

LAST NAME _____ FIRST _____ Phone _____ Date _____

Springwell Nutrition : LUNCH MENU – MARCH 2024 – Woodland Towers 55 Waverley Ave, Watertown MA 617-923-2769				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Lentil Spinach Soup w/ Crackers (139), Salmon Loin (67) Honey Mustard Sauce (187) Roasted Potatoes w/ Peppers & Onions (10). Mixed Vegetables Wheat Roll (180), Fresh Orange Calories 743/Sodium 850mg
4 Sloppy Joe Red Bliss Potatoes (8) Broccoli & Cauliflower Low Sodium Hamburger Roll Chocolate Pudding w/ Topping (195) Calories 730/Sodium 752mg	5 Cod w/ Scarpariello Sauce (282) Quinoa Pilaf (56) Green Beans (3), Low Sodium Multigrain Bread (135) Chocolate Chip Cookie (60) Calories 707/Sodium 691mg	6 *Hot Dog (550) Coleslaw (45) Baked Beans (140) Hot Dog Roll (165) Mustard, Relish Peaches (8) Calories 827/Sodium 1033mg	7 Italian Garden Vegetable Soup w/ Crackers(200), Chicken Souvlaki(456), Buttered Seasoned Orzo(38), Butternut Squash (32) Low Sodium Oatmeal Bread (140) Fresh Fruit Calories 1011/Sodium 1019mg	8 Broccoli Egg Bake (475) Italian Roasted Red Bliss Potatoes (8) Stewed Tomatoes (251) Wheat Dinner Roll (180) Ginger Snaps (105) Calories 748/Sodium 1171mg
11 American Chop Suey (450) Tuscany Blend Vegetables (47) Dinner Roll (180) Applesauce (14) Calories 932/Sodium 845mg	12 Cream of Tomato Soup (243) w/ Crackers Spinach Red Pepper Frittata(175) Potato Wedges (27) Brussels Sprouts (17) Low Sodium Wheat Bread (65) Vanilla Pudding w/ Topping (174) Calories 920/Sodium 1036mg	13 Chicken Marsala (397) Over Buttered Noodles (40) Scandinavian Vegetables(41) Low Sodium Wheat Bread (65) Fresh Fruit Calories 791/Sodium 723mg	14 ST. PATRICK'S DAY SPECIAL *Corned Beef Stew (886) Boiled Parsley Potatoes(8) Low Sodium Wheat Bread (65) Pineapple Whip(87) Calories 674/Sodium 1226mg	15 Salmon w/ Sweet & Sour Sauce (166) Lo Mein Noodles (58) Asian Blend Vegetables(9) Low Sodium Wheat Bread (65) Mandarin Oranges (7) Calories 669/Sodium 484mg
18 Chicken Scallopini Over Buttered Noodles (329) Zucchini & Cauliflower (6) Low Sodium Wheat Bread (65) Tapioca Pudding w/ Topping (183) Calories 732/Sodium 762mg	19 Vegetable Soup w/ Chicken (81) Unstuffed Pepper Casserole (224) Italian Blend Vegetables (19mg) Wheat Dinner Roll (180) Orange Calories 862/Sodium 884mg	20 Roast Turkey w/ Gravy (370) Mashed Potatoes (68) Carrots (59) Low Sodium Wheat Bread (65) Pears (5) Calories 634/Sodium 1011mg	21 Fish w/ Newburg Sauce (404) Herbed Rice (95) Brussel Sprouts (17) Low Sodium Multigrain Bread(135) Brownie (297) Calories 775/Sodium 1105mg	22 *Macaroni & Cheese (548) Stewed Tomatoes (251) Low Sodium Multigrain Bread (135) Peaches (8) Calories 845/Sodium 1097mg
25 Chicken w/ Sauté Vegetables(347) Jasmine Coconut Rice (9) Whole Wheat Roll (180) Chocolate Pudding w/ Topping (195) Calories 825/Sodium 885mg	26 *Black Bean & Barley Chili (614) Broccoli & Carrots (45) Low Sodium Wheat Bread (65) Pears (5) Calories 778/Sodium 1150mg	27 Pot Roast Beef Burgundy (170) Mashed Potatoes (68) Zucchini (5) Dinner Roll (180) Cupcake (170) Calories 884/Sodium 747mg	28 Stuffed Shells w/ Tomato Sauce* (626) Chicken Meatball (70) Cauliflower Florets(17) Low Sodium Wheat Bread (65) Fresh Fruit Calories 634/Sodium 965mg	29 Minestrone Soup w/ Crackers (295), Potato Pollock, Lemon Wedge Sweet Potatoes, Green Beans(3) Low Sodium Multigrain Bread (135), Mixed Fruit Calories 785/Sodium 949mg
• Please call your lunch reservations by 11 a.m. two business days before. • If you would like to cancel your meal reservation, please call by 11 a.m. two business days before. • \$2.50 Suggested donation per meal. Please make checks payable to Springwell Please add the site you receive your meals from on the memo line Send check to: Springwell, Inc. 307 Waverley Oaks Road Suite 205, Waltham MA 02452 Attention: Nutrition Department • *Indicates high sodium.		Chilled Meal Re-Heating Instructions 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, Do not reheat in toaster oven.		
FOOD ALLERGIES 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.		Frozen Meal Re-Heating Instructions Conventional oven o Peel back the plastic lid to vent or slit film in section o Heat frozen meal in conventional oven, place meal on cookie sheet and set oven at 350 degrees F. for 30 minutes maximum. Microwave oven o Heat frozen meal in microwave o 3-5 minutes maximum on high		
YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM			MENU IS SUBJECT TO CHANGE	