

Springwell Nutrition : LUNCH MENU – MARCH 2024 – Waltham COA 488 Main St. Waltham, MA 02452

WEDNESDAY

6	GRAB N GO
HOT:	* Hot Dog, Baked Beans, Cole Slaw, Hot Dog Roll, Relish, Mustard, Peaches
COLD:	Turkey, Swiss Cheese, Potato Salad, Lite Mayonnaise, Lettuce, Wheat Bread, Spinach Mandarin Orange Salad, Diet Pudding w/Topping
13	GRAB N GO
HOT:	Chicken Marsala Over Buttered Noodles, Scandinavian Vegetables, Wheat Bread, Fresh Fruit
COLD:	Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Wheat Bread, Garden Shell Pasta Salad, Root Vegetable Salad, Lorna Doones
20	GRAB N GO
HOT:	Roast Turkey w/Gravy, Mashed Potatoes, Carrots, Wheat Bread, Pears
COLD:	Tuna Salad, Lettuce, Wheat Bread, Italian Pasta Salad, Summer Squash Salad Diet Chocolate Pudding w/Topping
27	GRAB N GO
HOT:	Pot Roast Burgundy, Mashed Potatoes, Zucchini, Dinner Roll, Cupcake
COLD:	California Chicken Salad, Lettuce, Balsamic Pasta Salad, Cole Slaw, Wheat Bread, Lorna Doones

- 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.**

**\$2.50 Suggested donation per meal.**  
**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

Chilled Meal Re-Heating Instructions  
 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.

**MENU IS SUBJECT TO CHANGE**

YOU CAN OBTAIN A COPY OF YOUR  
MONTHLY MENU AT WWW.SPRINGWELL.COM

**INSTRUCTIONS: COLD meal option available for DINE IN only**  
**FOR DINE IN: Please circle HOT or COLD to reserve that meal**  
**FOR GRAB and GO: Please circle Grab N Go ONLY on the day  
you wish to reserve a meal.**

**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.