

Springwell Nutrition : LUNCH MENU – DECEMBER 2023 – Waltham COA 488 Main St. Waltham, MA 02452

WEDNESDAY	
<p>6 GRAB N GO HOT: Salmon Loin, Honey Mustard Sauce, Roasted Potatoes w/Peppers & Onions, Broccoli, Wheat Bread, Brownie</p> <p>COLD: Chicken Salad, Lettuce, Garden Shell Pasta Salad, Beet Salad, Multigrain Bread, Diet Chocolate Pudding w/Topping</p>	<ul style="list-style-type: none"> · 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>13 GRAB N GO HOT: Fish w/Mediterranean Sauce, Herbed Rice, Broccoli, Wheat Bread, Peaches</p> <p>COLD: Roast Beef, Provolone Cheese, Mayonnaise, Lettuce, Potato Salad, Tossed Garden Salad, Italian Dressing, Wheat Bread, Applesauce</p>	<p style="text-align: center;">\$2.50 Suggested donation per meal.</p> <p>Please make checks payable to Springwell</p> <p>Please add the site you receive your meals from on the memo line</p> <p>Send check to: Springwell, Inc. 307 Waverley Oaks Road Suite 205, Waltham MA 02452 Attention: Nutrition Department</p> <p style="text-align: center;"><u>Chilled Meal Re-Heating Instructions</u></p> <p>Conventional oven</p> <ul style="list-style-type: none"> o Eat or refrigerate immediately. o Reheat in oven at 350 degrees for 10-20 minutes. <p>Microwave oven</p> <ul style="list-style-type: none"> o Reheat in microwave on high for 2 to 3 minutes. o Peel back corner to vent. <p><u>Do not reheat in toaster oven.</u></p>
<p>20 GRAB N GO HOT: Ravioli w/Tomato Sauce *, Chicken Meatball, Brussels Sprouts, Snack n Loaf, Pears</p> <p>COLD: Turkey, Swiss Cheese, Mayonnaise, Lettuce, Wheat Bread, Sweet Potato Salad, Zucchini Salad, Lorna Doones</p>	<p style="text-align: center;">MENU IS SUBJECT TO CHANGE</p> <p style="text-align: center;"><u>YOU CAN OBTAIN A COPY OF YOUR</u> <u>MONTHLY MENU AT WWW.SPRINGWELL.COM</u></p>
<p>27 GRAB N GO HOT: Macaroni & Cheese, Broccoli Multigrain Bread, Yogurt</p> <p>COLD: Tuna Salad, Lettuce, Summer Potato Salad, Summer Squash Salad, Wheat Bread, Lorna Doones</p>	<p>INSTRUCTIONS: COLD meal option available for DINE IN only</p> <p>FOR DINE IN: Please circle HOT or COLD to reserve that meal</p> <p>FOR GRAB and GO: Please circle Grab N Go ONLY on the day you wish to reserve a meal.</p>
	<p style="text-align: center;">FOOD ALLERGIES</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>