

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LAST NAME 姓 _____ FIRST 名字 _____ PHONE: _____</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 11 am the day before.</p>				
<p><u>(V) = Vegetarian   All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.</u></p> <p><b>***Denotes Higher Sodium \$2.00 Suggested donation per meal</b></p> <p><b>All soups served with crackers</b></p> <p><b>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</b></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>3. Cream of Butternut Squash</b>  <b>HOT:</b> Chicken Swedish Meatballs over Egg Noodles, Mixed Vegetable Blend &amp; Oatmeal Bread.  <b>COLD:</b> Tuna Salad on Multigrain Bread, Cauliflower Carrot Salad &amp; Potato Salad.  <b>Tropical Mixed Fruit</b></p>	<p><b>4. Chicken Mixed Bean Soup</b>  <b>HOT:</b> Baked Fish (Haddock) w/Lemon Garlic Sauce, Tuscany Vegetable Blend, Butternut Squash &amp; Rye Bread.  <b>COLD:</b> Turkey w/Swiss Cheese, Mustard &amp; Lettuce on Wheat Bread, Cucumber, Feta &amp; Onion Salad &amp; Orzo Vegetable Salad.  <b>Sugar Cookie</b></p>	<p><b>5. Escarole &amp; Bean Soup</b>  <b>HOT:</b> Spinach, Red Pepper &amp; Broccoli Quiche (V), Parsley Potatoes, Stewed Tomatoes &amp; Cranberry Orange Snack Loaf.  <b>COLD:</b> Roast Beef w/Provolone Cheese, Lite Mayo &amp; Lettuce on Scali Bread, Broccoli Slaw &amp; Tri Color Pasta Salad.  <b>Fresh Fruit</b></p>	<p><b>6. Chicken Noodle Soup</b>  <b>HOT:</b> Chicken w/Scarpariello Sauce, Red Bliss Potatoes, Root Vegetables &amp; Wheat Bread.  <b>COLD:</b> Vegetarian Chef Salad w/Lite Italian Dressing, Summer Potato Salad &amp; Wheat Dinner Roll.  <b>Pears</b></p>	<p><b>7. American Chop Suey, Parmesan Cheese, Tossed Garden Salad w/Lite Italian Dressing, Broccoli &amp; Cauliflower &amp; Scali Bread.</b>  <b>COLD:</b> Curry Chicken Salad w/Lettuce on Oat Bread, Root Vegetable Salad &amp; English Pea Salad.  <b>Tapioca Pudding w/Topping</b></p>
<p><b>10. Beef Barley Soup</b>  <b>HOT:</b> Creole Fish (Haddock), Rice Pilaf Browned Orzo, Green Beans &amp; Whole Wheat Roll.  <b>COLD:</b> Turkey w/Swiss Cheese &amp; Lite Mayo on Wheat Bread, Tomato Cucumber Salad &amp; Italian Pasta Salad.  <b>Peaches</b></p>	<p><b>11. Vegetable Soup</b>  <b>HOT:</b> Beef Stroganoff over Noodles, Dilled Carrots &amp; Wheat Bread.  <b>COLD:</b> Tuna Salad w/Lettuce on Oatmeal Bread, Potato Salad &amp; Roman Blend Salad.  <b>Tropical Mixed Fruit</b></p>	<p><b>12. Lentil Stew (V), Tossed Garden Salad w/Ranch Dressing, White Rice &amp; Multigrain Bread.</b>  <b>COLD:</b> Chicken Salad w/Lettuce on Wheat Bread, Spinach Mandarin Salad &amp; Macaroni Salad.  <b>Birthday Cake</b></p>	<p><b>13. FEBRUARY'S SPECIAL LUNCH</b>  <b>Tomato Basil Soup</b>  Chicken Cordon Blue w/Supreme Sauce  Chive Mashed Potatoes  Jardinière Style Vegetable Blend  Garlic Dinner Roll  <b>Raspberry Mousse</b>  <b>w/Chocolate Chips &amp; Whipped Topping</b></p>	<p><b>14. Crumb Topped Macaroni &amp; Cheese***, Stewed Tomatoes &amp; Rye Bread.</b>  <b>COLD:</b> Roast Beef w/Swiss Cheese, Lite Mayo &amp; Lettuce on Pumpernickel Bread, Carrot Raisin Salad &amp; Broccoli &amp; Feta Orzo Salad.  <b>Fresh Fruit</b></p>
<p><b>17. PRESIDENT'S DAY</b></p> <p><b>MEAL SITE CLOSED</b>  <b>NO MEAL SERVICE TODAY</b></p>	<p><b>18. Seafood Chowder</b>  <b>HOT:</b> Potato Pollack Fish w/Lemon Dill Sauce, Red Bliss Potatoes, Ratatouille &amp; Multigrain Bread.  <b>COLD:</b> Egg Salad on Rye Bread, Potato Salad &amp; Cauliflower Carrot Salad.  <b>Fresh Fruit</b></p>	<p><b>19. Chicken White Bean Soup</b>  <b>HOT:</b> Chicken Marsala, Mashed Potatoes, Carrots &amp; Rye Bread.  <b>COLD:</b> Turkey w/Provolone Cheese, Lite Mayo &amp; Lettuce on Wheat Bread, Three Bean Salad &amp; Summer Squash, Red Onions &amp; Zucchini Salad.  <b>Pears</b></p>	<p><b>20. Split Pea Soup</b>  <b>HOT:</b> Beef Stuffed Pepper Casserole, Italian Vegetable Blend &amp; Italian Bread.  <b>COLD:</b> Chicken Caesar Salad w/Parmesan Cheese, Croutons &amp; Caesar Dressing, Orzo Vegetable Salad &amp; Wheat Bread.  <b>Fresh Fruit</b></p>	<p><b>21. Hot Dog***w/Ketchup, Mustard &amp; Relish on Hot Dog Roll, Baked Beans &amp; Cole Slaw.</b>  <b>COLD:</b> Tuna Salad w/Lettuce on Oatmeal Bread, Tri Color Pasta Salad &amp; Spinach Mandarin Salad.  <b>Vanilla Pudding w/Topping</b></p>
<p><b>24. Vegetable Soup</b>  <b>HOT:</b> Chicken Stir Fry, White Rice and Oatmeal Bread.  <b>COLD:</b> Turkey w/Provolone Cheese &amp; Mustard on Wheat Bread, English Pea Salad &amp; Summer Squash, Red Onions &amp; Zucchini Salad.  <b>Brownie</b></p>	<p><b>25. Cream of Broccoli Soup</b>  <b>HOT:</b> Roast Turkey w/Gravy, Cranberry Sauce, Green Beans, Whipped Sweet Potatoes &amp; Wheat Bread.  <b>COLD:</b> Roast Beef w/Swiss Cheese, Lite Mayo &amp; Lettuce on Italian Bread, Broccoli Slaw &amp; Macaroni Salad.  <b>Tropical Mixed Fruit</b></p>	<p><b>26. Stuffed Shells w/Tomato Sauce, Tossed Garden Salad w/Lite Italian Dressing, Tuscan Style Vegetable Blend &amp; Dinner Roll.</b>  <b>COLD:</b> Tuna Salad w/Lettuce on Wheat Bread, Garden Shell Pasta Salad &amp; Tossed Garden Salad w/Lite Italian Dressing.  <b>Chocolate Pudding w/Topping</b></p>	<p><b>27. Meatloaf w/Roasted Onion Gravy, Mashed Potatoes, Beets &amp; Wheat Dinner Roll.</b>  <b>COLD:</b> California Chicken Salad on Rye Bread, Cauliflower Carrot Salad &amp; Potato Salad.  <b>Fresh Fruit</b></p>	<p><b>28. Kale Pasta Soup</b>  <b>HOT:</b> Alaskan Pollock Fish w/Spinach Alfredo Sauce, Mashed Potatoes, Spinach &amp; Mushrooms &amp; Pumpernickel Bread.  <b>COLD:</b> Egg Salad w/Lettuce on Oatmeal Bread, Tri Color Pasta Salad &amp; Cucumber, Feta &amp; Onion Salad.  <b>Pineapple</b></p>

## Springwell Nutrition Program: LUNCH MENU –Nutrition Information FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3. Cream of Butternut Squash Soup: 100</b> <b>HOT</b> Chicken Swedish Meatballs over Egg Noodles: 280 Mixed Veg.: 55 Oatmeal Bread: 120 Tropical Mixed Fruit: 8 <b>Calories: 873</b> <b>Sodium: 758</b>	<b>4. Chicken Mixed Bean Soup: 204</b> <b>HOT</b> Baked Fish w/Lemon Garlic Sauce: 300 Tuscany Veg. Blend: 47 Butternut Squash: 26 Rye Bread: 150 Sugar Cookie: 116 <b>Calories: 720</b> <b>Sodium: 1063</b>	<b>5. Escarole &amp; Bean Soup: 145</b> <b>HOT</b> Spinach, Red Pepper & Broccoli Quiche (V): 318 Parsley Potatoes: 8 Stewed Tomatoes: 250 Cranberry Orange Loaf: 120 Fresh Fruit: 0 <b>Calories: 827</b> <b>Sodium: 1036</b>	<b>6. Chicken Noodle Soup: 70</b> <b>HOT</b> Chicken w/Scarpariello Sauce: 451 Red Bliss Potatoes: 8 Root Vegetables: 34 Wheat Bread: 115 Pears: 5 <b>Calories: 756</b> <b>Sodium: 920</b>	<b>7.</b> <b>HOT</b> American Chop Suey: 320 Parmesan Cheese: 108 Tossed Garden Salad w/Lite Italian Dressing: 170 Broccoli & Cauliflower: 14 Scali Bread: 120 Tapioca Pudding: 230 <b>Calories: 1104</b> <b>Sodium: 1101</b>
<b>10. Beef Barley Soup: 240</b> <b>HOT</b> Creole Fish: 587 Rice Pilaf Browned Orzo: 100 Green Beans: 3 Wheat Roll: 132 Peaches: 5 <b>Calories: 904</b> <b>Sodium: 1260</b>	<b>11. Vegetable Soup: 107</b> <b>HOT</b> Beef Stroganoff over Noodles: 230 Dilled Carrots: 81 Wheat Bread: 115 Tropical Mixed Fruit: 8 <b>Calories: 875</b> <b>Sodium: 737</b>	<b>12.</b> <b>HOT</b> Lentil Stew (V): 483 Tossed Garden Salad w/Ranch Dressing: 169 White Rice: 5 Multigrain Bread: 150 Birthday Cake: 95 <b>Calories: 795</b> <b>Sodium: 1039</b>	<b>13. FEBRUARY'S SPECIAL LUNCH</b> <b>HOT</b> <b>Tomato Basil Soup: 153</b> Chicken Cordon Bleu w/Supreme Sauce: 805 Chive Mashed Potatoes: 54 Jardinière Style Blend: 32 Garlic Dinner Roll: 132 Raspberry Mousse w/Choc. Chips & Topping: 1 <b>Calories: 1055</b> <b>Sodium: 1526</b>	<b>14.</b> <b>HOT</b> Crumb Topped Macaroni & Cheese***: 465 Stewed Tomatoes: 251 Rye Bread: 150 Fresh Fruit: 0 <b>Calories: 792</b> <b>Sodium: 1087</b>
<b>17. PRESIDENT'S DAY HOLIDAY</b>  <p style="text-align: center;"><b>MEAL SITE CLOSED NO MEAL SERVICE TODAY</b></p>	<b>18. Seafood Chowder: 162</b> <b>HOT</b> Potato Pollack Fish w/Lemon Sauce: 414 Red Bliss Potatoes: 8 Ratatouille: 116 Multigrain Bread: 150 Fresh Fruit: 0 <b>Calories: 1023</b> <b>Sodium: 1043</b>	<b>19. Chicken White Bean Soup: 77</b> <b>HOT</b> Chicken Marsala: 560 Mashed Potatoes: 68 Carrots: 77 Rye Bread: 150 Pears: 5 <b>Calories: 929</b> <b>Sodium: 1129</b>	<b>20. Split Pea Soup: 47</b> <b>HOT</b> Beef Stuffed Pepper Casserole: 388 Italian Vegetable Blend: 19 Italian Bread: 123 Fresh Fruit: 0 <b>Calories: 903</b> <b>Sodium: 771</b>	<b>21.</b> <b>HOT</b> Hot Dog* on Roll: 763 Ketchup: 82 Mustard: 55 Relish: 81 Baked Beans: 140 Cole Slaw: 45 Vanilla Pudding: 177 <b>Calories: 921</b> <b>Sodium: 1480</b>
<b>24. Vegetable Soup: 107</b> <b>HOT</b> Chicken Stir Fry: 223 White Rice: 5 Oatmeal Bread: 121 Brownie: 247 <b>Calories: 761</b> <b>Sodium: 896</b>	<b>25. Cream of Broccoli Soup: 107</b> <b>HOT</b> Turkey w/Gravy: 459 Cranberry Sauce: 4 Green Beans: 3 Sweet Potatoes: 27 Wheat Bread: 115 Tropical Mixed Fruit: 0 <b>Calories: 694</b> <b>Sodium: 980</b>	<b>26. Mushroom Barley Soup: 146</b> <b>HOT</b> Stuffed Shells w/Tomato Sauce: 544 Tuscan Style Veg.: 47 Tossed Garden Salad w/Lite Italian Dressing: 169 Dinner Roll: 132 Chocolate Pudding w/Topping: 177 <b>Calories: 723</b> <b>Sodium: 1206</b>	<b>27.</b> <b>HOT</b> Meatloaf w/Roasted Onion Gravy: 168 Mashed Potato: 68 Beets: 168 Wheat Dinner Roll: 132 Fresh Fruit: 0 <b>Calories: 953</b> <b>Sodium: 841</b>	<b>28. Kale Pasta Soup: 42</b> <b>HOT</b> Alaskan Pollock w/Spinach Alfredo Sauce: 357 Mashed Potato: 68 Spinach & Mushroom: 68 Pumpnickel Bread: 176 Pineapple: 1 <b>Calories: 729</b> <b>Sodium: 907</b>