

LAST NAME \_\_\_\_\_ FIRST \_\_\_\_\_ Phone \_\_\_\_\_ Date \_\_\_\_\_

**Springwell Nutrition : LUNCH MENU – DECEMBER 2023 – Woodland Towers 55 Waverley Ave, Watertown MA 617-923-2769**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 *Hot Dog (550) Coleslaw (45) Baked Beans (140) Low Sodium Hot Dog Roll (165) Ketchup, Mustard, Relish Peaches (8)  Calories 827/Sodium 1033mg
4 Chicken Stir Fry (453) Jasmine Coconut Rice (9) Snack n Loaf Muffin (160) Mixed Fruit (3)  Calories 776/Sodium 786mg	5 Stuffed Shells w/ Tomato Sauce (626)* Chicken Meatball (70) Tuscany Blend Vegetables (47) Multigrain Bread (150) Vanilla Pudding w/ Topping (174) Calories 705/Sodium 1157mg	6 Salmon Loin (67) Honey Mustard Sauce (187) Roasted Potatoes w/Peppers & Onions (10), Broccoli (12) Low Sodium Wheat Bread (65) Brownie (297) Calories 808/Sodium 818mg	7 Bean & Vegetable Stew (600) Green Beans (3) Low Sodium Wheat Bread (65) Fresh Orange Calories 719/Sodium 886mg	8 Vegetable Soup w/ Crackers(264) Pot Roast Burgundy Sour Cream & Chive Mashed Potatoes (53) Jardinière Blend Vegetables (32) Low Sodium Wheat Bread (65) Tropical Fruit Calories 858/Sodium 763mg
11 Chicken Vegetable Soup w/ Crackers Lasagna w/ Tomato Sauce (557) Chicken Meatball (70) Zucchini & Cauliflower (6) Whole Wheat Dinner Roll (180) Tropical Fruit (5) Calories 731/Sodium 1164mg	12 Shepherd’s Pie (197) Spinach (146) Multigrain Bread (150) Fig Bar (99) Calories 782/Sodium 796mg	13 Fish w/ Mediterranean Sauce (418), Herbed Rice (95) Broccoli (12) Low Sodium Wheat Bread (65) Peaches (8) Calories 534/Sodium 781mg	14 HOLIDAY SPECIAL Chicken Stuffed w/ Broccoli & Cheese (410) Buttered Seasoned Orzo (38) California Vegetables Wheat Roll (180) Boston Cream Cup (309) Calories 864 /Sodium 1092mg	15 Roast Turkey w/ Gravy (370) Mashed Potatoes (68) Peas & Carrots(82) Low Sodium Wheat Bread (65) Pineapple (9) Calories 775/Sodium 961mg
18 Lentil Stew (486) Green Beans (3) Wheat Roll (180) Oatmeal Raisin Cookie (75) Calories 773/Sodium 904mg	19 Escarole Bean Soup w/ Crackers (201) Potato Crunch Fish (337) Lemon Wedge, Italian Roasted Red Bliss Potatoes (8), Broccoli & Cauliflower, Low Sodium Wheat Bread (65), Peaches(8) Calories 731/Sodium 743mg	20 Raviolis w/ Tomato Sauce (544)* Chicken Meatball (70) Brussel Sprouts (17) Snack n Loaf Muffin (160) Pears (5) Calories 675/Sodium 793mg	21 Unstuffed Pepper Casserole (224) Carrots (59) Wheat Roll (180) Fresh Orange Calories 706/Sodium 636mg	22 Chicken & Rice Bake (429) Butternut Squash (32) Wheat Roll (180) Vanilla Pudding w/ Topping(174) Calories 819/Sodium 970mg
25 CHRISTMAS DAY HOLIDAY  NO MEAL DELIVERY	26 Chicken w/ Sauté Vegetables(347) Spinach (146) Jasmine Coconut Rice (9) Wheat Roll (180) Pineapple (9) Calories 719/Sodium 844mg	27 Macaroni & Cheese (199) Broccoli (12) Low Sodium Multigrain Bread (135) Yogurt (75) Calories 797/Sodium 941mg	28 Chicken Meatballs (70) Rotini w/ Tomato Sauce Tuscany Blend Vegetables (47) Low Sodium Wheat Bread (65) Chocolate Chip Cookie (60) Calories 684/Sodium 801mg	29 Lentil Spinach Soup (139) Alaskan Breaded Fish (190) Herbed Rice (95) Ratatouille (116) Wheat Roll (180) Fresh Orange Calories 708/Sodium 934mg

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.

**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

**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.

**YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT**  
  
**WWW.SPRINGWELL.COM**

**MENU IS SUBJECT TO CHANGE**