

LAST NAME _____ FIRST _____ Phone _____ Date _____

Springwell Nutrition : LUNCH MENU – APRIL 2024 – Woodland Towers 55 Waverley Ave, Watertown MA 617-923-2769				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Italian Garden Vegetable Soup (200), Broccoli & Mushroom Frittata(181), Sweet Potato Wedges (200), Green Beans & Red Peppers(4), Blueberry Snack n Loaf (160), Yogurt (75) Calories 970/Sodium 980mg	2 Chicken Cacciatore (297) Over Seasoned Orzo (38) Brussels Sprouts (17) Low Sodium Oatmeal Bread (140) Fresh Fruit Calories 748/Sodium 995mg	3 Mini Ravioli Spinach Alfredo Sauce (404) Chicken Meatball (70) Tuscan Blend Vegetables (47) Low Sodium Wheat Bread (65) Chocolate Chip Cookie (60) Calories 544/Sodium 826mg	4 Cod w/ Dijon Wine Sauce (410) Quinoa Pilaf (56) Riviera Blend (7) Low Sodium Multigrain Bread (135), Mixed Fruit (3) Calories 709/Sodium 776mg	5 Beef Chili (400) Spinach (146) Wheat Roll (180) Raisins(4) Calories 554/Sodium 884mg
8 Chicken w/ Teriyaki Sauce (382) White Rice (5) Asian Blend Vegetables(9) Multigrain Bread (150) Mixed Fruit(3) Calories 773/Sodium 998mg	9 OPENING DAY FENWAY *Hot Dog (550) Root Vegetables (34) Baked Beans (140) Low Sodium Hot Dog Roll (165) Mustard, Relish Brownie (297) High Sodium Day Calories 745/Sodium 1228	10 Broccoli & Cheese Soup (220) w/ Crackers Pot Roast Stroganoff (177) Over Buttered Egg Noodles (40) Jardinière Blend Vegetables (32) Low Sodium Wheat Bread (65) Peaches (8) Calories 919/Sodium 778mg	11 Mixed Bean & Vegetable Stew(486) Broccoli & Cauliflower(14) Low Sodium Wheat Bread (65) Tapioca Pudding w/ Topping (183) Calories 776/Sodium 928mg	12 Pollock w/ Mediterranean Sauce (418), Italian Roasted Red Bliss Potatoes (8) Ratatouille (116) Low Sodium Wheat Bread (65) Orange Calories 529/Sodium 743mg
15 PATRIOTS' DAY HOLIDAY NO MEAL DELIVERY	16 Chicken & Rice Bake (369) Italian Green Beans (3) Wheat Dinner Roll (180) Brownie (297) Calories 803/Sodium 1004mg	17 Salmon (67) w/ Honey Mustard Sauce (187) Lo Mein Noodles (58) Stir Fry Vegetables Low Sodium Wheat Bread (65) Fresh Fruit Calories 731/Sodium 558mg	18 Cream of Butternut Squash Soup w/ Crackers (157) Shepherd's Pie (197) Spinach (146) Low Sodium Multigrain Bread (135), Chocolate Pudding w/ Topping (195) Calories 1057/Sodium 984mg	19 Lentil Stew (486) Mixed Vegetables (56) Tossed Garden Salad w/ Lite Italian Dressing (168) Low Sodium Wheat Bread (65) Peaches (8) Calories 747/Sodium 963mg
22 Lasagna w/ Tomato Sauce (557) Chicken Meatball (70) Brussels Sprouts (17) Low Sodium Multigrain Bread (135), Pears (5) Calories 705/Sodium 1055mg	23 Mushroom Barley Soup (146) Potato Crunch Fish (337) Lemon Wedge Italian Roasted Red Bliss Potatoes(8) Broccoli & Cauliflower (14) Low Sodium Wheat Bread (65) Fig Bar (99) Calories 948/Sodium 952mg	24 SPRING SPECIAL Broccoli & Cheese Stuffed Chicken (410), Sour Cream & Chive Mashed Potatoes (53) Summer/Spring Blend Vegetables (67), Snowflake Dinner Roll (180), Carrot Cake w/ Cream Cheese Icing (249) Calories 1057/Sodium 1114mg	25 Beef Pot Roast w/ Gravy (120) Italian Roasted White Potatoes(6) Roman Blend Vegetables (33) Low Sodium Multigrain Bread (135), Peaches (8) Calories 677/Sodium 546mg	26 *Roast Turkey w/ Gravy (617) Bread Stuffing (330) Green Beans (3) Low Sodium Wheat Bread (65) Fresh Fruit Calories 586/Sodium 1196mg
29 Macaroni & Cheese (199) Stewed Tomatoes (251) Low Sodium Multigrain Bread (135), Fresh Orange Calories 859/Sodium 1089mg	30 Chicken Scallopini Over Buttered Noodles (329) Spinach (146) Dinner Roll (180) Tropical Fruit Calories 676/Sodium 809mg	Please note that the number following the menu item is the amount of sodium in milligrams. The total amount of sodium listed at the bottom also includes margarine (30mg) and milk (125mg). * an asterisk next to an item means it contains more than 500mg of sodium		MENU IS SUBJECT TO CHANGE YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM
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.		<div> <div> Chilled Meal Re-Heating Instructions Conventional oven <ul style="list-style-type: none"> o Eat or refrigerate immediately. o Reheat in oven at 350 degrees for 10-20 minutes. Microwave oven <ul style="list-style-type: none"> o Reheat in microwave on high for 2 to 3 minutes o Peel back corner to vent, Do not reheat in toaster oven. </div> <div> Frozen Meal Re-Heating Instructions Conventional oven <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> o Heat frozen meal in microwave o 3-5 minutes maximum on high </div> </div>		
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.		YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM		MENU IS SUBJECT TO CHANGE