

**Springwell Nutrition : LUNCH MENU – Center at the Heights 300 Hillside Avenue, Needham MA 781-455-7555 APRIL 2024**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Italian Garden Vegetable Soup (200), Broccoli & Mushroom Frittata(181), Sweet Potato Wedges (200), Green Beans & Red Peppers(4), Blueberry Snack n Loaf (160), Yoqurt (75)  Calories 970/Sodium 980mg	2	Chicken Cacciatore (297) Over Seasoned Orzo (38) Brussels Sprouts (17) Low Sodium Oatmeal Bread (140) Fresh Fruit  Calories 748/Sodium 995mg	3	Mini Ravioli Spinach Alfredo Sauce (404) Chicken Meatball (70) Tuscany Blend Vegetables (47) Low Sodium Wheat Bread (65) Chocolate Chip Cookie (60)  Calories 544/Sodium 826mg	4	Cod w/ Dijon Wine Sauce (410) Quinoa Pilaf (56) Riviera Blend (7) Low Sodium Multigrain Bread (135), Mixed Fruit (3)  Calories 709/Sodium 776mg	5	Beef Chili (400) Spinach (146) Wheat Roll (180) Raisins(4)  Calories 554/Sodium 884mg
8	Chicken w/ Teriyaki Sauce (382) White Rice (5) Asian Blend Vegetables(9) Multigrain Bread (150) Mixed Fruit(3)  Calories 773/Sodium 998mg	9	OPENING DAY FENWAY *Hot Dog (550) Root Vegetables (34) Baked Beans (140) Low Sodium Hot Dog Roll (165) Mustard, Relish Brownie (297) High Sodium Day Calories 745/Sodium 1228	10	Broccoli & Cheese Soup (220) w/ Crackers Pot Roast Stroganoff (177) Over Buttered Egg Noodles (40) Jardinière Blend Vegetables (32) Low Sodium Wheat Bread (65) Peaches (8) Calories 919/Sodium 778mg	11	Mixed Bean & Vegetable Stew(486) Broccoli & Cauliflower(14) Low Sodium Wheat Bread (65) Tapioca Pudding w/ Topping (183)  Calories 776/Sodium 928mg	12	Pollock w/ Mediterranean Sauce (418), Italian Roasted Red Bliss Potatoes (8) Ratatouille (116) Low Sodium Wheat Bread (65) Orange  Calories 529/Sodium 743mg
15	PATRIOTS' DAY HOLIDAY  NO MEAL DELIVERY	16	Chicken & Rice Bake (369) Italian Green Beans (3) Wheat Dinner Roll (180) Brownie (297)  Calories 803/Sodium 1004mg	17	Salmon (67) w/ Honey Mustard Sauce (187) Lo Mein Noodles (58) Stir Fry Vegetables Low Sodium Wheat Bread (65) Fresh Fruit  Calories 731/Sodium 558mg	18	Cream of Butternut Squash Soup w/ Crackers (157) Shepherd's Pie (197) Spinach (146) Low Sodium Multigrain Bread (135), Chocolate Pudding w/ Topping (195) Calories 1057/Sodium 984mg	19	Lentil Stew (486) Mixed Vegetables (56) Tossed Garden Salad w/ Lite Italian Dressing (168) Low Sodium Wheat Bread (65) Peaches (8)  Calories 747/Sodium 963mg
22	Lasagna w/ Tomato Sauce (557) Chicken Meatball (70) Brussels Sprouts (17) Low Sodium Multigrain Bread (135), Pears (5)  Calories 705/Sodium 1055mg	23	Mushroom Barley Soup (146) Potato Crunch Fish (337) Lemon Wedge Italian Roasted Red Bliss Potatoes(8) Broccoli & Cauliflower (14) Low Sodium Wheat Bread (65) Fig Bar (99) Calories 948/Sodium 952mg	24	SPRING SPECIAL Broccoli & Cheese Stuffed Chicken (410), Sour Cream & Chive Mashed Potatoes (53) Summer/Spring Blend Vegetables (67), Snowflake Dinner Roll (180), Carrot Cake w/ Cream Cheese Icing (249) Calories 1057/Sodium 1114mg	25	Beef Pot Roast w/ Gravy (120) Italian Roasted White Potatoes(6) Roman Blend Vegetables (33) Low Sodium Multigrain Bread (135), Peaches (8)  Calories 677/Sodium 546mg	26	*Roast Turkey w/ Gravy (617) Bread Stuffing (330) Green Beans (3) Low Sodium Wheat Bread (65) Fresh Fruit  Calories 586/Sodium 1196mg
29	Macaroni & Cheese (199) Stewed Tomatoes (251) Low Sodium Multigrain Bread (135), Fresh Orange  Calories 859/Sodium 1089mg	30	Chicken Scallopini Over Buttered Noodles (329) Spinach (146) Dinner Roll (180) Tropical Fruit  Calories 676/Sodium 809mg			Please note that the number following the menu item is the amount of sodium in milligrams. The total amount of sodium listed at the bottom also includes margarine (30mg) and milk (125mg). * an asterisk next to an item means it contains more than 500mg of sodium		MENU IS SUBJECT TO CHANGE  YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM	
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"><li>o Eat or refrigerate immediately.</li><li>o Reheat in oven at 350 degrees</li></ul> Microwave oven <ul style="list-style-type: none"><li>o Reheat in microwave on high for 2</li><li>o Peel back corner to vent.</li></ul> Do not reheat in toaster oven.			Frozen Meal Re-Heating Instructions Conventional oven <ul style="list-style-type: none"><li>o Peel back the plastic lid to</li><li>o Heat frozen meal in cookie sheet and set oven at for 30 minutes maximum.</li></ul> Microwave oven <ul style="list-style-type: none"><li>o Heat frozen meal in microwave</li><li>o 3-5 minutes maximum on high</li></ul>		
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. 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 YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM  Please check the box on the days you will be dining in.				MENU IS SUBJECT TO CHANGE	