

LAST NAME _____		FIRST _____	Phone _____	Date _____	JUNE 2024
Springwell Nutrition: LUNCH MENU – Brookline Senior Center		93 Winchester Street 617-730-2747		JUNE 2024	
MONDAY		TUESDAY		WEDNESDAY	
MENU IS SUBJECT TO CHANGE YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM					
3 HOT: GG / DR Italian Garden Vegetable Soup, Broccoli & Mushroom Frittata, Sweet Potato Wedges, Green Bean & Red Peppers, Blueberry Snack n Loaf, Yogurt COLD: Chicken Salad, Sweet Potato Salad, Cauliflower & Carrot Salad, Multigrain Bread, Fresh Fruit		4 HOT: GG / DR Chicken Cacciatore over Seasoned Orzo, Brussels Sprouts, Oatmeal Bread, Fresh Fruit COLD: * Chef Salad w/Ham, Lite Italian Dressing, Balsamic Pasta Salad, Multigrain Bread, Tropical Fruit		5 HOT: GG / DR Mini Ravioli w/Spinach Alfredo Sauce, Chicken Meatball, Tuscany Blend Vegetables, Wheat Bread, Chocolate Chip Cookie COLD: Egg Salad, Lettuce, Squash, Zucchini & Red Onion Salad, English Pea Salad, Wheat Bread, Diet Vanilla Pudding w/Topping	
10 HOT: GG / DR Chicken Souvlaki, Seasoned Orzo, Green Beans, Wheat Bread, Oatmeal Raisin Cookie COLD: Egg Salad, Potato Salad, Root Vegetable Salad, Wheat Bread, Pineapple		11 HOT: Opening Day Fenway GG / DR * Hot Dog, Baked Beans, Root Vegetables, Hot Dog Roll, Mustard, Relish, Mixed Fruit COLD: Chicken Salad, Lettuce, Garden Shell Pasta Salad, Beet Salad, Multigrain Bread, Diet Chocolate Pudding w/Topping		12 HOT: GG / DR * Macaroni & Cheese, Stewed Tomatoes, Wheat Bread, Peaches COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Lettuce, Wheat Bread, Quinoa Tabbouleh Salad, Broccoli Slaw, Lorna Doones	
17 HOT: GG / DR Chicken & Rice Bake, Italian Green Beans, Wheat Dinner Roll, Brownie COLD: Tuna Salad, Orzo Vegetable Salad, Multigrain Bread, Squash, Zucchini & Red Onion Salad, Lorna Doones		18 HOT: GG / DR Cod w/Honey Mustard Sauce, Lo Mein Noodles, Stir Fry Vegetables, Wheat Bread, Fresh Fruit COLD: Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Macaroni Salad, Roman Blend Salad, Multigrain Bread, Mixed Fruit		20 HOT: High Sodium Day GG / DR * Roast Turkey w/Gravy, Bread Stuffing, Carrots, Wheat Bread, Peaches COLD: Chicken Salad, Potato Salad, Root Vegetable Salad, Wheat Bread, Applesauce	
24 HOT: GG / DR Lasagna w/Tomato Sauce, Chicken Meatball, Brussels Sprouts, Multigrain Bread, Pears, COLD: Tuna Salad, Greek Pasta Salad, Cauliflower Carrot Salad, Multigrain Bread, Mixed Fruit		25 HOT: GG / DR Mushroom Barley Soup, Potato Crunch Fish, Lemon Wedge, Italian Roasted Red Bliss Potatoes, Broccoli & Cauliflower, Wheat Bread, Tapioca Pudding w/Topping COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Lettuce, Wheat Bread, Sweet Potato Salad, Zucchini Salad, Lorna Doones		26 HOT: GG / DR * Chicken w/Barbeque Sauce, Baked Beans, Spinach, Wheat Bread, Fresh Fruit COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Cole Slaw, Garden Shell Pasta Salad, Multigrain Bread, Pears	
27 HOT: GG / DR Beef Pot Roast w/Gravy, Italian Roasted White Potatoes, Roman Blend Vegetables, Multigrain Bread, Peaches COLD: Chicken Salad, Lettuce, Balsamic Vinaigrette Pasta Salad, Carrot Raisin Salad, Multigrain Bread, Orange		28 HOT: GG / DR Lentil Stew, Mixed Vegetables, Tossed Garden Salad, Lite Italian Dressing, Wheat Bread, Fiqu Bar COLD: Egg Salad, Lettuce, Broccoli Slaw, Potato Salad, Wheat Bread, Diet Chocolate Pudding w/Topping		29 HOT: GG / DR Turkey & Potato Casserole, Wheat Bread, Peaches COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Lettuce, Wheat Bread, Garden Shell Pasta Salad, Multigrain Bread, Mixed Fruit	
30 HOT: GG / DR Chicken & Rice Bake, Italian Green Beans, Wheat Dinner Roll, Brownie COLD: Tuna Salad, Orzo Vegetable Salad, Multigrain Bread, Squash, Zucchini & Red Onion Salad, Lorna Doones		31 HOT: GG / DR Chicken & Rice Bake, Italian Green Beans, Wheat Dinner Roll, Brownie COLD: Tuna Salad, Orzo Vegetable Salad, Multigrain Bread, Squash, Zucchini & Red Onion Salad, Lorna Doones		JUNE 2024	
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 *Indicates high sodium.		Chilled Meal Re-Heating Instructions Conventional oven o Eat or refrigerate immediately. o Reheat in oven at 350 degrees for 10-20 minutes. Microwave oven o Reheat in microwave on high for 2 to 3 minutes o 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.	