

LAST NAME _____		FIRST _____		Phone _____	Date _____	JULY 2024	
Springwell Nutrition: LUNCH MENU – Brookline Senior Center		93 Winchester Street 617-730-2747		JULY 2024			
MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
1 HOT: GG / DR * Black Bean & Barley Chili, Brussels Sprouts, Wheat Dinner Roll, Peaches COLD: Chicken Salad, Beet Salad, Quinoa Tabbouleh, Wheat Bread, Applesauce		2 HOT: GG / DR Chicken Meatballs w/Tomato Sauce over Rotini, Tuscany Vegetables, Wheat Bread, Chocolate Pudding w/Topping COLD: Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Carrot Raisin Salad, Orzo Vegetable Salad, Wheat Bread, Orange		3 JULY 4th SPECIAL(High Sodium) GG / DR HOT: * Cheeseburger, Macaroni Salad, Zucchini & Summer Squash, Hamburger Roll, Relish, Mustard, Blueberry Parfait COLD: Tuna Salad, Lettuce, Potato Salad, Spinach w/Mandarin Orange Salad, Wheat Bread, Lorna Doones		4 INDEPENDENCE DAY NO MEAL DELIVERY	
8 HOT: GG / DR Caribbean Chicken Stew, Spinach, Wheat Bread, Mandarin Oranges COLD: Egg Salad, Root Vegetable Salad, Macaroni Salad, Wheat Bread, Pears		9 HOT: GG / DR Lentil Spinach Soup, Pollock Loin w/ Lemon Dill Sauce, Orzo Pilaf, Asian Blend Vegetables, Multigrain Bread, Vanilla Pudding W/Topping COLD: Chicken Salad, Lettuce, Italian Pasta Salad, Mediterranean Salad, Multigrain Bread, Fresh Fruit		10 HOT: GG / DR Pot Roast Beef Burqundy, Mashed Potatoes, Green Beans, Dinner Roll, Mixed Fruit COLD: Tuna Salad, Lettuce, Squash, Zucchini, Red Onion Salad, Potato Salad, Wheat Bread, Diet Chocolate Pudding w/Topping		11 HOT: GG / DR * Hot Dog, Baked Beans, Cole Slaw, Hot Dog Roll, Relish, Mustard, Fresh Fruit COLD: Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Broccoli Feta Orzo Salad, Chickpea Cucumber Tomato, Wheat Bread, Lorna Doones	
15 HOT: GG / DR American Chop Suey, Tuscany Blend Vegetables, Wheat Dinner Roll, Peaches COLD: Egg Salad, Riviera Salad, Italian Pasta Salad, Wheat Bread, Diet Vanilla Pudding w/Topping		16 HOT: GG / DR Spinach & Red Pepper Frittata, Potato Wedges, Brussels Sprouts, Wheat Bread, Tapioca Pudding w/Topping COLD: Tuna Salad, Lettuce, Summer Squash Salad, Ziti Broccoli Salad, Multigrain Bread, Lorna Doones		17 HOT: GG / DR Chicken w/ Creamy Italian Sauce over Buttered Orzo, Scandinavian Vegetables, Wheat Bread, Fresh Fruit COLD: Roast Beef, Provolone Cheese, Lettuce Lite Mayonnaise, Lettuce, Wheat Bread, Garden Shell Pasta Salad, Root Vegetable Salad, Mixed Fruit		18 HOT: GG / DR Cream of Tomato Soup, Pot Roast w/Gravy, Mashed Potatoes, Peas & Carrots, Multigrain Bread, Chocolate Chip Cookie COLD: Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Potato Salad, Multigrain Bread, Squash, Zucchini, Red Onion Salad, Fresh Fruit	
22 HOT: GG / DR Chicken Scallopini over Buttered Noodles, Green Beans, Wheat Bread, Chocolate Pudding w/Topping COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Riviera Salad, Italian Pasta Salad, Wheat Bread, Peaches		23 HOT: GG / DR Vegetable Soup w/Chicken, Sloppy Joe, O'Brien Potatoes, Spinach, Hamburger Roll, Pears COLD: Chicken Salad, Lettuce, Cole Slaw, Orzo Vegetable Salad, Multigrain Bread, Lorna Doones		24 HOT: GG / DR Alaskan Pollock, Lemon Wedge, Herbed Rice, Brussels Sprouts, Multigrain Bread, Cupcake COLD: Egg Salad, Lettuce, 3 Bean Salad, Spinach & Mandarin Orange Salad, Wheat Bread, Diet Chocolate Pudding w/Topping		25 HOT: GG / DR * Macaroni & Cheese, Broccoli & Cauliflower, Multigrain Bread, Peaches COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Broccoli Slaw, Lettuce, Garden Shell Pasta Salad, Multigrain Bread, Mixed Fruit	
29 HOT: GG / DR Mixed Bean & Vegetable Stew, Cauliflower Florets, Multigrain Bread, Pears COLD: California Chicken Salad, Potato Salad, Beet Salad, Wheat Bread, Fresh Fruit		30 HOT: GG / DR Stuffed Shells, Tomato Sauce, Chicken Meatball, Green Beans, Wheat Bread, Vanilla Pudding w/Topping COLD: Tuna Salad, Lettuce, Greek Pasta Salad, Riviera Salad, Wheat Bread, Pears		31 HOT: GG / DR Shepherd's Pie, Spinach, Whole Wheat Roll, Gingersnaps, COLD: Roast Beef, Provolone Cheese, Lettuce, Lite Mayonnaise, Macaroni Salad, Spinach Mandarin Orange Salad, Lorna Doones		<div>MENU IS SUBJECT TO CHANGE</div> <div>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</div>	
<div><div>Please call your lunch reservations by 11 a.m. two business</div><div>If you would like to cancel your meal reservation,</div><div>please call by 11 a.m. two business days before.</div><div>\$2.50 Suggested donation per meal.</div><div>Please make checks payable to Springwell</div><div>Please add the site you receive your meals from on the memo line</div><div>Send check to:</div><div>Springwell, Inc.</div><div>307 Waverley Oaks Road Suite 205, Waltham MA 02452</div><div>Attention: Nutrition Department</div><div>*Indicates high sodium.</div></div>		<div>Chilled Meal Re-Heating Instructions</div> <div>Conventional oven</div> <div><div>Eat or refrigerate immediately.</div><div>Reheat in oven at 350 degrees for 10-20 minutes.</div></div> <div>Microwave oven</div> <div><div>Reheat in microwave on high for 2 to 3 minutes</div><div>Peel back corner to vent.</div></div> <div>Do not reheat in toaster oven.</div>		<div>FOOD ALLERGIES</div> <div>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.</div>			
				<div>PLEASE CIRCLE "GG"/GRAB AND GO IF YOU INTEND TO INTEND TO PICK UP YOUR MEAL AND TAKE IT HOME WITH YOU.</div> <div>OTHERWISE, CIRCLE "DR"/DINING ROOM IF YOU WILL BE EATING YOUR MEAL IN THE DINING ROOM THAT DAY.</div> <div>COLD MEAL OPTION AVAILABLE FOR DINE IN DINE IN: Please circle HOT or COLD to reserve that meal option.</div>			