

LAST NAME _____		FIRST _____	Phone _____	Date _____	DECEMBER 2023
Springwell Nutrition: LUNCH MENU – Brookline Senior Center October 2023		93 Winchester Street 617-730-2747		DECEMBER 2023	
MONDAY		TUESDAY		WEDNESDAY	
<p><b>MENU IS SUBJECT TO CHANGE</b></p> <p><b>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></b></p>				THURSDAY	
				FRIDAY	
				<p>1 <b>GG / DR</b></p> <p><b>HOT:</b> * Hot Dog, Cole Slaw, Baked Beans, Hot Dog Roll, Ketchup, Mustard, Relish Peaches</p> <p><b>COLD:</b> Tuna Salad, Lettuce, Broccoli, Feta, Orzo Salad, Cole Slaw, Multigrain Bread, Fig Bar</p>	
<p>4 <b>GG / DR</b></p> <p><b>HOT:</b> Chicken Stir Fry, Jasmine Coconut Rice, Snack n Loaf, Mixed Fruit</p> <p><b>COLD:</b> Turkey, Swiss Cheese, Mayonnaise, Wheat Bread, Potato Salad, Zucchini Salad, Pineapple</p>		<p>5 <b>GG / DR</b></p> <p><b>HOT:</b> Stuffed Shells w/Tomato Sauce *, Tuscan Blend Vegetables, Multigrain Bread, Vanilla Pudding w/Topping</p> <p><b>COLD:</b> Roast Beef, Swiss Cheese, Mayonnaise, Lettuce, Cole Slaw, Barley Raisin Salad, Multigrain Bread, Mixed Fruit</p>		<p>6 <b>GG / DR</b></p> <p><b>HOT:</b> Salmon Loin, Honey Mustard Sauce, Roasted Potatoes w/Peppers &amp; Onions, Broccoli, Wheat Bread, Brownie</p> <p><b>COLD:</b> Chicken Salad, Lettuce, Garden Shell Pasta Salad, Beet Salad, Multigrain Bread, Diet Chocolate Pudding w/Topping</p>	
				<p>7 <b>GG / DR</b></p> <p><b>HOT:</b> Mixed Bean and Vegetable Stew, Green Beans, Wheat Bread, Fresh Orange</p> <p><b>COLD:</b> Tuna Salad, Lettuce, Quinoa Tabbouleh Salad, Broccoli Slaw, Wheat Bread, Lorna Doones</p>	
				<p>8 <b>GG / DR</b></p> <p><b>HOT:</b> Vegetable Soup, Pot Roast Burgundy, Sour Cream &amp; Chive Mashed Potatoes, Jardinière Blend Vegetables, Wheat Bread, Tropical Fruit</p> <p><b>COLD:</b> * Vegetarian Chef Salad, Italian Dressing, Sweet Potato Salad, Snack Loaf Muffin, Orange</p>	
<p>11 <b>GG / DR</b></p> <p><b>HOT:</b> Chicken Vegetable Soup, Lasagna, Tomato Sauce, Chicken Meatball, Zucchini and Cauliflower, Whole Wheat Dinner Roll, Tropical Fruit</p> <p><b>COLD:</b> Chicken Salad, Wheat Bread, Balsamic Vinaigrette Pasta Salad, Spinach Mandarin Orange Salad, Diet Vanilla Pudding w/Topping</p>		<p>12 <b>GG / DR</b></p> <p><b>HOT:</b> Shepherd's Pie, Spinach, Multigrain Bread, Fig Bar</p> <p><b>COLD:</b> Turkey, Swiss Cheese, Lettuce, Mayonnaise, Multigrain Bread, Macaroni Salad, Broccoli Slaw, Mixed Fruit</p>		<p>13 <b>GG / DR</b></p> <p><b>HOT:</b> Fish w/Mediterranean Sauce, Herbed Rice, Broccoli, Wheat Bread, Peaches</p> <p><b>COLD:</b> Roast Beef, Provolone Cheese, Mayonnaise, Lettuce, Potato Salad, Tossed Garden Salad, Italian Dressing, Wheat Bread, Applesauce</p>	
				<p>14 <b>GG / DR</b></p> <p><b>HOT:</b> Chicken Stuffed w/Broccoli &amp; Cheese, Buttered Seasoned Orzo w/Parmesan, California Vegetables, Wheat Dinner Roll, Boston Cream Cup</p> <p><b>COLD:</b> Egg Salad Over Tossed Garden Salad, Italian Dressing, Garden Shell Pasta Salad, Snack Loaf Muffin, Pears</p>	
				<p>15 <b>GG / DR</b></p> <p><b>HOT:</b> Roast Turkey w/Gravy, Mashed Potatoes, Peas &amp; Carrots, Wheat Bread, Pineapple</p> <p><b>COLD:</b> Tuna Salad, Lettuce, Summer Potato Salad, Multigrain Bread, Squash, Zucchini, Red Onion Salad, Lorna Doones</p>	
<p>18 <b>GG / DR</b></p> <p><b>HOT:</b> Lentil Stew, Green Beans, Wheat Roll, Oatmeal Raisin Cookie</p> <p><b>COLD:</b> Egg Salad, Potato Salad, Barley Raisin Salad, Wheat Bread, Diet Tapioca Pudding w/Topping</p>		<p>19 <b>GG / DR</b></p> <p><b>HOT:</b> Escarole Bean Soup, Potato Crunch Fish, Lemon Wedge, Italian Roasted Red Bliss Potatoes, Broccoli &amp; Cauliflower, Wheat Bread, Peaches</p> <p><b>COLD:</b> Chicken Salad, Lettuce, Balsamic Vinaigrette Pasta Salad, Carrot Raisin Salad, Multigrain Bread, Fresh Fruit</p>		<p>20 <b>GG / DR</b></p> <p><b>HOT:</b> Ravioli w/Tomato Sauce *, Chicken Meatball, Brussels Sprouts, Snack n Loaf, Pears</p> <p><b>COLD:</b> Turkey, Swiss Cheese, Mayonnaise, Lettuce, Wheat Bread, Sweet Potato Salad, Zucchini Salad, Lorna Doones</p>	
				<p>21 <b>GG / DR</b></p> <p><b>HOT:</b> Unstuffed Pepper Casserole, Carrots, Whole Wheat Dinner Roll, Fresh Orange</p> <p><b>COLD:</b> Tuna Salad, Lettuce, Orzo Vegetable Salad, Cole Slaw, Multigrain Bread, Mixed Fruit</p>	
<p>25</p> <p><b>CHRISTMAS DAY HOLIDAY</b></p> <p><b>NO MEAL SERVICE</b></p>		<p>26 <b>GG / DR</b></p> <p><b>HOT:</b> Chicken w/Sauté Vegetables, Spinach, Jasmine Coconut Rice, Dinner Roll, Pineapple</p> <p><b>COLD:</b> Egg Salad, English Pea Salad, Cauliflower Carrot Salad, Multigrain Bread, Diet Chocolate Pudding w/Topping</p>		<p>27 <b>GG / DR</b></p> <p><b>HOT:</b> Macaroni &amp; Cheese, Broccoli Multigrain Bread, Yoqurt</p> <p><b>COLD:</b> Tuna Salad, Lettuce, Summer Potato Salad, Summer Squash Salad, Wheat Bread, Lorna Doones</p>	
<p>• Please call your lunch reservations by 11 a.m. two business days before.</p> <p>• If you would like to cancel your meal reservation, please call by 11 a.m. two business days before.</p> <p>• \$2.50 Suggested donation per meal.</p> <p><b>Please make checks payable to Springwell</b></p> <p>Please add the site you receive your meals from on the memo line</p> <p>Send check to:</p> <p>Springwell, Inc.</p> <p>307 Waverley Oaks Road Suite 205, Waltham MA 02452</p> <p><b>Attention: Nutrition Department</b></p> <p>• *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><b>PLEASE CIRCLE "GG"/GRAB AND GO IF YOU INTEND TO INTEND TO PICK UP YOUR MEAL AND TAKE IT HOME WITH YOU.</b></p> <p><b>OTHERWISE, CIRCLE "DR"/DINING ROOM IF YOU WILL BE EATING YOUR MEAL IN THE DINING ROOM THAT DAY.</b></p> <p><b>COLD MEAL OPTION AVAILABLE FOR DINE IN</b></p> <p><b>DINE IN: Please circle HOT or COLD to reserve that meal option.</b></p>	