

LAST NAME \_\_\_\_\_

FIRST \_\_\_\_\_

Phone \_\_\_\_\_ Date \_\_\_\_\_

NOVEMBER 2023

Springwell Nutrition: LUNCH MENU – Brookline Senior Center October 2023 93 Winchester Street 617-730-2747

NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 HOT: GG / DR * Black Bean &amp; Barley Chili, Brown Rice, Green Beans, Wheat Bread, Fresh Fruit</p> <p>COLD: Turkey, Swiss Cheese, Multigrain Bread, Mayonnaise, Lettuce, Potato Salad, Squash, Zucchini, Red Onion Salad, Diet Chocolate Pudding w/Topping</p>	<p>2 HOT: GG / DR Mushroom Barley Soup, Sweet &amp; Sour Chicken Meatballs, White Rice, Oriental Blend Vegetables, Oatmeal Bread, Applesauce</p> <p>COLD: Roast Beef, Provolone Cheese, Mayonnaise, Lettuce, Wheat Bread, Tossed Garden Salad w/Lite Italian Dressing, Broccoli, Feta, Orzo Salad, Fresh Fruit</p>	<p>3 HOT: GG / DR Beef Pot Roast w/Gravy, Mashed Potatoes, Peas &amp; Carrots, Wheat Dinner Roll, Tapioca Pudding w/Topping</p> <p>COLD: * Vegetarian Chef Salad, Lite Italian Dressing, Italian Pasta Salad, Wheat Dinner Roll, Margarine, Mandarin Oranges</p>
<p>6 HOT: GG / DR American Chop Suey, Tuscan Blend Vegetables, Dinner Roll, Mandarin Oranges</p> <p>COLD: * Ham, Swiss Cheese, Mustard, English Pea Salad, Beet Salad, Wheat Bread, Peaches</p>	<p>7 HOT: GG / DR Cream of Tomato Soup, Spinach &amp; Red Pepper Frittata, Potato Wedges, Spinach, Wheat Bread, Chocolate Pudding</p> <p>COLD: Turkey, Swiss Cheese, Lettuce, Mayonnaise, Macaroni Salad, Riviera Salad, Multigrain Bread, Mixed Fruit</p>	<p>8 HOT: GG / DR * Hot Dog, Cole Slaw, Baked Beans, Hot Dog Roll, Ketchup, Mustard, Relish, Fresh Fruit</p> <p>COLD: Egg Salad, Lettuce, Garden Shell Pasta Salad, Broccoli Slaw, Wheat Bread, Lorna Doones</p>	<p>9 HOT: GG / DR Chicken Cacciatore, Seasoned Orzo, Scandinavian Vegetables, Wheat Bread, Oatmeal Raisin Cookie</p> <p>COLD: Tuna Salad, Lettuce, Cole Slaw, Barley Raisin Salad, Multigrain Bread, Fresh Fruit</p>	<p>10 VETERANS' HOLIDAY NO MEAL SERVICE</p>
<p>13 HOT: GG / DR Macaroni &amp; Cheese, Broccoli, Multigrain Bread, Fresh Fruit</p> <p>COLD: Turkey, Swiss Cheese, Mayonnaise, Macaroni Salad, Riviera Salad, Multigrain Bread, Pears</p>	<p>14 HOT: GG / DR Cream of Butternut Squash, Cod Fish w/Bruschetta Sauce, Herbed Rice, Brussels Sprouts, Multigrain Bread, Vanilla Pudding w/Topping</p> <p>COLD: Roast Beef, Provolone Cheese, Lettuce, Mayonnaise, Quinoa Tabbouleh Salad, Carrot Raisin Salad, Multigrain Bread, Fresh Fruit Orange</p>	<p>15 HOT: GG / DR Chicken Scallopini Over Buttered Noodles, Zucchini &amp; Cauliflower, Wheat Bread, Tropical Fruit</p> <p>COLD: Tuna Salad, Lettuce, Italian Pasta Salad, Summer Squash Salad, Wheat Bread, Diet Vanilla Pudding w/Topping</p>	<p>16 Thanksgiving Special GG / DR HOT: * Turkey w/Gravy Over Stuffing, Mashed Potatoes, Jardinière Vegetables, Snowflake Dinner Roll, Pumpkin Pie w/Topping</p> <p>COLD: Chicken Salad, Lettuce, Orzo Vegetable Salad, Cole Slaw, Multigrain Bread, Mixed Fruit</p>	<p>17 HOT: GG / DR Meatloaf, Mushroom Gravy, Cheesy Potatoes, Riviera Blend, Wheat Bread, Peaches</p> <p>COLD: Egg Salad, Lettuce, Broccoli Slaw, Garden Shell Pasta Salad, Wheat Bread, Lorna Doones</p>
<p>20 HOT: GG / DR Mediterranean Chicken Over Buttered Orzo, California Blend Vegetables, Wheat Roll, Pears</p> <p>COLD: Egg Salad, Carrot Raisin Salad, Three Bean Salad, Wheat Bread, Fresh Fruit Orange</p>	<p>21 HOT: GG / DR Minestrone Soup, * Meatball Stroganoff, Sour Cream and Chive Mashed Potatoes, Carrots, Multigrain Bread, Apple Raisin Compote</p> <p>COLD: California Chicken Salad, Lettuce, Orzo Vegetable Salad, Carrot Pineapple Salad, Multigrain Bread, Mandarin Oranges</p>	<p>22 HOT: GG / DR Alaskan Breaded Pollock, Lemon Wedge, Rice Pilaf, Green Beans and Red Peppers, Wheat Roll, Fresh Fruit</p> <p>COLD: Roast Beef, Provolone Cheese, Lettuce, Mayonnaise, Wheat Bread, Broccoli Slaw, Macaroni Salad, Diet Vanilla Pudding w/Topping</p>	<p>23 THANKSGIVING HOLIDAY NO MEAL SERVICE</p>	<p>24 DAY AFTER THANKSGIVING HOLIDAY NO MEAL SERVICE</p>
<p>27 HOT: GG / DR Potato Crunch Breaded Fish, Lemon Wedge, Quinoa Pilaf, Zucchini and Cauliflower, Multigrain Bread, Yogurt</p> <p>COLD: Chicken Salad, Sweet Potato Salad, Broccoli Slaw, Multigrain Bread, Applesauce</p>	<p>28 HOT: GG / DR 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, Tropical Fruit</p>	<p>29 HOT: GG / DR Lasagna, Tomato Sauce, Chicken Meatball, Broccoli, Wheat Bread, Cupcake</p> <p>COLD: Egg Salad, Lettuce, Beet Salad, English Pea Salad, Wheat Bread, Mandarin Oranges</p>	<p>30 HOT: GG / DR Mushroom Barley Soup, Beef Pot Roast w/Gravy, Garlic Mashed Potatoes, Butternut Squash, Wheat Roll, Applesauce</p> <p>COLD: Roast Beef, Provolone Cheese, Lettuce, Mayonnaise, Wheat Bread, Macaroni Salad, Squash, Zucchini, Red Onion Salad, Diet Vanilla Pudding w/Topping</p>	<p>MENU IS SUBJECT TO CHANGE</p> <p>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></p>
<p>Please call your lunch reservations by 11 a.m. two 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><b>Chilled Meal Re-Heating Instructions</b></p> <p><b>Conventional oven</b></p> <ul style="list-style-type: none"> <li>o Eat or refrigerate immediately.</li> <li>o Reheat in oven at 350 degrees for 10-20 minutes.</li> </ul> <p><b>Microwave oven</b></p> <ul style="list-style-type: none"> <li>o Reheat in microwave on high for 2 to 3 minutes</li> <li>o Peel back corner to vent,</li> </ul> <p>Do not reheat in toaster oven.</p>	<p><b>FOOD ALLERGIES</b></p> <p>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.</p> <p>OTHERWISE, CIRCLE "DR"/DINING ROOM IF YOU WILL BE EATING YOUR MEAL IN THE DINING ROOM THAT DAY.</p> <p>COLD MEAL OPTION AVAILABLE FOR DINE IN DINE IN: Please circle HOT or COLD to reserve that meal option.</p>