

**DECEMBER 2023**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
<p><b>MENU IS SUBJECT TO CHANGE</b></p> <p>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></p>								<p><b>1 GRAB N GO</b>  <b>HOT:</b> * Hot Dog, Cole Slaw, Baked Beans, Hot Dog Roll, Ketchup, Mustard, Relish, Peaches  <b>COLD:</b> Tuna Salad, Lettuce, Broccoli, Feta, Orzo Salad, Cole Slaw, Multigrain Bread, Fig Bar</p>			
<p><b>4 GRAB N GO</b>  <b>HOT:</b> Chicken Stir Fry, Jasmine Coconut Rice, Snack n Loaf, Mixed Fruit  <b>COLD:</b> Turkey, Swiss Cheese, Mayonnaise, Wheat Bread, Potato Salad, Zucchini Salad, Pineapple</p>		<p><b>5 GRAB N GO</b>  <b>HOT:</b> Stuffed Shells w/Tomato Sauce *, Tuscan Blend Vegetables, Multigrain Bread, Vanilla Pudding w/Topping  <b>COLD:</b> Roast Beef, Swiss Cheese, Mayonnaise, Lettuce, Cole Slaw, Barley Raisin Salad, Multigrain Bread, Mixed Fruit</p>		<p><b>6 GRAB N GO</b>  <b>HOT:</b> Salmon Loin, Honey Mustard Sauce, Roasted Potatoes w/Peppers &amp; Onions, Broccoli, Wheat Bread, Brownie  <b>COLD:</b> Chicken Salad, Lettuce, Garden Shell Pasta Salad, Beet Salad, Multigrain Bread, Diet Chocolate Pudding w/Topping</p>		<p><b>7 GRAB N GO</b>  <b>HOT:</b> Mixed Bean and Vegetable Stew, Green Beans, Wheat Bread, Fresh Orange  <b>COLD:</b> Tuna Salad, Lettuce, Quinoa Tabbouleh Salad, Broccoli Slaw, Wheat Bread, Lorna Doones</p>		<p><b>8 GRAB N GO</b>  <b>HOT:</b> Vegetable Soup, Pot Roast Burgundy, Sour Cream &amp; Chive Mashed Potatoes, Jardinière Blend Vegetables, Wheat Bread, Tropical Fruit  <b>COLD:</b> * Vegetarian Chef Salad, Italian Dressing, Sweet Potato Salad, Snack Loaf Muffin, Orange</p>			
<p><b>11 GRAB N GO</b>  <b>HOT:</b> Chicken Vegetable Soup, Lasagna, Tomato Sauce, Chicken Meatball, Zucchini and Cauliflower, Whole Wheat Dinner Roll, Tropical Fruit  <b>COLD:</b> Chicken Salad, Wheat Bread, Balsamic Vinaigrette Pasta Salad, Spinach Mandarin Orange Salad, Diet Vanilla Pudding w/Topping</p>		<p><b>12 GRAB N GO</b>  <b>HOT:</b> Shepherd's Pie, Spinach, Multigrain Bread, Fig Bar  <b>COLD:</b> Turkey, Swiss Cheese, Lettuce, Mayonnaise, Multigrain Bread, Macaroni Salad, Broccoli Slaw, Mixed Fruit</p>		<p><b>13 GRAB N GO</b>  <b>HOT:</b> Fish w/Mediterranean Sauce, Herbed Rice, Broccoli, Wheat Bread, Peaches  <b>COLD:</b> Roast Beef, Provolone Cheese, Mayonnaise, Lettuce, Potato Salad, Tossed Garden Salad, Italian Dressing, Wheat Bread, Applesauce</p>		<p><b>14 HOLIDAY SPECIAL GRAB N GO</b>  <b>HOT:</b> Chicken Stuffed w/Broccoli &amp; Cheese, Buttered Seasoned Orzo w/Parmesan, California Vegetables, Wheat Dinner Roll, Boston Cream Cup  <b>COLD:</b> Egg Salad Over Tossed Garden Salad, Italian Dressing, Garden Shell Pasta Salad, Snack Loaf Muffin, Pears</p>		<p><b>15 GRAB N GO</b>  <b>HOT:</b> Roast Turkey w/Gravy, Mashed Potatoes, Peas &amp; Carrots, Wheat Bread, Pineapple  <b>COLD:</b> Tuna Salad, Lettuce, Summer Potato Salad, Multigrain Bread, Squash, Zucchini, Red Onion Salad, Lorna Doones</p>			
<p><b>18 GRAB N GO</b>  <b>HOT:</b> Lentil Stew, Green Beans, Wheat Roll, Oatmeal Raisin Cookie  <b>COLD:</b> Egg Salad, Potato Salad, Barley Raisin Salad, Wheat Bread, Diet Tapioca Pudding w/Topping</p>		<p><b>19 GRAB N GO</b>  <b>HOT:</b> Escarole Bean Soup, Potato Crunch Fish, Lemon Wedge, Italian Roasted Red Bliss Potatoes, Broccoli &amp; Cauliflower, Wheat Bread, Peaches  <b>COLD:</b> Chicken Salad, Lettuce, Balsamic Vinaigrette Pasta Salad, Carrot Raisin Salad, Multigrain Bread, Fresh Fruit</p>		<p><b>20 GRAB N GO</b>  <b>HOT:</b> Ravioli w/Tomato Sauce *, Chicken Meatball, Brussels Sprouts, Snack n Loaf, Pears  <b>COLD:</b> Turkey, Swiss Cheese, Mayonnaise, Lettuce, Wheat Bread, Sweet Potato Salad, Zucchini Salad, Lorna Doones</p>		<p><b>21 GRAB N GO</b>  <b>HOT:</b> Unstuffed Pepper Casserole, Carrots, Whole Wheat Dinner Roll, Fresh Orange  <b>COLD:</b> Tuna Salad, Lettuce, Orzo Vegetable Salad, Cole Slaw, Multigrain Bread, Mixed Fruit</p>		<p><b>22 GRAB N GO</b>  <b>HOT:</b> Chicken &amp; Rice Bake, Butternut Squash, Dinner Roll, Vanilla Pudding w/Topping  <b>COLD:</b> Roast Beef, Provolone Cheese, Mayonnaise, Lettuce, Broccoli Slaw, Summer Potato Salad, Wheat Bread, Peaches</p>			
<p><b>25 CHRISTMAS DAY HOLIDAY</b>  <b>NO MEAL SERVICE</b></p>		<p><b>26 GRAB N GO</b>  <b>HOT:</b> Chicken w/Sauté Vegetables, Spinach, Jasmine Coconut Rice, Dinner Roll, Pineapple  <b>COLD:</b> Egg Salad, English Pea Salad, Cauliflower Carrot Salad, Multigrain Bread, Diet Chocolate Pudding w/Topping</p>		<p><b>27 GRAB N GO</b>  <b>NO MEAL SERVICE TODAY.</b>                  Please make your frozen meal reservation with the site staff to cover for today.</p>		<p><b>28 GRAB N GO</b>  <b>NO MEAL SERVICE TODAY.</b>                  Please make your frozen meal reservation with the site staff to cover for today.</p>		<p><b>29 GRAB N GO</b>  <b>NO MEAL SERVICE TODAY.</b>                  Please make your frozen meal reservation with the site staff to cover for today.</p>			
<p>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.                  *Indicates high sodium.</p>				<p><b>INSTRUCTIONS: COLD meal option available for DINE IN only</b>  <b>FOR DINE IN: Please circle HOT or COLD to reserve that meal option.</b>  <b>FOR GRAB and GO: Please fill the box with a G on the day you wish to reserve a meal.</b></p>				<p style="text-align: center;"><u>Chilled Meal Re-Heating Instructions</u></p> <p>Conventional oven                  o Eat or refrigerate immediately.                  o Reheat in oven at 350 degrees for 10-20 minutes.                  Microwave oven                  o Reheat in microwave on high for 2 to 3 minutes.                  o Peel back corner to vent.                  Do not reheat in toaster oven.</p>			
<p style="text-align: center;"><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. 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 style="text-align: center;">\$2.50 Suggested donation per meal.</p> <p>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</p>				<p style="text-align: center;"><b>MENU IS SUBJECT TO CHANGE</b>                  YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></p>			