

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				1 Baked Ziti w/ Tomato Sauce (744)* Chicken Meatball (70) Green Beans (3) Whole Wheat Bread (65) Peaches (8) Calories 783/Sodium 1027mg	
4 LABOR DAY HOLIDAY NO MEAL DELIVERY	5 Spinach Red Pepper Frittata(175) O'Brien Potatoes (32) Zucchini (5) Wheat Bread (65) Fresh Orange Calories 557/Sodium 456mg	6 Lentil Spinach Soup (139) w/ Crackers (56) American Chop Suey (450) Tuscany Blend Vegetables (47) Dinner Roll (180) Mandarin Oranges (7) Calories 1024/Sodium 1033mg	7 LABOR DAY SPECIAL *Breaded Chicken (619) Macaroni & Cheese (199) Summer Blend Vegetables (67) Low Sodium Wheat Bread (65) Watermelon Calories 724/ Sodium 1102mg	8 Alaskan Breaded Pollock (190) Lemon Wedge Tartar Sauce (261) Rice Pilaf (99) Green Beans & Red Peppers Low Sodium Wheat Bread (65) Applesauce (14) Calories 732/ Sodium 592mg	
11 Spinach, White Bean, & Quinoa Stew (637)* Green Beans (3) Wheat Bread (65) Fresh Fruit Calories 719/Sodium 886mg	12 Macaroni & Cheese (548)* Broccoli (12) Low Sodium Multigrain Bread(135) Fig Bar (99) Calories 855/Sodium 1015mg	13 Chicken Scallopini Over Buttered Noodles (329) Zucchini & Cauliflower (6) Wheat Dinner Roll (180) Tropical Fruit (5) Calories 656/Sodium 670mg	14 Lemon Dill Fish (206) Herbed Rice (98) Brussel Sprouts (17) Multigrain Bread (135) Chocolate Pudding w/ Topping (195) Calories 659/Sodium 820mg	15 Cream of Butternut Squash Soup w/ Crackers (157) Meatloaf (122) Mushroom Gravy (122) Mashed Potatoes (68) Carrots (58) , Wheat Bread (65) Peaches (8) Calories 999/ Sodium 783mg	
18 Minestrone Soup w/ Crackers(295) Mediterranean Chicken (489) Italian Roasted Red Bliss Potatoes (4) California Blend Vegetables Whole Wheat Roll (180) Pears (5) Calories 711/Sodium 1158mg	19 *Meatball Stroganoff (587) Garlic Mashed Potatoes (53) Carrots (59) Multigrain Bread (135) Apple Raisin Compote (9) Calories 745/Sodium 1031mg	20 *Teriyaki Salmon (629) Lo Mein Noodles(58) Asian Blend Vegetables(9) Whole Wheat Roll (180) Fresh Fruit Calories 648/ Sodium 1099mg	21 Roast Turkey w/ Gravy (370) Mashed Potatoes (68) Green Beans (3) Low Sodium Oatmeal Bread (140) Tapioca Pudding w/ Topping (183) Calories 768/ Sodium 1166mg	22 *Black Bean & Barley Chili (614) Cauliflower Florets (17) Tossed Garden Salad w/ Lite Italian Dressing (168) Wheat Bread (65) Chocolate Chip Cookie (60) Calories 813/ Sodium 1104mg	
25 Alaskan Breaded Fish (190) Lemon Wedge Quinoa Pilaf (56) Zucchini & Cauliflower (6) Low Sodium Multigrain (150) Bread (135), Yoqurt (75) Calories 704/Sodium 632mg	26 Mushroom Barley Soup (146) Chicken Diane Over Seasoned Orzo (440) Brussel Sprouts (17) Low Sodium Oatmeal bread (140) Fresh Fruit Calories 849/Sodium 856mg	27 Broccoli Egg Bake (475) Home Fries (33) Stewed Tomatoes (251) Low Sodium Wheat Bread (65) Cupcake (170) Calories 876/Sodium 1174mg	28 Beef Pot Roast w/ Gravy (120) Garlic Mashed Potatoes (53) Butternut Squash (32) Wheat Roll (180) Applesauce (14) Calories 775/Sodium 553mg	29 *Hot Doq (550) Coleslaw (45) Baked Beans (140) Low Sodium Hot Doq Roll (165) Ketchup, Mustard, Relish Peaches (8) Calories 827/Sodium 1033mg	
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. 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.		Chilled Meal Re-Heating Instructions Conventional oven <ul style="list-style-type: none"> o Eat or refrigerate immediately. o Reheat in oven at 350 degrees Microwave oven <ul style="list-style-type: none"> o Reheat in microwave on high for 2 o Peel back corner to vent. Do not reheat in toaster oven.		Frozen Meal Re-Heating Instructions Conventional oven <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. Microwave oven <ul style="list-style-type: none"> o Heat frozen meal in microwave o 3-5 minutes maximum on high 	
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.			YOU CAN OBTAIN A COPY OF Please check the box on the days		MENU IS SUBJECT TO CHANGE