

LAST NAME \_\_\_\_\_

FIRST \_\_\_\_\_

Phone \_\_\_\_\_

Date \_\_\_\_\_

OCTOBER 2024

Springwell Nutrition: LUNCH MENU – Brookline Senior Center

93 Winchester Street 617-730-2747

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 HOT: Caribbean Chicken Stew, Rice and Beans, Zucchini &amp; Tomatoes, Whole Wheat Roll, Vanilla Pudding w/Topping</p> <p>COLD: Tuna Salad, Lettuce, Balsamic Vinaigrette Pasta Salad, Wheat Bread, Cauliflower Carrot Salad, Peaches</p>	<p>2 HOT: Chicken Meatball Sub, O'Brien Potatoes, Italian Blend Vegetables, Sub Roll, Mandarin Oranges</p> <p>COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Wheat Bread, Macaroni Salad, Beet Salad, Applesauce</p>	<p>3 HOT: Shepherd's Pie, Winter/Fall Blend Vegetables, Whole Wheat Roll, Pumpkin Cookie</p> <p>COLD: Egg Salad, Lettuce, Greek Pasta Salad, Cucumber Carrot Onion Salad, Multigrain Bread, Diet Tapioca Pudding w/Topping</p>	<p>4 HOT: Minestrone Soup, Pollock w/Newburg Sauce, Herbed Rice, Brussels Sprouts, Multigrain Bread, Fresh Fruit</p> <p>COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Lettuce, Wheat Bread, German Potato Salad, Cole Slaw, Apple Cinnamon Grahams</p>
<p>7 HOT: Chicken Cranberry Over Orzo, Buttered Seasoned Butternut Squash, Dinner Roll, Mandarin Oranges</p> <p>COLD: Turkey, Swiss Cheese, Quinoa Salad, Cauliflower Carrots Salad, Multigrain Bread, Yogurt</p>	<p>8 HOT: Italian Garden Vegetable Soup, Tuna Noodle Casserole, Roman Blend Vegetables, Multigrain Bread, Fig Bar</p> <p>COLD: Roast Beef, Provolone Cheese, Lettuce, Potato Salad, Summer Squash Salad, Wheat Bread, Peaches</p>	<p>9 HOT: Beef Pot Roast w/Gravy, Italian Roasted Red Bliss Potatoes, Cabbage &amp; Carrots, Wheat Dinner Roll, Chocolate Pudding w/Topping</p> <p>COLD: Ham, Swiss Cheese, Lettuce, Ziti Broccoli Salad, Mustard, Wheat Bread, Squash, Zucchini, Red Onion Salad, Fresh Fruit</p>	<p>10 HOT: Broccoli Egg Bake, Sweet Potato Tots, Green Beans &amp; Red Peppers, Wheat Bread, Fresh Fruit</p> <p>COLD: Chicken Curry Salad, Lettuce, Riviera Salad, English Pea Salad, Multigrain Bread, Pears</p>	<p>11 HOT: Beef Chili, Brown Rice, Tuscan Blend Vegetables, Wheat Bread, Applesauce</p> <p>COLD: Tuna Salad, Lettuce, Mediterranean Salad, Wheat Bread, Tri Color Pasta Salad, Diet Vanilla Pudding w/Topping</p>
<p>14 COLUMBUS/INDIGENOUS PEOPLES' DAY HOLIDAY</p> <p>NO MEAL DELIVERY</p>	<p>15 HOT: * Turkey Vegetable Casserole, Butternut Squash, Multigrain Bread, Apple Bread Pudding</p> <p>COLD: Chicken Salad, Orzo Vegetable Salad, Roman Blend Salad, Multigrain Bread, Diet Chocolate Pudding w/Topping</p>	<p>16 HOT: * Hot Dog, Root Vegetables, Baked Beans, Hot Dog Roll, Mustard, Relish, Fresh Fruit Orange HIGH SODIUM</p> <p>COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Lettuce, Barley Raisin Salad, Cole Slaw, Wheat Bread, Apple Cinnamon Graham</p>	<p>17 HOT: Sweet &amp; Sour Meatballs Over Lo Mein Noodles, Stir Fry Vegetables, Wheat Bread, Peaches</p> <p>COLD: * Vegetarian Chef Salad, Lite Italian Dressing, Sweet Potato Salad, Snack Loaf Muffin, Mandarin Oranges</p>	<p>18 HOT: Vegetable Barley w/Spinach Soup, * Chicken Cacciatore Over Seasoned Orzo, Brussels Sprouts, Wheat Bread, Pears</p> <p>COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Potato Salad, Beet Salad, Wheat Bread, Orange</p>
<p>21 HOT: Kale Pasta Soup, Chicken Fajitas, Rice &amp; Beans, California Blend Vegetables, Wheat Tortilla, Yogurt</p> <p>COLD: Egg Salad, Barley Raisin Salad, Squash Zucchini Red Onion Salad, Multigrain Bread, Peaches</p>	<p>22 HOT: Lentil Stew, Brussels Sprouts, Wheat Roll, Pears</p> <p>COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Lettuce, Summer Potato Salad, Spinach w/Mandarin Orange Salad, Wheat Bread, Fresh Fruit</p>	<p>23 HOT: * Roast Turkey w/Gravy, Whipped Sweet Potatoes, Zucchini &amp; Cauliflower, Oatmeal Bread, Applesauce</p> <p>COLD: Tuna Salad, Lettuce, Broccoli Feta Orzo Salad, Purple Cabbage Cole Slaw, Multigrain Bread, Diet Chocolate Pudding w/Topping</p>	<p>24 AUTUMN SPECIAL HOT: * Chicken Cordon Bleu, Sour Cream &amp; Chive Mashed Potatoes, Scandinavian Blend Vegetables, Whole Wheat Diner Roll, Pumpkin Pudding w/Topping</p> <p>COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Italian Pasta Salad, Cauliflower Carrot Salad, Wheat Bread, Mixed Fruit</p>	<p>25 HOT: Pot Roast Stroganoff Over Buttered Noodles, Cabbage &amp; Carrots, Multigrain Bread, Mixed Fruit</p> <p>COLD: California Chicken Salad, Lettuce, Quinoa Tabbouleh Salad, Roman Blend Salad, Multigrain Bread, Fig Bar</p>
<p>28 HOT: * Macaroni &amp; Cheese, Peas &amp; Carrots, Wheat Bread, Orange</p> <p>COLD: Chicken Curry Salad, German Potato Salad, Summer Squash Salad, Multigrain Bread, Chocolate Chip Cookie</p>	<p>29 HOT: Chicken Stir Fry, Herbed White Rice, Multigrain Bread, Pears</p> <p>COLD: Tuna Salad, Lettuce, Greek Pasta Salad, Cauliflower Carrot Salad, Wheat Bread, Diet Vanilla Pudding w/Topping</p>	<p>30 HOT: Potato Crunch Fish, Lemon Wedge, Whipped Sweet Potato, Jardinière Blend Vegetables, Multigrain Bread, Tapioca Pudding w/Topping</p> <p>COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Potato Salad, Beet Salad, Multigrain Bread, Orange</p>	<p>31 HOT: Cream of Broccoli Soup, Pot Roast Burqundy, Mashed Potatoes, Spinach, Wheat Bread, Oatmeal Raisin Cookie</p> <p>COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Lettuce, Cole Slaw, Balsamic Vinaigrette Pasta Salad, Wheat Bread, Applesauce</p>	<p style="text-align: center;"><b>MENU IS SUBJECT TO CHANGE</b></p> <p style="text-align: center;">YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></p>
<p>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.</p>		<p><b>Chilled Meal Re-Heating Instructions</b></p> <p><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></p> <p>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>PLEASE CIRCLE "GG"/GRAB AND GO IF YOU INTEND TO INTEND TO PICK UP YOUR MEAL AND TAKE IT HOME WITH YOU.</p> <p>OTHERWISE, CIRCLE "DR"/DINING ROOM IF YOU WILL BE EATING YOUR MEAL IN THE DINING ROOM THAT DAY.</p> <p><b>COLD MEAL OPTION AVAILABLE FOR DINE IN: Please circle HOT or COLD to reserve that meal option.</b></p>