

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

**Springwell Nutrition : LUNCH MENU – MARCH 2024 – Brook School Apartments 44 School St. Weston MA 02493**

MONDAY		
4	<b>GRAB N GO</b>	<input type="checkbox"/>
<b>HOT:</b>	Sloppy Joe, Red Bliss Potatoes, Broccoli & Cauliflower, Hamburger Roll, Chocolate Pudding w/Topping	<ul style="list-style-type: none"> <li>Please call your lunch reservations by 11 a.m. <u>two business days before.</u></li> <li>If you would like to cancel your meal reservation, please call by 11 a.m. two business days before.</li> <li><b>*Indicates high sodium.</b></li> </ul>
<b>COLD:</b>	Egg Salad, Root Vegetable Salad, Macaroni Salad, Wheat Bread, Pears	
		<p align="center"><b>\$2.50 Suggested donation per meal.</b></p> <p><b>Please make checks payable to Springwell</b></p>
11	<b>GRAB N GO</b>	<input type="checkbox"/>
<b>HOT:</b>	American Chop Suey, Tuscany Blend Vegetables, Wheat Dinner Roll, Applesauce	<p><b>Please add the site you receive your meals from on the memo line</b></p> <p><b>Springwell, Inc.</b>  <b>307 Waverley Oaks Road Suite 205, Waltham MA 02452</b>  <b>Attention: Nutrition Department</b></p>
<b>COLD:</b>	Chicken Salad, Lettuce, Summer Squash Salad, Italian Pasta Salad, Wheat Bread, Diet Vanilla Pudding w/Topping	
		<p align="center"><u>Chilled Meal Re-Heating Instructions</u></p> <p>Conventional oven</p> <ul style="list-style-type: none"> <li>o Eat or refrigerate immediately.</li> <li>o Reheat in oven at 350 degrees for 10-20 minutes.</li> </ul> <p>Microwave oven</p> <ul style="list-style-type: none"> <li>o Reheat in microwave on high for 2 to 3 minutes.</li> <li>o Peel back corner to vent.</li> </ul> <p><u>Do not reheat in toaster oven.</u></p>
18	<b>GRAB N GO</b>	<input type="checkbox"/>
<b>HOT:</b>	Chicken Scallopini Over Buttered Noodles, Zucchini & Cauliflower, Wheat Bread, Tapioca Pudding w/Topping	<p align="center"><b>MENU IS SUBJECT TO CHANGE</b></p> <p align="center"><u>YOU CAN OBTAIN A COPY OF YOUR</u>  <u>MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></u></p>
<b>COLD:</b>	Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Cole Slaw, Orzo Vegetable Salad, Wheat Bread, Applesauce	
25	<b>GRAB N GO</b>	<input type="checkbox"/>
<b>HOT:</b>	Chicken w/Sauté Vegetables. Jasmine Coconut Rice, Whole Wheat Roll, Chocolate Pudding w/Topping	<p><b>INSTRUCTIONS: COLD meal option available for DINE IN only</b></p> <p><b>FOR DINE IN: Please circle HOT or COLD to reserve that meal option</b></p> <p><b>FOR GRAB and GO: Please fill the box with a G on the day you wish to reserve a meal.</b></p>
<b>COLD:</b>	Turkey, Swiss Cheese, Lite Mayonnaise, Root Vegetable Salad, Macaroni Salad, Wheat Bread, Peaches	
		<p 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>