Springwell Nutrition Program: LUNCH MENU – Center at the Heights

DECEMBER 2019
300 Hillside Avenue, Needham MA 781-455-7555 EXT. 203

MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY
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**Your Name:**  **Phone:**

Please note the days you have reserved your meals & 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.

**HOT:**

2. **Cream of Butternut Squash Soup**
   - **HOT:** Chicken Swedish Meatballs over Egg Noodles, Mixed Vegetables & Oatmeal Bread.  
   - **COLD:** Tuna Salad on Multigrain Bread, Cauliflower Carrot Salad & Orzo Vegetable Salad.  
   - **Tropical Mixed Fruit**

3. **Vegetable Soup**
   - **HOT:** BBQ Pulled Pork, Sweet Potatoes, Green Beans & White Bread.  
   - **COLD:** Curry Chicken Salad w/Lettuce on Oat Bread, Broccoli Slaw & English Pea Salad.  
   - **Pears**

4. **Escarole & Bean Soup**
   - **HOT:** Spinach, Red Pepper & Broccoli Quiche (V), Parsley Potatoes, Stewed Tomatoes & Blueberry Snack Loaf.  
   - **COLD:** Roast Beef w/Provolone Cheese, Lite Mayo & Lettuce on Sourdough, Root Vegetable Salad & Summer Potato Salad.  
   - **Fresh Fruit**

5. **Chicken Noodle Soup**
   - **HOT:** Potato Pollack Fish w/Lemon Dill Sauce, Tuscan Vegetable Blend, Butternut Squash & Rye Bread.  
   - **COLD:** Turkey w/Swiss Cheese, Mustard & Lettuce on Wheat Bread, Cucumber, Feta & Onion Salad & Balsamic Pasta Salad.  
   - **Birthday Cake**

6. **HOT:** American Chop Suey, Parmesan Cheese, Broccoli & Cauliflower & Scali Bread.  
   - **COLD:** Vegetarian Chef Salad w/Lite Italian Dressing, Tri Color Pasta Salad & Whole Wheat Dinner Roll.  
   - **Tapioca Pudding w/Topping**

**COLD:**

2. **Creole Fish, Rice & Beans, Carrots & Oat Bread.**

3. **Chicken Cacciatore, Italian Roasted Potatoes, Spinach & Mushrooms & Sourdough.**

4. **Lentil Stew (V), Tossed Garden Salad w/Ranch Dressing, White Rice & Multigrain Bread.**

5. **Chicken Caesar Salad, Scali Bread & Macaroni Salad.**
   - **Chocolate Pudding w/Topping**

6. **COLD Box Lunch Day**
   - **Baked Chicken w/Swiss Cheese, Rye Bread.**

7. **Alaskan Pollack Fish w/Lemon Dill Sauce, Broccoli Slaw & Pumpernickel Bread.**

8. **Summer Squash, Red Onions & Zucchini Salad.**

9. **Turkey w/Provolone Cheese, Lite Mayo & Lettuce on Wheat Bread, Beet Salad & Italian Pasta Salad.**
   - **Fresh Fruit**

10. **Seafood Chowder**
    - **HOT:** Baked Fish w/Newburg Sauce, Roasted Potatoes, Ratatouille & Multigrain Bread.  
    - **COLD:** Turkey w/Provolone Cheese, Lite Mayo & Lettuce on Wheat Bread, Three Bean Salad, Summer Squash, Red Onions & Zucchini Salad.  
    - **Fresh Fruit**

11. **White Bean & Kale Stew (V), Tossed Garden Salad w/Lite Italian Dressing, Herbed Brown Rice & Pumpernickel Bread.**

12. **HOLIDAY SPECIAL**
    - **Italian Braised Beef**
    - **Baked Potato w/Sour Cream**
    - **White Rice**
    - **Italian Salad**
    - **Garlic Dinner Roll**
    - **Carrot Cake Cupcake w/Cream Cheese Frosting**

13. **HOT:** Brumb Topped Macaroni & Cheese***, Stewed Tomatoes & Rye Bread.  
    - **COLD:** Roast Beef w/Swiss Cheese, Lite Mayo & Lettuce on Pumpernickel Bread, Zucchini Salad & Potato Salad.  
    - **Mixed Fruit**

14. **Chicken Marsala, Mashed Potatoes, Zucchini & Summer Squash & Rye Bread.**

15. **Ham w/Swiss Cheese & Mustard on Wheat Bread, English Pea Salad & Summer Squash, Red Onions & Zucchini Salad.**
   - **Pineapple**

16. **Kale Pasta Soup**
    - **HOT:** Alaskan Pollack Fish w/Lemon Dill Sauce, Mashed Potatoes, Green Beans & Red Peppers & Pumpernickel Bread.  
    - **COLD:** Ham w/Swiss Cheese & Mustard on Wheat Bread, English Pea Salad & Summer Squash, Red Onions & Zucchini Salad.  
    - **Pineapple**

17. **NO MEAL SERVICE TODAY**

18. **NO MEAL SERVICE TODAY**

19. **NO MEAL SERVICE TODAY**

20. **NO MEAL SERVICE TODAY**

21. **NO MEAL SERVICE TODAY**

22. **NO MEAL SERVICE TODAY**

23. **NO MEAL SERVICE TODAY**

24. **NO MEAL SERVICE TODAY**

25. **NO MEAL SERVICE TODAY**

26. **NO MEAL SERVICE TODAY**

27. **NO MEAL SERVICE TODAY**

**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**
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>HOT</td>
<td>COLD</td>
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<tr>
<td>Chicken Swedish</td>
<td>Yeast Salad on Multigrain</td>
<td>Bread: 241</td>
<td>Egg Noodles: 40</td>
<td>Cauliflower Crust Salad: 96</td>
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<tr>
<td>Mixed Vegetables: 56</td>
<td>Oatmeal Bread: 121</td>
<td>Orzo Vegetable Salad: 13</td>
<td>Tropical Mixed Fruit: 8</td>
<td>Calories: 873</td>
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<tr>
<td>Sodium: 758</td>
<td>Pineapple: 1</td>
<td>White Bread: 135</td>
<td>Calories: 78</td>
<td>Nutritional Information: Mg of sodium is listed next to menu items.</td>
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Nutrition information: Mg of sodium is listed next to menu items.

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<tr>
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<tbody>
<tr>
<td>HOT</td>
<td>COLD</td>
<td>BBQ Pulled Pork: 307</td>
<td>Hot Dog: 393</td>
<td>American Chop Suey: 320</td>
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<tr>
<td>Chicken Marsala</td>
<td>Turkey, Swiss Cheese</td>
<td>Calories: 873</td>
<td>Vegetarian Chef Salad</td>
<td>Calories: 495</td>
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<tr>
<td>No MEAL SERVICE TODAY</td>
<td>Suggested donation per meal</td>
<td>Tomato Salad on Lettuce</td>
<td>Broccoli &amp; Cauliflower: 15</td>
<td>Color Blue Pasta: 60</td>
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Suggested donation per meal: $2.00

| V = Vegetarian | All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.

*Denotes Higher