

Springwell Nutrition Department

Woodland Towers – NOVEMBER 2021 Weekend Lunch Menu

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

HOLIDAY	SATURDAY	SUNDAY
\$2.00 SUGGESTED DONATION Please pick up your weekend lunch meals every Friday by 11 a.m.	NOVEMBER 6TH Ziti w/Meatballs Broccoli Italian Bread Chocolate Cake	NOVEMBER 7TH Breaded Fish Sandwich on a Hamburger Roll Tartar sauce Crispy Potatoes Carrots Seasonal Fruit
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.	NOVEMBER 13TH Salisbury Steak w/Brown Gravy Whipped Potatoes Spinach Wheat Roll Frosted Cake	NOVEMBER 14TH Lasagna Casserole Wax Beans Cauliflower/Peppers Multigrain Bread Snicker Doodle Cinnamon Cookie
	NOVEMBER 20TH Spaghetti w/Meatball Cauliflower/Peppers Multigrain Bread Snicker Doodle Cinnamon Cookie	NOVEMBER 21ST Turkey w/Brown Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Roll Chilled Diced Peaches
<u>Chilled Meal Re-Heating Instructions</u> Conventional oven <ul style="list-style-type: none"> ○ Eat or refrigerate immediately. ○ Reheat in oven at 350 degrees for 10-20 minutes. Microwave oven <ul style="list-style-type: none"> ○ Reheat in microwave on high for 2 to 3 minutes ○ Peel back corner to vent <p style="text-align: center;">Do not reheat in toaster oven.</p>	NOVEMBER 27TH American Chop Suey Beets Italian Bread Brownie	NOVEMBER 28TH Honey Grilled Chicken Macaroni & Cheese Broccoli Rye Bread Pineapple Tidbits