

LAST NAME _____ FIRST _____ Phone _____ Date _____

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

MONDAY		
1	GRAB N GO	<input type="checkbox"/>
HOT:	Italian Garden Vegetable Soup, Broccoli & Mushroom Frittata, Sweet Potato Wedges, Green Beans & Red Peppers Blueberry Snack n Loaf, Yogurt	<ul style="list-style-type: none"> 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.
COLD:	Chicken Salad, Broccoli Slaw, Sweet Potato Salad, Multigrain Bread, Pears	<p>\$2.50 Suggested donation per meal.</p> <p>Please make checks payable to Springwell</p>
8	GRAB N GO	<input type="checkbox"/>
HOT:	Chicken w/Teriyaki Sauce, White Rice, Asian Blend Vegetables, Multigrain Bread, Mixed Fruit	<p>Please add the site you receive your meals from on the memo line</p> <p>Springwell, Inc. 307 Waverley Oaks Road Suite 205, Waltham MA 02452 Attention: Nutrition Department</p>
COLD:	Egg Salad, Wheat Bread, Potato Salad, Zucchini Salad, Pineapple	<p><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>
15	PATRIOTS' DAY HOLIDAY	<input type="checkbox"/>
	NO MEAL DELIVERY	
22	GRAB N GO	<input type="checkbox"/>
HOT:	Lasagna, Tomato Sauce, Chicken Meatball, Brussels Sprouts, Multigrain Bread, Pears	<p>MENU IS SUBJECT TO CHANGE</p> <p><u>YOU CAN OBTAIN A COPY OF YOUR</u> <u>MONTHLY MENU AT WWW.SPRINGWELL.COM</u></p>
COLD:	Egg Salad, Greek Pasta Salad, Cauliflower Carrot Salad, Multigrain Bread, Mixed Fruit	<p>INSTRUCTIONS: COLD meal option available for DINE IN only</p> <p>FOR DINE IN: Please circle HOT or COLD to reserve that meal option</p> <p>FOR GRAB and GO: Please fill the box with a G on the day you wish to reserve a meal.</p>
29	GRAB N GO	<input type="checkbox"/>
HOT:	Macaroni & Cheese, Stewed Tomatoes, Multigrain Bread, Fresh Orange	<p>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>
COLD:	California Chicken Salad, Summer Squash Salad, Wheat Bread, Balsamic Vinaigrette Pasta Salad,	