

Springwell Nutrition : LUNCH MENU – DECEMBER 2023 – Brook School Apartments 44 School St. Weston MA 02493

MONDAY	
<p>4 HOT: GRAB N GO Chicken Stir Fry, Jasmine Coconut Rice, Snack n Loaf, Mixed Fruit</p> <p>COLD: Turkey, Swiss Cheese, Mavonnaise, Wheat Bread, Potato Salad, Zucchini Salad, Pineapple</p>	<p>Please call your lunch reservations by 11 a.m. <u>two business days before.</u> If you would like to cancel your meal reservation, please call by 11 a.m. two business days before. *Indicates high sodium.</p>
<p>11 HOT: GRAB N GO Chicken Vegetable Soup, Lasagna, Tomato Sauce, Chicken Meatball, Zucchini and Cauliflower, Whole Wheat Dinner Roll, Tropical Fruit</p> <p>COLD: Chicken Salad, Wheat Bread, Balsamic Vinaigrette Pasta Salad, Spinach Mandarin Orange Salad, Diet Vanilla Pudding w/Topping</p>	<p style="text-align: center;">\$2.50 Suggested donation per meal. Please make checks payable to Springwell</p> <p>Please add the site you receive your meals from on the memo line 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 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. <u>Do not reheat in toaster oven.</u></p>
<p>18 HOT: GRAB N GO Lentil Stew, Green Beans, Wheat Roll, Oatmeal Raisin Cookie</p> <p>COLD: Egg Salad, Potato Salad, Barley Raisin Salad, Wheat Bread, Diet Tapioca Pudding w/Topping</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>25 CHRISTMAS DAY HOLIDAY NO MEAL SERVICE</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 fill the box with a G on the day you wish to reserve a meal.</p>