

LAST NAME \_\_\_\_\_ FIRST \_\_\_\_\_ Phone \_\_\_\_\_ Date \_\_\_\_\_

**Springwell Nutrition : LUNCH MENU – Center at the Heights 300 Hillside Avenue, Needham MA 781-455-7555 OCTOBER 2021**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
<ul style="list-style-type: none"> <li>Please call your lunch reservations by 11 a.m. two business days before.</li> <li>If you would like to cancel your meal reservation, please call by 11 a.m. two</li> <li>\$2.00 Suggested donation per meal.</li> <li>*Indicates high sodium.</li> <li>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></li> </ul>				<p><b>Chilled Meal Re-Heating Instructions</b></p> <p><b>Conventional oven</b></p> <ul style="list-style-type: none"> <li>o Eat or refrigerate immediately.</li> <li>o Reheat in oven at 350 degrees for 10-20 minutes.</li> </ul> <p><b>Microwave oven</b></p> <ul style="list-style-type: none"> <li>o Reheat in microwave on high for 2 to 3 minutes</li> <li>o Peel back corner to vent,</li> </ul> <p>Do not reheat in toaster oven.</p>				<p><b>Frozen Meal Re-Heating Instructions</b></p> <p><b>Conventional oven</b></p> <ul style="list-style-type: none"> <li>o Peel back the plastic lid to vent or slit film in section</li> <li>o Heat frozen meal in conventional oven, place meal on</li> </ul> <p><b>Microwave oven</b></p> <ul style="list-style-type: none"> <li>o Heat frozen meal in microwave</li> <li>o 3-5 minutes maximum on high</li> </ul>			
<p style="color: red;">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>								1		<p><b>Crumb Topped Macaroni and Cheese</b>  <b>Stewed Tomatoes</b>  <b>Low Sodium Multigrain Bread</b>  <b>Tropical Fruit</b>  <b>Calories 811/Sodium 1117mg</b></p>	
4		5		6		7		8			
<p>Roast Turkey w/Gravy  Mashed Potatoes  Honey Glazed Carrots  Low Sodium Multigrain Bread  Cranberry sauce  Mixed fruit  <b>Calories 693/Sodium 1025mg</b></p>		<p>Fish Loin (Flounder)  Florentine Sauce  Whipped Sweet Potatoes  Fiesta Blend Vegetable (Broccoli)  Low Sodium Wheat Bread  Fresh Fruit  <b>Calories 674/Sodium 570mg</b>  Holiday Frozen Meal for 10/11  Will Be Sent Today.</p>		<p>Spinach and Red Pepper Frittata  Stewed Tomatoes  Red Bliss Potatoes  Snack n Loaf Muffin  Tropical fruit  <b>Calories 678/Sodium 732mg</b></p>		<p><b>Autumn Special</b>  Cream of Butternut Squash Soup  Barber Chicken (Broccoli &amp; Cheese)  Roasted Potatoes w/  Red Peppers &amp; Onions  Jardinière Vegetable  Whole Wheat Multi Oat Bread  Pumpkin Bar Cake  <b>Calories 899/Sodium 1008mg</b></p>		<p>Lentil Stew  Tossed Garden Salad  Ranch Dressing  Green Beans  Whole Wheat Roll  Chocolate Pudding w/Topping  <b>Calories 986/Sodium 1201mg</b></p>			
11		12		13		14		15			
<p>HOLIDAY   <b>MEAL SITE CLOSED</b>  <b>NO MEAL DELIVERY</b></p>		<p>Vegetable Barley w/Spinach Soup and Crackers  Cranberry Chicken  Italian Roasted Red Bliss Potatoes  Tuscany Blend Vegetables  Whole Wheat Roll  Tapioca Pudding/Topping  <b>Calories 835/Sodium 990mg</b></p>		<p>Cheese Stuffed Rigatoni  Italian Meat Sauce  Italian Blend Vegetables  Tossed Garden Salad  Lite Italian Dressing  Snack n Loaf Muffin  Applesauce  <b>Calories 913/ Sodium 848mg</b></p>		<p>Baked Fish (Flounder) w/  Butter Crumbed Topping  Lemon Wedge  Orzo Pilaf  Mixed Vegetables  Low Sodium Wheat Bread  Mandarin Oranges  <b>Calories 908/Sodium 1050mg</b></p>		<p>Hot Dog Kayem  Baked Beans  Cole Slaw  Hot Dog Roll  Ketchup, Mustard, Relish  Fresh Fruit  <b>Calories 726/Sodium 1270mg</b></p>			
18		19		20		21		22			
<p>Spinach &amp; Red Pepper Quiche  Italian Roasted Potatoes  Jardinière Vegetable Blend  Low Sodium Wheat Roll  Vanilla Pudding w/Topping  <b>Calories 883/Sodium 869mg</b></p>		<p>Mushroom Barley Soup and Crackers  Chicken Vegetable Stir-Fry  White Rice  Low Sodium Wheat Bread  Mandarin Oranges  <b>Calories 753/Sodium 863mg</b></p>		<p>Creole Fish  Alaskan Pollock w/  Creole Sauce  Sweet Potato Wedges  Green Beans  Low Sodium Wheat Bread  Fresh Fruit  <b>Calories 792/Sodium 928mg</b></p>		<p>Pot Roast Stroganoff  Mashed Potatoes  Carrots  Low Sodium Multigrain Bread  Cupcake  <b>Calories 788/Sodium 597mg</b></p>		<p>Vegetable Lasagna  Tomato sauce  Chicken Meatball  Parmesan Cheese  Fresh Broccoli/Cauliflower  Tossed Garden Salad  Lite Italian Dressing  Snack n Loaf Muffin  Tropical Fruit  <b>Calories 694/Sodium 1164mg</b></p>			
25		26		27		28		29			
<p>Sweet and Sour  Meatballs  Fried Rice  Oriental Mix Vegetables (Broccoli)  Snack and Loaf Muffin  Pineapple  <b>Calories 859/Sodium 1172mg</b></p>		<p>Minestrone Soup and Crackers  Salmon Loin  Lemon Dill Sauce  Green &amp; Wax Beans  Whipped Sweet Potatoes  Low Sodium Wheat bread  Apple Cranberry Crisp  <b>Calories 731/Sodium 921mg</b></p>		<p>American Chop Suey  Tuscany Blend Vegetables  Tossed Garden Salad  Lite Italian Dressing  Low Sodium Multigrain Bread  Fruit Mix  <b>Calories 961/Sodium 909mg</b></p>		<p>Greek Chicken  Rice Pilaf Browned Orzo  California Blend Vegetable  Low Sodium Wheat Bread  Chocolate Pudding  <b>Calories 888/Sodium 1086mg</b></p>		<p>Meatloaf  Gravy  Cheesy Potatoes  Chuckwagon Corn  Low Sodium Wheat Bread  Halloween Cookie  <b>Calories 959/Sodium 594mg</b></p>			