

Springwell Nutrition Program: COLD LUNCH MENU –Nutrition Information DECEMBER 2023				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Tuna Salad (241) Lettuce Leaf Broccoli Feta Orzo Salad (221) Cole Slaw (45) Multigrain Bread (270) Fig Bar (99) Calories 722/Sodium 1000mg
4 Turkey, (435) Swiss Cheese (35) Mayonnaise (64) Low Sodium Wheat Bread (130) Potato Salad (100) Zucchini Salad (64) Pineapple (9) Calories 784/Sodium 953mg	5 Roast Beef (233), Swiss Cheese(35) Mayonnaise (64) Lettuce Leaf Barley Raisin Salad (129) Cole Slaw (45) Multigrain Bread (270) Mixed Fruit (3) Calories 850/Sodium 955mg	6 Chicken Salad (75) Lettuce leaf Garden Shell Pasta Salad Beet Salad (143), Low Sodium Multigrain Bread(135) Diet Chocolate Pudding w/ Topping (142) Calories 811/Sodium 986mg	7 Tuna Salad (241) Lettuce Leaf Quinoa Tabbouleh Salad (28) Broccoli Slaw(145) Low Sodium Wheat Bread (130) Lorna Doones (100) Calories 683/Sodium 820mg	8 *Vegetarian Chef Salad (555) w/ Italian Dressing (156) Sweet Potato Salad (60) Snack Loaf Muffin (160) Orange Calories 740/Sodium 930mg
11 Chicken Salad (75) Balsamic Pasta Salad (14) Spinach Mandarin Orange Salad (206) Low Sodium Wheat Bread (130) Diet Vanilla Pudding w/ Topping (195) Calories 734/Sodium 743mg	12 Turkey, (435) Swiss Cheese (35) Lettuce Leaf, Mayonnaise (64) Multigrain Bread (270) Macaroni Salad (138) Broccoli Slaw(145) Mixed Fruit (3) Calories 843/Sodium 1186mg	13 Roast Beef (233),Provolone (116) Mayonnaise (64), Lettuce Leaf Potato Salad (100) Tossed Garden Salad w/ Italian Dressing (168) Wheat Bread (180) Applesauce Calories 799/Sodium 1140mg	14 Egg Salad (130) Over Tossed Garden Salad Italian Dressing (168) Garden Shell Pasta Salad Snack Loaf Muffin (160) Pears(5) Calories 805/Sodium 788mg	15 Tuna Salad (241) Lettuce Leaf Summer Potato Salad (65) Squash Zucchini Red Onion Salad (6), Multigrain Bread (270) Lorna Doones (100) Calories 693/Sodium 837mg
18 Egg Salad (130) Potato Salad (100) Barley Raisin Salad (129) Low Sodium Wheat Bread (130) Diet Tapioca Pudding w/ Topping (142) Calories 907/Sodium 806mg	19 Chicken Salad (75) Lettuce Leaf Balsamic Pasta Salad (14) Carrot Raisin Salad (137) Multigrain Bread (270) Fresh Fruit Calories 838/Sodium 652mg	20 Turkey, (435) Swiss Cheese (35) Lite Mayonnaise (4) Lettuce Leaf Sweet Potato Salad (60) Zucchini Salad (64) Low Sodium Wheat Bread (130) Lorna Doones (100) Calories 804/Sodium 1003mg	21 Tuna Salad (241) Lettuce Leaf Orzo Vegetable Salad (13) Cole Slaw (45) Multigrain Bread (270) Mixed Fruit (3) Calories 652/Sodium 728mg	22 Roast Beef (233),Provolone (116) Lite Mayonnaise (4) Lettuce Leaf Broccoli Slaw(145) Summer Potato Salad (65) Low Sodium Wheat Bread (130) Peaches (8) Calories 761/Sodium 876mg
25 CHRISTMAS DAY HOLIDAY NO MEAL DELIVERY	26 Egg Salad (130) English Pea Salad (156) Cauliflower Carrot Salad (96) Low Sodium Multigrain Bread(135) Diet Chocolate Pudding w/ Topping (142) Calories 637/Sodium 949mg	27 Tuna Salad (241) Lettuce Leaf Summer Potato Salad (65) Summer Squash Salad (42) Wheat Bread (180) Lorna Doones (100) Calories 760/Sodium 753mg	28 Turkey, (435) Swiss Cheese (35) Mayonnaise (64) Lettuce Leaf Beet Salad (143) Potato Salad (100) Low Sodium Wheat Bread (130) Mandarin Oranges (7) Calories 797/Sodium 1029mg	29 California Chicken Salad (70) Lettuce Leaf Cole Slaw (45) Balsamic Pasta Salad (14) Low Sodium Wheat Bread (130) Peaches (8) Calories 778/Sodium 442mg
<ul style="list-style-type: none"> Milk contributes an additional 100 mg sodium. Baked Goods contribute an average of 150 mg sodium, Pudding contributes an average of 175mg sodium, Fruit contributes an average of 0 mg sodium, Butter contributes an additional 45 mg sodium, Crackers (with soup) contribute an additional 55 mg sodium. Calorie and sodium information at the bottom of the menu is for entire meal including milk, butter, crackers if (V) = Vegetarian All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers. 			<ul style="list-style-type: none"> 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. 	
***Denotes Higher Sodium \$2.50 Suggested donation per meal All soups served with crackers				