

# Springwell Nutrition Department

## Woodland Towers – MARCH 2024 Weekend Lunch Menu

Due to COVID-19 Breakfast weekend meals will continue as take-out only

SATURDAY	SUNDAY	HOLIDAY
<b>MARCH 2ND</b> Honey Grilled Chicken Macaroni & Cheese Broccoli Rye Bread Pineapple Tidbits	<b>MARCH 3RD</b> Meatloaf w/Brown Gravy O'Brien Potatoes Zucchini and Tomatoes Wheat Bread Butterscotch Pudding/Topping	
<b>MARCH 9TH</b> Beef Stew Boiled Potatoes Green Beans Multigrain Bread Fruit Cocktail	<b>MARCH 10TH</b> Ham w/Raisin Sauce Mashed Yams Spinach Wheat Roll Oatmeal Raisin Cookie	Weekend Lunch reservations must be made by 11 a.m. Tuesdays before the weekend of service. To register and/or reserve a meal, call 617-923-2769 or speak with site staff.
<b>MARCH 16TH</b> Turkey w/Brown Gravy Whipped Potatoes Broccoli/Cauliflower White Bread Tropical Fruit	<b>MARCH 17TH</b> Oven Fried Chicken w/Brown Gravy Sweet Potato Casserole Green Beans Rye Bread Gingerbread w/Whipped Topping	
<b>MARCH 23RD</b> Hamburger Steak w/Brown Gravy Lyonnais Potatoes Mixed Vegetables Rye Bread Mandarin Oranges	<b>MARCH 24TH</b> BBQ Chicken Fluffy Whipped Potatoes Peas and Carrots Rye Bread Fresh Orange	<b>\$2.50 SUGGESTED DONATION</b> Please pick up your weekend lunch meals every Friday by 11 a.m.
<b>MARCH 30TH</b> Ziti w/Meatballs Broccoli Italian Bread Chocolate Cake	<b>MARCH 31ST</b> Breaded Fish Sandwich on a Hamburger Roll/Tartar Sauce Crispy Potatoes Carrots Seasonal Fruit	<u>Chilled Meal Re-Heating Instructions</u> <b>Conventional oven</b> <ul style="list-style-type: none"> <li>○ Eat or refrigerate immediately.</li> <li>○ Reheat in oven at 350 degrees for 10-20 minutes.</li> </ul> <b>Microwave oven</b> <ul style="list-style-type: none"> <li>○ Reheat in microwave on high for 2 to 3 minutes</li> <li>○ Peel back corner to vent</li> </ul> <p style="text-align: center;">Do not reheat in toaster oven.</p>