

LAST NAME _____		FIRST _____		Phone _____		Date _____		JANUARY 2024	
Springwell Nutrition: LUNCH MENU – Brookline Senior Center January 2024		93 Winchester Street 617-730-2747		JANUARY 2024					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1 NEW YEAR'S DAY HOLIDAY NO MEAL DELIVERY		2 GG / DR HOT: Alaskan Breaded Fish, Lemon Wedge, Quinoa Pilaf, Broccoli & Cauliflower, Multigrain Bread, Oatmeal Raisin Cookie COLD: Chicken Salad, Multigrain Bread, Balsamic Pasta Salad, Squash, Zucchini, Red Onion Salad, Fresh Fruit		3 GG / DR HOT: * Black Bean & Barley Chili, Green Beans, Wheat Bread, Peaches COLD: Roast Beef, Provolone Cheese, Mayonnaise, Lettuce, Potato Salad, Wheat Bread, Spinach Mandarin Orange Salad, Diet Chocolate Pudding w/ Topping		4 GG / DR HOT: Minestrone Soup, Chicken Souvlaki, Buttered Seasoned Orzo, Butternut Squash, Oatmeal Bread, Fresh Fruit COLD: Turkey, Swiss Cheese, Lettuce, Mayonnaise, Broccoli, Feta, Orzo Salad, Wheat Bread, Tossed Garden Salad, Lite Italian Dressing, Peaches		5 GG / DR HOT: Beef Pot Roast w/ Gravy, Mashed Potatoes, Peas & Carrots, Wheat Dinner Roll, Tapioca Pudding w/ Topping COLD: * Vegetarian Chef Salad, Lite Italian Dressing, Italian Pasta Salad, Wheat Dinner Roll, Margarine, Mandarin Oranges	
8 GG / DR HOT: American Chop Suey, Tuscany Blend Vegetables, Wheat Dinner Roll, Applesauce COLD: Egg Salad, Beet Salad, English Pea Salad, Wheat Bread, Peaches		9 GG / DR HOT: Italian Garden Vegetable Soup, Spinach & Red Pepper Frittata, Potato Wedges, Brussels Sprouts, Wheat Bread, Chocolate Pudding w/ Topping COLD: Turkey, Swiss Cheese, Lettuce, Mayonnaise, Cole Slaw, Barley Raisin Salad, Multigrain Bread, Mixed Fruit		10 GG / DR HOT: Chicken Cacciatore, Seasoned Orzo, Scandinavian Vegetables, Wheat Bread, Fig Bar COLD: Roast Beef, Provolone Cheese, Mayonnaise, Lettuce, Garden Shell Pasta Salad, Broccoli Slaw, Wheat Bread, Lorna Doones		11 GG / DR HOT: * Hot Dog, Cole Slaw, Baked Beans, Hot Dog Roll, Ketchup, Mustard, Relish, Fresh Fruit COLD: Tuna Salad, Lettuce, Riviera Salad, Macaroni Salad, Multigrain Bread, Fresh Fruit		12 GG / DR HOT: * Salmon Teriyaki, Teriyaki Sauce, Lo Mein Noodles, Asian Blend Vegetables, Wheat Bread Mandarin Oranges COLD: Chicken Salad, Lettuce, Summer Squash Salad, Wheat Bread, Italian Pasta Salad, Diet Vanilla Pudding w/ Topping	
15 MARTIN LUTHER KING, JR. DAY HOLIDAY NO MEAL DELIVERY		16 GG / DR HOT: Macaroni & Cheese, Stewed Tomatoes, Multigrain Bread, Tropical Fruit COLD: Chicken Salad, Carrot Raisin Salad, Quinoa Tabbouleh Salad, Multigrain Bread, Fresh Orange		17 GG / DR HOT: Chicken Scallopini Over Buttered Noodles, Zucchini & Cauliflower, Wheat Bread, Pears COLD: Tuna Salad, Lettuce, Italian Pasta Salad, Summer Squash Salad, Wheat Bread, Diet Chocolate Pudding w/ Topping		18 GG / DR HOT: Vegetable Soup, Fish w/ Bruschetta Sauce, Herbed Rice, Brussel Sprouts, Multigrain Bread, Vanilla Pudding w/ Topping COLD: Roast Beef, Provolone Cheese, Mayonnaise, Lettuce, Broccoli Slaw, Garden Shell Pasta Salad, Multigrain Bread, Mixed Fruit		19 GG / DR HOT: Meatloaf, Mushroom Gravy, Cheesy Potatoes, Riviera Blend Vegetables, Wheat Bread, Apple Raisin Compote COLD: Turkey, Swiss Cheese, Mayonnaise, Lettuce, Cole Slaw, Orzo Vegetable Salad, Wheat Bread, Lorna Doones	
22 GG / DR HOT: Mediterranean Chicken, Over Buttered Orzo, California Blend Vegetables, Whole Wheat Roll, Chocolate Pudding w/ Topping COLD: Egg Salad, Carrot Raisin Salad, Three Bean Salad, Wheat Bread, Fresh Orange		23 GG / DR HOT: Lentil Stew, Green Beans, Tossed Garden Salad, Italian Dressing, Multigrain Bread, Cupcake COLD: Tuna Salad, Lettuce, Potato Salad, Broccoli Slaw, Wheat Bread, Peaches		24 GG / DR HOT: Cream Of Butternut Squash Soup, Alaskan Breaded Pollack, Lemon Wedge, Rice Pilaf, Peas & Mushrooms, Wheat Bread, Fresh Fruit COLD: Turkey, Swiss Cheese, Lettuce, Mayonnaise, Root Vegetable Salad, Macaroni Salad, Wheat Bread, Diet Tapioca Pudding w/ Topping		25 WINTER SPECIAL GG / DR HOT: Italian Pot Roast, Roasted Red Potatoes, Fiesta Blend Vegetables, Snowflake Dinner Roll, Apple Cranberry Crisp COLD: California Chicken Salad, Lettuce, Orzo Vegetable Salad, Carrot Pineapple Salad, Multigrain Bread, Mandarin Oranges		26 GG / DR HOT: Stuffed Shells, Tomato Sauce *, Chicken Meatball, Cauliflower Florets, Tossed Garden Salad, Lite Italian Dressing, Wheat Bread, Pears COLD: Roast Beef, Provolone Cheese, Mayonnaise, Lettuce, Wheat Bread, Balsamic Pasta Salad, Cole Slaw, Lorna Doones	
29 HOT: Potato Crunch Breaded Fish, Lemon Wedge, Quinoa Pilaf, Green Beans and Red Peppers, Multigrain Bread, Yogurt COLD: Chicken Salad, Sweet Potato Salad, Broccoli Slaw, Multigrain Bread, Pears		30 GG / DR HOT: Chicken Diane Over Seasoned Orzo, Brussels Sprouts, Oatmeal Bread, Fresh Pear COLD: Chef Salad w/ Ham, Lite Italian Dressing, Multigrain Bread, Balsamic Pasta Salad, Margarine, Tropical Fruit		31 GG / DR HOT: Lasagna, Tomato Sauce, Chicken Meatball, Wheat Bread, Tuscany Blend Vegetables Chocolate Chip Cookie COLD: Egg Salad, Lettuce, Squash, Zucchini, Red Onion Salad, English Pea Salad, Wheat Bread, Diet Vanilla Pudding w/ Topping				MENU IS SUBJECT TO CHANGE YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM	
<ul style="list-style-type: none">• 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 <ul style="list-style-type: none">• *Indicates high sodium.				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 minuteso Peel back corner to vent, Do not reheat in toaster oven.		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.		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.	