

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MENU IS SUBJECT TO CHANGE</p> <p>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p>				<p>1 GG / DR HOT: Baked Ziti w/Tomato Sauce *, Chicken Meatball, Green Beans, Whole Wheat Bread, Peaches</p> <p>COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce Leaf, Wheat Bread, English Pea Salad, Tossed Garden Salad, Lite Italian Dressing, Fresh Fruit</p>
<p>4 LABOR DAY HOLIDAY NO MEAL DELIVERY</p>	<p>5 GG / DR HOT: Spinach & Red Pepper Frittata, O'Brien Potatoes, Zucchini, Wheat Bread, Fresh Orange</p> <p>COLD: Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Macaroni Salad, Riviera Salad, Multigrain Bread, Mixed Fruit</p>	<p>6 GG / DR HOT: Lentil Spinach Soup, American Chop Suey, Tuscany Blend Vegetables, Dinner Roll, Mandarin Oranges</p> <p>COLD: Egg Salad, Wheat Bread, Garden Shell Pasta Salad, Broccoli, Feta, Orzo Salad, Fresh Fruit</p>	<p>7 LABOR DAY SPECIAL GG / DR HOT: * Breaded Chicken, Macaroni & Cheese, Summer Blend Vegetables, Wheat Bread, Watermelon</p> <p>COLD: Tuna Salad, Lettuce, Cole Slaw, Potato Salad, Multigrain Bread, Lorna Doones</p>	<p>8 GG / DR HOT: Alaskan Breaded Pollack, Lemon Wedge, Tartar Sauce, Rice Pilaf, Green Beans & Red Peppers, Wheat Bread, Applesauce</p> <p>COLD: Chicken Salad, Lettuce, Summer Squash Salad, Italian Pasta Salad, Wheat Bread, Diet Chocolate Pudding w/Topping</p>
<p>11 GG / DR HOT: Spinach, White Bean Quinoa Stew *, Green Beans, Wheat Bread, Fresh Fruit</p> <p>COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Macaroni Salad, Riviera Salad, Multigrain Bread, Pears</p>	<p>12 GG / DR HOT: Macaroni & Cheese *, Broccoli, Multigrain Bread, Fig Bar</p> <p>COLD: Chicken Salad, Lettuce, Quinoa Tabbouleh Salad, Carrot Raisin Salad, Multigrain Bread, Fresh Fruit Orange</p>	<p>13 GG / DR HOT: Chicken Scallopini Over Buttered Noodles, Dinner Roll, Zucchini & Cauliflower, Tropical Fruit</p> <p>COLD: Egg Salad, Lettuce, Italian Pasta Salad, Summer Squash Salad, Wheat Bread, Diet Vanilla Pudding w/Topping</p>	<p>14 GG / DR HOT: Fish, Lemon Dill, Herbed Rice, Brussels Sprouts, Multigrain Bread, Chocolate Pudding w/Topping</p> <p>COLD: Roast Beef, Provolone Cheese, Lettuce, Lite Mayonnaise, Multigrain Bread, Orzo Vegetable Salad, Cole Slaw, Mixed Fruit</p>	<p>15 GG / DR HOT: Cream of Butternut Squash Soup, Meatloaf, Mushroom Gravy, Mashed Potatoes, Carrots, Wheat Bread, Peaches</p> <p>COLD: Tuna Salad Over Tossed Garden Salad, Lite Italian Dressing, Wheat Bread, Garden Shell Pasta Salad, Lorna Doones</p>
<p>18 GG / DR HOT: Minestrone Soup, Chicken Mediterranean, Italian Roasted Red Bliss Potatoes, California Blend Vegetables, Wheat Roll, Pears</p> <p>COLD: Egg Salad, Potato Salad, Carrot Raisin Salad, Wheat Bread, Fresh Fruit Orange</p>	<p>19 GG / DR HOT: * Meatball Stroganoff, Garlic Mashed Potatoes, Carrots, Multigrain Bread, Apple Raisin Compote</p> <p>COLD: * Vegetarian Chef Salad, Lite Italian Dressing, Italian Pasta Salad, Margarine, Dinner Roll, Tropical Fruit</p>	<p>20 GG / DR HOT: * Teriyaki Salmon w/Teriyaki Sauce, Lo Mein Noodles, Asian Blend Vegetables, Whole Wheat Roll, Fresh Fruit</p> <p>COLD: Roast Beef, Provolone Cheese, Lettuce, Lite Mayonnaise, Wheat Bread, Broccoli Slaw, Macaroni Salad, Diet Chocolate Pudding w/Topping</p>	<p>21 GG / DR HOT: Roast Turkey w/Gravy, Mashed Potatoes, Green Beans, Oatmeal Bread, Tapioca Pudding w/Topping</p> <p>COLD: California Chicken Salad, Orzo, Vegetable Salad, Lettuce, Carrot Pineapple Salad, Multigrain Bread, Mandarin Oranges</p>	<p>22 GG / DR HOT: * Black Bean & Barley Chili, Cauliflower Florets, Tossed Garden Salad, Lite Italian Dressing, Wheat Bread, Chocolate Chip Cookie</p> <p>COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Lettuce, Balsamic Pasta Salad, Cole Slaw, Wheat Bread, Lorna Doones</p>
<p>25 GG / DR HOT: Alaskan Breaded Fish, Lemon Wedge, Quinoa Pilaf, Zucchini & Cauliflower, Multigrain Bread, Yoqurt</p> <p>COLD: Egg Salad, Sweet Potato Salad, Broccoli, Feta, Orzo, Salad, Multigrain Bread, Applesauce</p>	<p>26 GG / DR HOT: Mushroom Barley Soup, Chicken Diane Over Seasoned Orzo, Brussels Sprouts, Oatmeal Bread, Fresh Fruit Pear</p> <p>COLD: Chef Salad w/Turkey, Lite Italian Dressing, Balsamic Pasta Salad, Multigrain Bread, Margarine, Tropical Fruit</p>	<p>27 GG / DR HOT: Broccoli Egg Bake, Home Fries, Stewed Tomatoes, Wheat Bread, Cupcake</p> <p>COLD: Tuna Salad, Lettuce, Potato Salad, Cole Slaw, Multigrain Bread, Fig Bar</p>	<p>28 GG / DR HOT: Beef Pot Roast w/Gravy, Garlic Mashed Potatoes, Butternut Squash, Wheat Roll, Applesauce</p> <p>COLD: Chicken Salad, Lettuce, Macaroni Salad, Wheat Bread, Squash, Zucchini, Red Onion Salad, Diet Vanilla Pudding w/Topping</p>	<p>29 GG / DR HOT: * Hot Dog, Cole Slaw, Baked Beans, Hot Dog Roll, Ketchup, Mustard, Relish, Peaches</p> <p>COLD: Roast Beef, Provolone Cheese, Lettuce, Mayonnaise, Beet Salad, English Pea Salad, Wheat Bread, Mandarin Oranges</p>
<p>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.</p>		<p>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.</p>	<p>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.</p>	<p>PLEASE CIRCLE "GG"/GRAB AND GO IF YOU INTEND TO INTEND TO PICK UP YOUR MEAL AND TAKE IT HOME WITH YOU. OTHERWISE, CIRCLE "DR"/DINING ROOM IF YOU WILL BE EATING YOUR MEAL IN THE DINING ROOM THAT DAY. COLD MEAL OPTION AVAILABLE FOR DINE IN DINE IN: Please circle HOT or COLD to reserve that meal option.</p>