Mayo &amp; Lettuce on Multigrain Bread, Broccoli Slaw &amp; Root Vegetable Salad.  <b>Mandarin Oranges</b></p>	<p><b>9. MOTHER'S DAY SPECIAL LUNCH</b>  Fresh Fruit Cup  Broccoli Cheese Stuffed Chicken w/White Cream Sauce  Mashed Potatoes  Peas &amp; Mushrooms  Wheat Dinner Roll  <b>Carrot Cake w/Cream Cheese Frosting</b></p>	<p><b>10. Florentine Soup</b>  <b>HOT:</b> Broccoli Mushroom Quiche (V), Green Beans, Fresh Butternut Squash &amp; Rye Bread.  <b>COLD:</b> Tuna Salad w/Lettuce On Oatmeal Bread, Macaroni Salad &amp; Spinach Mandarin Salad w/Lite Italian Dressing.  <b>Peaches</b></p>
<p><b>13. Cream of Mushroom Soup</b>  <b>HOT:</b> Orange Almond Chicken, Rice Pilaf Browned Orzo, Spinach &amp; Multigrain Bread.  <b>COLD:</b> Egg Salad (V) on Oat Bread, Italian Pasta Salad &amp; Carrot Pineapple Salad.  <b>Orange</b></p>	<p><b>14. Traveling Chef Special</b>  Hand Carved Roast Beef  Mashed Potatoes  Green Beans  Scali Bread  <b>Oatmeal Raisin Cookie</b></p>	<p><b>15. HOT:</b> Beef Stew, Corn, Tossed Garden Salad w/Lite Italian Dressing &amp; Wheat Dinner Roll.  <b>COLD:</b> Tuna Salad w/Lettuce on Pumpnickel Bread, Potato Salad &amp; Spinach Mandarin Salad w/Lite Italian Dressing.  <b>Tropical Mixed Fruit</b></p>	<p><b>16. Chicken Orzo Soup</b>  <b>HOT:</b> Alaskan Crunch Pollack w/Dill Sauce, Mashed Potatoes, Fresh Zucchini &amp; Red Peppers &amp; Oatmeal Bread.  <b>COLD:</b> Ham Chef Salad w/Lite Italian Dressing, English Pea Salad &amp; Whole Wheat Roll.  <b>Peaches</b></p>	<p><b>17. HOT:</b> Hot Dog***w/Ketchup, Mustard &amp; Relish on Hot Dog Roll, Baked Beans &amp; Cole Slaw.  <b>COLD:</b> Chicken Pesto Caesar Salad w/Dressing, Garden Shell Pasta Salad &amp; Whole Wheat Roll.  <b>Ambrosia</b></p>
<p><b>20. Vegetable Barley Spinach Soup</b>  <b>HOT:</b> Baked Fish (Haddock) w/Broccoli Cheese Sauce, Fresh Butternut Squash, Peas &amp; Onions &amp; Pumpnickel Bread.  <b>COLD:</b> Roast Beef w/Swiss Cheese, Lite Mayo on Wheat Bread, Potato Salad &amp; Tomato Zucchini Salad.  <b>Apple</b></p>	<p><b>21. HOT:</b> American Chop Suey, Parmesan Cheese, Zucchini &amp; Cauliflower &amp; Scali Bread.  <b>COLD:</b> Turkey Deluxe Sandwich, Three Bean Salad &amp; Cole Slaw.  <b>Pears</b></p>	<p><b>22. HOT:</b> Chicken Scalloppini over Buttered Ziti, Fresh Broccoli &amp; Carrots &amp; Oatmeal Bread.  <b>COLD:</b> Vegetarian Chef Salad (V) w/Lite Italian Dressing, Pasta Salad &amp; ½ Pita Pocket.  <b>Birthday Cake</b></p>	<p><b>23. Minestrone Soup</b>  <b>HOT:</b> Meatloaf w/Roast Onion Gravy, Mashed Potatoes, Beets &amp; Garlic Dinner Roll.  <b>COLD:</b> Curry Chicken Salad w/Lettuce on Multigrain Bread, Cucumber, Carrot &amp; Onion Salad &amp; English Pea Salad.  <b>Tropical Mixed Fruit</b></p>	<p><b>24. HOT:</b> Lentil Stew (V), Herbed Brown Rice, Tossed Garden Salad w/Lite Italian Dressing &amp; Multigrain Bread.  <b>COLD:</b> Tuna Salad w/Lettuce on Rye Bread, Lo Mein Pasta Salad &amp; Spinach Mandarin Salad w/Lite Italian Dressing.  <b>Fruited Yogurt</b></p>
<p><b>27. MEMORIAL DAY HOLIDAY</b></p> <p><b>MEAL SITE CLOSED</b>  <b>NO MEAL SERVICE TODAY</b></p>	<p><b>28. Split Pea Soup</b>  <b>HOT:</b> Honey Mustard Chicken, Italian Green Beans, Mashed Potatoes &amp; Oatmeal Bread.  <b>COLD:</b> Egg Salad on Multigrain Bread, Tomato Zucchini Salad &amp; Corn Salad.  <b>Vanilla Pudding w/Topping</b></p>	<p><b>29. Cream of Butternut Squash Soup</b>  <b>HOT:</b> Potato Pollack Filet w/Spinach Alfredo Sauce, Brown Rice Pilaf, Carrots &amp; Multigrain Bread.  <b>COLD:</b> Turkey, Provolone Cheese &amp; Lite Mayo on Wheat Bread, Carrot Pineapple Salad &amp; Macaroni Salad.  <b>Cinnamon Applesauce</b></p>	<p><b>30. Chicken Vegetable Soup</b>  <b>HOT:</b> Stuffed Shells w/Tomato Sauce &amp; Chicken Meatball, Tossed Garden Salad w/Lite Italian Dressing, Tuscany Vegetable Blend &amp; Italian Bread.  <b>COLD:</b> Chicken Salad w/Lettuce on Oat Bread, Pasta Vegetable Salad &amp; Summer Squash, Red Onions &amp; Zucchini Salad.  <b>Chocolate Chip Cookie</b></p>	<p><b>31. HOT:</b> Veggie Burger (V) w/Ketchup on Hamburger Roll, Potato Salad &amp; Fresh Ratatouille.  <b>COLD:</b> Salmon Caesar Salad w/Dressing, Broccoli Ziti Salad &amp; Dinner Roll.  <b>Tropical Mixed Fruit</b></p>

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

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<b>Nutrition information: Mg of sodium is listed next to menu items.</b> <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>		<b>1. Escarole &amp; Bean Soup: 145</b> <b>HOT</b> Potato Crunch Filet: 460 O'Brien Potatoes: 30 Carrots: 75 Multigrain Bread: 100 Orange: 0 <b>Calories: 805</b> <b>Sodium: 1010</b>	<b>2.</b> <b>HOT</b> Macaroni & Cheese: 550 Zucchini & Cauliflower: 75 Garden Salad w/Dressing: 170 Oatmeal Bread: 120 Ambrosia: 5 <b>Calories: 855</b> <b>Sodium: 1055</b>	<b>3</b> <b>HOT</b> Oven Fried Chicken Breast: 620 Corn Salad: 0 Collard Greens & Onions: 55 Wheat Dinner Roll: 130 Brownie: 245 <b>Calories: 855</b> <b>Sodium: 1055</b>
<b>6. Chicken Vegetable Soup: 105</b> <b>HOT</b> Ravioli w/Tomato Sauce: 785 Zucchini & Summer Squash: 5 Multigrain Bread: 100 Fresh Fruit: 0 <b>Calories: 595</b> <b>Sodium: 1100</b>	<b>7. SPRINGWELL'S ANNUAL STAFF TRAINING</b>  <p style="text-align: center;"><b>NO MEAL SERVICE TODAY</b></p>	<b>8. Minestrone Soup: 240</b> <b>HOT</b> Salmon Strips w/Lemon Dill Cream Sauce: 325 Sweet Potatoes: 25 Italian Green Beans: 5 Wheat Bread: 115 Mandarin Oranges: 5 <b>Calories: 630</b> <b>Sodium: 970</b>	<b>9. MOTHER'S DAY SPECIAL LUNCH</b> Fresh Fruit Cup: 0 Broccoli Cheese Stuffed Chicken w/White Cream Sauce: 670 Mashed Potatoes: 70 Peas & Mushrooms: 130 Wheat Dinner Roll: 130 Carrot Cake w/Cream Cheese Frosting: 220 <b>Calories: 875</b> <b>Sodium: 1325</b>	<b>10. Florentine Soup: 128</b> <b>HOT</b> Broccoli Mushroom Quiche (V): 355 Green Beans: 5 Butternut Squash: 25 Rye Bread: 150 Peaches: 5 <b>Calories: 700</b> <b>Sodium: 680</b>
<b>13. Cream of Mushroom Soup: 195</b> <b>HOT</b> Orange Almond Chicken: 325 Rice Pilaf Orzo: 100 Spinach: 145 Multigrain Bread: 100 Orange: 0 <b>Calories: 790</b> <b>Sodium: 1055</b>	<b>14. Traveling Chef Special</b>  <p style="text-align: center;"><b>Hand Carved Roast Beef</b>  <b>Mashed Potatoes</b>  <b>Green Beans</b>  <b>Scali Bread</b>  <b>Oatmeal Raisin Cookie</b></p>	<b>15.</b> <b>HOT</b> Beef Stew: 325 Corn: 0 Garden Salad w/Lite Italian Dressing: 170 Wheat Dinner Roll: 130 Tropical Mixed Fruit: 10 <b>Calories: 635</b> <b>Sodium: 775</b>	<b>16. Chicken Orzo Soup: 55</b> <b>HOT</b> Alaskan Crunch Pollack w/Dill Sauce: 445 Mashed Potatoes: 70 Zucchini & Red Peppers: 5 Oatmeal Bread: 120 Peaches: 5 <b>Calories: 850</b> <b>Sodium: 870</b>	<b>17.</b> <b>HOT</b> Hot Dog*on Roll: 715 Ketchup: 80 Mustard: 55 Relish: 80 Baked Beans: 145 Cole Slaw: 45 Ambrosia: 5 <b>Calories: 820</b> <b>Sodium: 1275</b>
<b>20. Vegetable Barley Spinach Soup: 155</b> <b>HOT</b> Baked Fish (Haddock) w/Broccoli Cheese Sauce: 490 Butternut Squash: 25 Peas & Onions: 75 Pumpnickel Bread: 175 Apple: 0 <b>Calories: 685</b> <b>Sodium: 1115</b>	<b>21.</b> <b>HOT</b> American Chop Suey: 320 Parmesan Cheese: 110 Zucchini & Cauliflower: 5 Scali Bread: 120 Pears: 5 <b>Calories: 925</b> <b>Sodium: 700</b>	<b>22.</b> <b>HOT</b> Chicken Scaloppini Over Buttered Ziti: 350 Broccoli & Carrots: 45 Oatmeal Bread: 120 Birthday Cake: 95 <b>Calories: 685</b> <b>Sodium: 1115</b>	<b>23. Minestrone Soup: 240</b> <b>HOT</b> Meatloaf w/Onion Gravy: 170 Mashed Potatoes: 80 Beets: 185 Garlic Dinner Roll: 125 Tropical Mixed Fruit: 10 <b>Calories: 980</b> <b>Sodium: 990</b>	<b>24.</b> <b>HOT</b> Lentil Stew (V): 485 Herbed Brown Rice: 5 Multigrain Bread: 100 Tossed Garden Salad w/Lite Italian Dressing: 170 Fruited Yogurt: 75 <b>Calories: 785</b> <b>Sodium: 970</b>
<b>27. MEMORIAL DAY HOLIDAY</b>  <p style="text-align: center;"><b>MEAL SITE CLOSED</b>  <b>NO MEAL SERVICE TODAY</b></p>	<b>28. Split Pea Soup: 45</b> <b>HOT</b> Honey Mustard Chicken: 515 Italian Green Beans: 5 Mashed Potatoes: 70 Oatmeal Bread: 120 Vanilla Pudding w/Topping: 175 <b>Calories: 980</b> <b>Sodium: 1125</b>	<b>29.</b> <b>HOT</b> Potato Pollack Filet w/Spinach Alfredo: 505 Brown Rice Pilaf: 110 Carrots: 75 Multigrain Bread: 100 Cinnamon Applesauce: 0 <b>Calories: 1060</b> <b>Sodium: 1180</b>	<b>30. Chicken Vegetable Soup: 80</b> <b>HOT</b> Stuffed Shells: 540 Chicken Meatball: 70 Tuscany Veg. Blend: 45 Italian Bread: 125 Garden Salad w/Lite Italian Dressing: 170 Cho. Chip Cookie: 60 <b>Calories: 720</b> <b>Sodium: 1130</b>	<b>31.</b> <b>HOT</b> Veggie Burger (V) on Hamburger Roll: 710 Ketchup: 80 Potato Salad: 100 Ratatouille: 115 Tropical Mixed Fruit: 10 <b>Calories: 740</b> <b>Sodium: 1120</b>