

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
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| <p><b>MENU IS SUBJECT TO CHANGE</b></p> <p>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></p>  |   | <p>1 <b>HOT:</b> GG / DR<br/>Lentil Spinach Soup, Salisbury Steak w/Beef Gravy, Garlic Mashed Potatoes, Broccoli &amp; Cauliflower, Multi-grain Bread, Mixed Fruit</p> <p><b>COLD:</b> Tuna Salad, Lettuce, Potato Salad, Spinach w/Mandarin Orange Salad, Wheat Bread, Lorna Doones</p>   | <p>2 <b>HOT:</b> GG / DR<br/>Chicken Meatballs, Rotini w/Tomato Sauce, Tuscan Vegetables, Wheat Bread, Vanilla Pudding w/Topping</p> <p><b>COLD:</b> Turkey, Swiss Cheese, Lite Mayonnaise, Lettuce, Beet Salad, Orzo Vegetable Salad, Wheat Bread, Orange</p>   | <p>3 <b>HOT:</b> GG / DR<br/>Haddock w/Broccoli Cheese Sauce, Red Bliss Potatoes, Brussels Sprouts, Wheat Dinner Roll, Yoqurt</p> <p><b>COLD:</b> * Chef Salad w/Ham, Lite Italian Dressing, Italian Pasta Salad, Wheat Dinner Roll, Margarine, Tropical Fruit</p>  |
| <p>6 <b>HOT:</b> GG / DR<br/>Sloppy Joe, Sweet Potato Wedges, Broccoli &amp; Cauliflower, Hamburger Roll, Mandarin Oranges</p> <p><b>COLD:</b> Egg Salad, Root Vegetable Salad, Macaroni Salad, Wheat Bread, Pears</p>   | <p>7 <b>HOT:</b> GG / DR<br/>Salmon w/Teriyaki Sauce, Lo Mein Noodles, Asian Blend Vegetables, Multi-grain Bread, Tapioca Pudding w/Topping</p> <p><b>COLD:</b> Chicken Salad, Lettuce, Italian Pasta Salad, Multi-grain Bread, Mediterranean Salad, Fresh Fruit</p>            | <p>8 <b>HOT:</b> GG / DR<br/>Pot Roast Beef Burgundy, Mashed Potatoes, Zucchini, Dinner Roll, Mixed Fruit</p> <p><b>COLD:</b> Turkey, Swiss Cheese, Lite Mayonnaise, Lettuce, Wheat Bread, Potato Salad, Squash, Zucchini, Red Onion Salad, Diet Chocolate Pudding w/Topping</p>   | <p>9 <b>HOT:</b> MOTHERS' DAY SPECIAL GG / DR<br/>Cream of Butternut Squash Soup, Chicken w/Gravy, Apple Bread Stuffing, Cranberry Sauce, Jardiniere Style Vegetables, Whole Wheat Bread, Ambrosia <b>HIGH SODIUM</b></p> <p><b>COLD:</b> Tuna Salad, Lettuce, Broccoli Feta Orzo Salad, Wheat Bread, Lite Italian Dressing, Peaches</p>   | <p>10 <b>HOT:</b> GG / DR<br/>Broccoli Egg Bake, Italian Roasted Red Bliss Potatoes, Stewed Tomatoes, Wheat Dinner Roll, Fresh Fruit</p> <p><b>COLD:</b> Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Multi-grain Bread, Greek Pasta Salad, Tomato Zucchini Salad, Lorna Doones</p>  |
| <p>13 <b>HOT:</b> GG / DR<br/>American Chop Suey, Tuscany, Blend Vegetables, Wheat Dinner Roll, Peaches</p> <p><b>COLD:</b> Egg Salad, Summer Squash Salad, Italian Pasta Salad, Wheat Bread, Diet Vanilla Pudding w/Topping</p>   | <p>14 <b>HOT:</b> GG / DR<br/>Cream of Tomato Soup, Spinach &amp; Red Pepper Frittata, Potato Wedges, Brussels Sprouts, Wheat Bread, Vanilla Pudding w/Topping</p> <p><b>COLD:</b> Tuna Salad, Lettuce, Riviera Salad, Ziti Broccoli Salad, Multi-grain Bread, Lorna Doones</p> | <p>15 <b>HOT:</b> GG / DR<br/>Chicken Marsala Over Buttered Noodles, Scandinavian Vegetables, Wheat Bread, Fresh Fruit</p> <p><b>COLD:</b> Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Wheat Bread, Garden Shell Pasta Salad, Root Vegetable Salad, Mixed Fruit</p>  | <p>16 <b>HOT:</b> GG / DR<br/>Pot Roast w/Gravy, Mashed Potatoes, Carrots, Multi-grain Bread, Chocolate Chip Cookie</p> <p><b>COLD:</b> Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Potato Salad, Squash, Zucchini &amp; Red Onion Salad, Multi-grain Bread, Fresh Fruit</p>   | <p>17 <b>HOT:</b> GG / DR<br/>Potato Crunch Pollock, Lemon Wedge, Quinoa Pilaf, Spinach &amp; Mushrooms, Wheat Bread, Mandarin Oranges</p> <p><b>COLD:</b> Chicken Salad, Lettuce, Barley Raisin Salad, Beet Salad, Wheat Bread, Peaches</p>  |
| <p>20 <b>HOT:</b> GG / DR<br/>Chicken Scallopini Over Buttered Noodles, Green Beans, Wheat Bread, Chocolate Pudding w/Topping</p> <p><b>COLD:</b> Turkey, Swiss Cheese, Lite Mayonnaise, Wheat Bread, Summer Squash Salad, Orzo Vegetable Salad, Peaches</p>   | <p>21 <b>HOT:</b> GG / DR<br/>Vegetable Soup w/Chicken, Unstuffed Pepper Casserole, Italian Blend Vegetables, Wheat Dinner roll, Orange</p> <p><b>COLD:</b> Tuna Salad, Lettuce, Italian Pasta Salad, Cole Slaw, Multi-grain Bread, Lorna Doones</p>                            | <p>22 <b>HOT:</b> GG / DR<br/>Roast Turkey w/Gravy, Mashed Potatoes, Carrots, Wheat Bread, Pears</p> <p><b>COLD:</b> * Vegetarian Chef Salad, Italian Dressing, Barley Raisin Salad, Snack Loaf Muffin, Diet Chocolate Pudding w/Topping</p>   | <p>23 <b>HOT:</b> GG / DR<br/>* Macaroni &amp; Cheese, Broccoli &amp; Cauliflower, Multi-grain Bread, Peaches</p> <p><b>COLD:</b> Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Multi-grain Bread, Broccoli Slaw, Garden Shell Pasta Salad, Mixed Fruit</p>  | <p>24 <b>HOT:</b> GG / DR<br/>Alaskan Pollack, Lemon Wedge, Herbed Rice, Brussels Sprouts, Multi-grain Bread, Cupcake</p> <p><b>COLD:</b> Chicken Salad, Lettuce, Potato Salad, Riviera Salad, Wheat Bread, Orange</p>  |
| <p><b>MEMORIAL DAY HOLIDAY</b><br/>NO MEAL SERVICE</p>   | <p>28 <b>HOT:</b> GG / DR<br/>Stuffed Shells w/Tomato Sauce *, Chicken Meatball, Cauliflower Florets, Wheat Bread, Vanilla Pudding w/Topping</p> <p><b>COLD:</b> Egg Salad, Potato Salad, Beet Salads, Wheat Bread, Fresh Fruit</p>   | <p>29 <b>HOT:</b> GG / DR<br/>Chicken w/Sauté Vegetables, Jasmine Coconut Rice, Whole Wheat Roll, Brownie</p> <p><b>COLD:</b> Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Wheat Bread, Macaroni Salad, Spinach Mandarin Orange Salad,, Lorna Doones</p>  | <p>30 <b>HOT:</b> GG / DR<br/>Minestrone Soup, Salmon w/Dill Sauce, Orzo Pilaf, Broccoli &amp; Carrots, Wheat Bread, Pears</p> <p><b>COLD:</b> California Chicken Salad, Lettuce, Orzo Vegetable Salad, Coleslaw, Multi-grain Bread, Diet Tapioca Pudding w/Topping</p>  | <p>31 <b>HOT:</b> GG / DR<br/>Hot Dog, Baked Beans, Cole Slaw, Hot Dog Roll, Relish, Mustard, Peaches <b>HIGH SODIUM</b></p> <p><b>COLD:</b> Turkey, Swiss Cheese, Lite Mayonnaise, Lettuce, Wheat Bread, Carrot Pineapple Salad, Quinoa Tabbouleh Salad, Mandarin Orange</p>   |
| <p>Please call your lunch reservations by 11 a.m. two business days before.<br/>If you would like to cancel your meal reservation, please call by 11 a.m. two business days before.<br/>\$2.50 Suggested donation per meal.<br/><b>Please make checks payable to Springwell</b><br/>Please add the site you receive your meals from on the memo line<br/>Send check to:<br/>Springwell, Inc.<br/>307 Waverley Oaks Road Suite 205, Waltham MA 02452<br/><b>Attention: Nutrition Department</b><br/>*Indicates high sodium.</p> |   | <p><b>Chilled Meal Re-Heating Instructions</b><br/><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><br/>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 DINE IN: Please circle HOT or COLD to reserve that meal option.</b></p> |