

LAST NAME _____		FIRST _____		Phone _____		Date _____		FEBRUARY 2024	
Springwell Nutrition: LUNCH MENU – Brookline Senior Center		93 Winchester Street 617-730-2747		FEBRUARY 2024					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1 HOT: GG / DR * Hot Dog, Cole Slaw, Baked Beans, Hot Dog Roll, Mustard, Relish, Peaches COLD: Turkey, Swiss Cheese, Lettuce, Mayonnaise, Macaroni Salad, Beet Salad, Wheat Bread, Mandarin Oranges		2 HOT: GG / DR Mushroom Barley Soup, Beef Pot Roast w/Gravy, Garlic Mashed Potatoes, Wheat Roll, Root Vegetables, Pineapple COLD: Tuna Salad, Lettuce, Broccoli, Feta, Orzo Salad, Cole Slaw, Multigrain Bread, Fig Bar	
5 HOT: GG / DR Mixed Bean and Vegetable Stew, Green Beans, Wheat Bread, Fresh Fruit Orange COLD: Turkey, Swiss Cheese, Mayonnaise, Potato Salad, Zucchini Salad, Wheat Bread, Pineapple		6 HOT: HIGH SODIUM GG / DR Vegetable Soup, Stuffed Shells, Tomato Sauce, * Tuscany Blend Vegetables, Multigrain Bread, Vanilla Pudding w/Topping COLD: Roast Beef, Swiss Cheese, Mayonnaise, Lettuce, Multigrain Bread, Barley Raisin Salad, Cole Slaw, Mixed Fruit		7 HOT: GG / DR Alaskan Breaded Fish, Herbed Rice, Ratatouille, Wheat Bread, Tropical Fruit COLD: Chicken Salad, Lettuce, Garden Shell Pasta Salad, Beet Salad, Multigrain Bread, Diet Chocolate Pudding w/Topping		8 HOT: GG / DR Pot Roast Burgundy, Mashed Potatoes, Jardinière Blend Vegetables, Wheat Bread, Oatmeal Raisin Cookie COLD: Tuna Salad, Lettuce, Quinoa Tabbouleh Salad, Broccoli Slaw, Wheat Bread, Lorna Doones		9 HOT: GG / DR Chicken Stir Fry, Jasmine Coconut Rice, Multigrain Bread, Mixed Fruit COLD: * Vegetarian Chef Salad, Italian Dressing, Sweet Potato Salad, Snack Loaf Muffin, Marqarine, Orange	
12 HOT: GG / DR Chicken Vegetable Soup, Lasagna, Tomato Sauce, Chicken Meatball, Zucchini & Cauliflower. Wheat Dinner Roll, Tropical Fruit COLD: Chicken Salad, Broccoli Slaw, Balsamic Vinaigrette Pasta Salad, Wheat Bread, Diet Vanilla Pudding w/Topping		13 HOT: GG / DR Chicken Stuffed w/Broccoli & Cheese, Whipped Sweet Potatoes, Jardinière Blend Vegetables, Wheat Dinner Roll, Brownie COLD: Roast Beef, Provolone Cheese, Lettuce, Mayonnaise, Macaroni Salad, Multigrain Bread, Spinach Mandarin Orange Salad, Mixed Fruit		14 HOT: GG / DR Fish w/ Mediterranean Sauce, Herbed Rice, California Blend Vegetables, Wheat Bread, Peaches COLD: Egg Salad over Tossed Garden Salad, Italian Dressing, Garden Shell Pasta Salad, Snack Loaf Muffin, Pears		15 HOT: GG / DR Shepherd's Pie, Spinach, Multigrain Bread, Chocolate Pudding w/Topping COLD: Turkey, Swiss Cheese, Lettuce, Mayonnaise, Potato Salad, Root Vegetable Salad, Wheat Bread, Applesauce		16 HOT: GG / DR Broccoli Egg Bake, Home Fries, Stewed Tomatoes, Wheat Bread, Pineapple COLD: Tuna Salad, Lettuce, Orzo Vegetable Salad, Multigrain Bread, Squash Zucchini Red Onion Salad, Lorna Doones	
19 PRESIDENTS' DAY HOLIDAY NO MEAL DELIVERY		20 HOT: GG / DR Italian Garden Vegetable Soup, Potato Crunch Fish, Lemon Wedge, Italian Roasted Red Bliss Potatoes, Broccoli & Cauliflower, Wheat Bread, Fig Newton COLD: Chicken Salad, Lettuce, Balsamic Vinaigrette Pasta Salad, Carrot Raisin Salad, Multigrain Bread, Fresh Fruit		21 HOT: GG / DR Chicken & Rice Bake, Fiesta Blend Vegetables, Wheat Dinner Roll, Vanilla Pudding w/Topping COLD: Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Sweet Potato Salad, Zucchini Salad, Wheat Bread, Lorna Doones		22 HOT: GG / DR Meatball Stroganoff, Sour Cream and Chive Mashed Potatoes, Carrots, Wheat Bread, Fresh Orange COLD: Egg Salad, Lettuce, Orzo Vegetable Salad, Cole Slaw, Multigrain Bread, Mixed Fruit		23 HOT: GG / DR Raviolis, Tomato Sauce, * Brussels Sprouts, Snack n Loaf Pear COLD: Tuna Salad, Lettuce, Broccoli Slaw, Potato Salad, Wheat Bread, Diet Chocolate Pudding w/Topping	
26 HOT: GG / DR Beef Chili, Green Beans, Wheat Bread, Pears COLD: California Chicken Salad, Cole Slaw, Balsamic Vinaigrette Pasta Salad, Wheat Bread, Peaches		27 HOT: GG / DR Chicken with Sauté Vegetables, Spinach, Dinner Roll, Jasmine Coconut Rice, Pineapple COLD: Egg Salad, Lettuce, English Pea Salad, Multigrain Bread, Cauliflower Carrot Salad, Diet Vanilla Pudding w/Topping		28 HOT: GG / DR Macaroni & Cheese, Broccoli, Multigrain Bread, Yogurt COLD: Tuna Salad, Lettuce, Potato Salad, Summer Squash Salad, Wheat Bread, Lorna Doones		29 HOT: GG / DR Chicken Meatballs, Rotini, Tomato Sauce, Tuscany Vegetables, Wheat Bread, Chocolate Chip Cookie COLD: Turkey, Swiss Cheese, Mayonnaise, Lettuce, Beet Salad, Orzo Vegetable Salad, Wheat Bread, Fresh Fruit		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• 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.	