

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

Springwell Nutrition : LUNCH MENU – Newton Senior Center 20 Hartford Street, Newton Highlands, MA 617-796-1660

APRIL 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1 HOT: GRAB N GO Italian Garden Vegetable Soup, Broccoli & Mushroom Frittata, Sweet Potato Wedges, Green Beans & Red Peppers Blueberry Snack n Loaf, Yogurt COLD: Chicken Salad, Broccoli Slaw, Sweet Potato Salad, Multigrain Bread, Pears		2 HOT: GRAB N GO Chicken Cacciatore Over Seasoned Orzo, Brussels Sprouts, Oatmeal Bread, Fresh Fruit COLD: * Chef Salad w/Ham, Lite Italian Dressing, Multigrain Bread, Balsamic Pasta Salad, Tropical Fruit		3 HOT: GRAB N GO Mini Ravioli w/Spinach Alfredo Sauce, Chicken Meatball, Wheat Bread, Tuscany Blend Vegetables, Chocolate Chip Cookie COLD: Egg Salad, Lettuce, Squash, Zucchini, Red Onion Salad, English Pea Salad, Wheat Bread, Diet Vanilla Pudding w/Topping		4 HOT: GRAB N GO Cod w/Dijon Wine Sauce, Quinoa Pilaf, Riviera Blend Vegetables, Multigrain Bread, Mixed Fruit COLD: Turkey, Swiss Cheese, Lettuce, Mayonnaise, Macaroni Salad, Beet Salad, Wheat Bread, Mandarin Oranges		5 HOT: GRAB N GO Beef Chili, Spinach, Wheat Roll, Raisins COLD: Tuna Salad, Lettuce, Broccoli, Feta, Orzo Salad, Cole Slaw, Multigrain Bread, Fig Bar	
8 HOT: GRAB N GO ONLY Chicken w/Teriyaki Sauce, White Rice, Asian Blend Vegetables, Multigrain Bread, Mixed Fruit COLD: Egg Salad, Wheat Bread, Potato Salad, Zucchini Salad, Pineapple		9 HOT: OPENING DAY FENWAY GRAB N GO ONLY * Hot Dog, Baked Beans, Root Vegetables, Hot Dog Roll, Mustard, Relish, Brownie High Sodium COLD: Chicken Salad, Beet Salad, Garden Shell Pasta Salad, Multigrain Bread, Diet Chocolate Pudding w/Topping		10 HOT: GRAB N GO ONLY Broccoli & Cheese Soup, Pot Roast Stroganoff Over Buttered Egg Noodles, Jardiniere Blend Vegetables, Wheat Bread, Peaches COLD: * Vegetarian Chef Salad, Italian Dressing, Tri-Color Pasta Salad, Snack Loaf Muffin, Margarine, Orange		11 HOT: GRAB N GO Mixed Bean and Vegetable Stew, Broccoli & Cauliflower, Wheat Bread, Tapioca Pudding w/Topping COLD: Tuna Salad, Lettuce, Quinoa Tabbouleh Salad, Broccoli Slaw, Wheat Bread, Lorna Doones		12 HOT: GRAB N GO Pollock w/Mediterranean Sauce, Italian Roasted Red Bliss Potatoes, Ratatouille, Wheat Bread, Orange COLD: Roast Beef, Swiss Cheese, Lite Mayonnaise, Lettuce, Cole Slaw, Barley Raisin Salad, Multigrain Bread, Mixed Fruit	
15 PATRIOTS' DAY HOLIDAY  NO MEAL DELIVERY		16 HOT: GRAB N GO ONLY Chicken & Rice Bake, Italian Green Beans, Wheat Dinner Roll, Brownie COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Multigrain Bread, Macaroni Salad, Roman Blend Salad, Mixed Fruit		17 HOT: GRAB N GO Salmon w/Honey Mustard Sauce, Lo Mein Noodles, Stir Fry Vegetables, Wheat Bread, Fresh Fruit COLD: Egg Salad Over Tossed Garden Salad, Italian Dressing, Snack Loaf Muffin, Garden Shell Pasta Salad, Pears		18 HOT: GRAB N GO ONLY Cream of Butternut Squash Soup, Shepherd's Pie, Spinach, Multigrain Bread, Chocolate Pudding w/Topping COLD: Chicken Caesar Salad, Lettuce, Potato Salad, Wheat Bread, Root Vegetable Salad, Applesauce		19 HOT: GRAB N GO ONLY Lentil Stew, Mixed Vegetables, Wheat Bread, Tossed Garden Salad, Lite Italian Dressing, Peaches COLD: Tuna Salad, Lettuce, Orzo Vegetable Salad, Multigrain Bread, Squash, Zucchini, Red Onion Salad, Lorna Doones	
22 HOT: GRAB N GO Lasagna, Tomato Sauce, Chicken Meatball, Brussels Sprouts, Multigrain Bread, Pears COLD: Egg Salad, Greek Pasta Salad, Cauliflower Carrot Salad, Multigrain Bread, Mixed Fruit		23 HOT: GRAB N GO Mushroom Barley Soup, Potato Crunch Fish, Lemon Wedge, Italian Roasted Red Bliss Potatoes, Broccoli & Cauliflower, Wheat Bread, Fig Bar COLD: Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Sweet Potato Salad, Zucchini Salad, Wheat Bread, Lorna Doones		24 HOT: SPRING SPECIAL GRAB N GO Broccoli & Cheese Stuffed Chicken, Sour Cream & Chive Mashed Potatoes, Summer/Spring Blend Vegetables, Dinner Roll, Carrot Cake w/Cream Cheese Icing COLD: Roast Beef, Provolone Cheese, Lettuce, Lettuce, Lite Mayonnaise, Cole Slaw, Garden Shell Pasta Salad, Multigrain Bread, Pears		25 HOT: GRAB N GO Beef Pot Roast w/Gravy, Italian Roasted White Potatoes, Multigrain Bread, Roman Blend Vegetables, Peaches COLD: Chicken Salad, Lettuce, Balsamic Vinaigrette Pasta Salad, Carrot Raisin Salad, Multigrain Bread, Orange		26 HOT: GRAB N GO * Roast Turkey w/Gravy, Bread Stuffing, Green Beans, Wheat Bread, Fresh Fruit COLD: Tuna Salad, Lettuce, Broccoli Slaw, Potato Salad, Wheat Bread, Diet Chocolate Pudding w/Topping	
29 HOT: GRAB N GO Macaroni & Cheese, Stewed Tomatoes, Multigrain Bread, Fresh Orange COLD: California Chicken Salad, Summer Squash Salad, Wheat Bread, Balsamic Vinaigrette Pasta Salad, Peaches		30 HOT: GRAB N GO Chicken Scallopini Over Buttered Noodles, Spinach, Dinner Roll, Tropical Fruit COLD: Egg Salad, Lettuce, English Pea Salad, Multigrain Bread, Cauliflower Carrot Salad, Diet Vanilla Pudding w/Topping							
<div><div>Please call your lunch reservations by 11 a.m. two business days before.</div><div>If you would like to cancel your meal reservation,</div><div>please call by 11 a.m. two business days before.</div><div>*Indicates high sodium.</div></div>				<div>INSTRUCTIONS: COLD meal option available for DINE IN only</div> <div>FOR DINE IN: Please circle HOT or COLD to reserve that meal option.</div> <div>FOR GRAB and GO: Please fill the box with a G on the day you wish to reserve a meal.</div>				<div>Chilled Meal Re-Heating Instructions</div> <div>Conventional oven</div> <div>o Eat or refrigerate immediately.</div> <div>o Reheat in oven at 350 degrees for 10-20 minutes.</div> <div>Microwave oven</div> <div>o Reheat in microwave on high for 2 to 3 minutes.</div> <div>o Peel back corner to vent.</div> <div>Do not reheat in toaster oven.</div>	
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.				<div>Please make checks payable to Springwell</div> <div>Please add the site you receive your meals from on the memo line</div> <div>Send check to:</div> <div>Springwell, Inc.</div> <div>307 Waverley Oaks Road Suite 205, Waltham MA 02452</div> <div>Attention: Nutrition Department</div>				<div>MENU IS SUBJECT TO CHANGE</div> <div>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></div>	