


Springwell Nutrition Program: COLD LUNCH MENU –Nutrition Information DECEMBER 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>California Chicken Salad (70) Sweet Potato Salad (60) Cauliflower Carrot Salad(96) Low Sodium Wheat Bread (130) Apple Cinnamon Grahams(85)</p> <p>Calories 724/Sodium 661mg</p>	<p>3</p> <p>Egg Salad (130) Lettuce Leaf, Potato Salad (100) Broccoli Tomato Salad Multigrain Bread (270) Diet Tapioca Pudding w/ Topping(148)</p> <p>Calories 689/Sodium 863mg</p>	<p>4</p> <p>Turkey, (435) Swiss Cheese (35) Lite Mayonnaise (4), Lettuce Leaf Greek Pasta Salad (182) Cole Slaw (45) Low Sodium Wheat Bread (130) Mixed Fruit(3)</p> <p>Calories 790/Sodium 1010mg</p>	<p>5</p> <p>Roast Beef (233),Provolone (116) Lite Mayonnaise (4), Lettuce Leaf Barley Raisin Salad (129) Carrot Pineapple Salad Multigrain Bread (270) Applesauce(14)</p> <p>Calories 863/Sodium 1018mg</p>	<p>6</p> <p>Tuna Salad (241) Lettuce Leaf Balsamic Pasta Salad(14), Spinach w/Mandarin Oranges Salad (206) Low Sodium Wheat Bread (130) Fresh Fruit</p> <p>Calories 686/Sodium 706mg</p>
<p>9</p> <p>Turkey, (435) Swiss Cheese (35) Lite Mayonnaise (4) Quinoa Salad(140) Tomato Zucchini Salad (60) Low Sodium Wheat Bread (130) Pears(5)</p> <p>Calories 689/Sodium 984mg</p>	<p>10</p> <p>Chicken Curry Salad(118) Lettuce Leaf Riviera Salad (92) English Pea Salad (156) Multigrain Bread (270) Yogurt(75)</p> <p>Calories 671/Sodium 841mg</p>	<p>11</p> <p>Tuna Salad (241) Lettuce Leaf, 3-Bean Salad(34) Cucumber Carrot Onion Salad(71), Wheat Bread (130) Diet Vanilla Pudding w/ Topping (195)</p> <p>Calories 554/Sodium 795mg</p>	<p>12</p> <p>Low Sodium Ham, Swiss Cheese(545), Lettuce Leaf Mustard(55), Ziti Broccoli Salad Squash, Zucchini, Red onion Salad(6), Low Sodium Wheat Bread (130), Fresh Fruit</p> <p>Calories 730/Sodium 961mg</p>	<p>13</p> <p>Roast Beef (233),Provolone (116) Lite Mayonnaise (4), Lettuce Leaf Potato Salad (100) Summer Squash Salad (42) Multigrain Bread (270) Applesauce(15)</p> <p>Calories 830/Sodium 934mg</p>
<p>16</p> <p>Tuna Salad (241) Broccoli Feta Orzo Salad (221) Chickpea Cucumber & Tomato Salad (109) Multigrain Bread (270) Yogurt(75)</p> <p>Calories 635/Sodium 965mg</p>	<p>17</p> <p>*Vegetarian Chef Salad (555) w/ Lite Italian Dressing (168) Sweet Potato Salad (60) Snack Loaf Muffin (160) Mandarin Oranges (7)</p> <p>Calories 723/Sodium 874mg</p>	<p>18</p> <p>Roast Beef (233),Provolone (116) Lite Mayonnaise (4), Lettuce Leaf English Pea Salad (156), Beet Salad (143), Low Sodium Wheat Bread (130), Diet Chocolate Pudding w/ Topping (142)</p> <p>Calories 782/Sodium 1101mg</p>	<p>19</p> <p>Chicken Salad (75) Lettuce Leaf Orzo Vegetable Salad (13) Roman Blend Salad(90) Multigrain Bread (270) Apple Slices(9)</p> <p>Calories 629/Sodium 659mg</p>	<p>20</p> <p>Turkey, (435) Swiss Cheese (35) Lite Mayonnaise (4), Lettuce Leaf Barley Raisin Salad (129) Cole Slaw (45) Low Sodium Wheat Bread (130) Peaches (8)</p> <p>Calories 742/Sodium 836mg</p>
<p>23</p> <p>Chicken Curry Salad(118) German Potato Salad(17) Summer Squash Salad (42) Multigrain Bread (270) Ginger Snap Cookies(105)</p> <p>Calories 742/Sodium 707mg</p>	<p>24</p> <p>Turkey, (435) Swiss Cheese (35) Lite Mayonnaise (4), Lettuce Leaf Macaroni Salad (138), Spinach w/ Mandarin Orange Salad (206) Low Sodium Wheat Bread (130) Fresh Fruit</p> <p>Calories 897/Sodium 1063mg</p>	<p>25</p> <p>CHRISTMAS DAY HOLIDAY</p> <p>NO MEAL DELIVERY</p>	<p>26</p> <p>Tuna Salad (241) Lettuce Leaf Broccoli Feta Orzo Salad (221) Purple Cabbage Cole Slaw (55) LS Multigrain Bread(135) Mixed Fruit(3)</p> <p>Calories 643/Sodium 864mg</p>	<p>27</p> <p>Chef Salad w/ Ham (570) Ziti Broccoli Salad (48) Wheat Dinner Roll (180) Applesauce(15)</p>
<p>30</p> <p>Egg Salad (130) Quinoa Tabbouleh Salad (28) Broccoli Slaw (145) Low Sodium Wheat Bread (130) Lorna Doones (100)</p> <p>Calories 724/Sodium 705mg</p>	<p>31</p> <p>California Chicken Salad (70) Lettuce Leaf Sweet Potato Salad (60) Roman Blend Salad (90) Multigrain Bread (270) Diet Vanilla Pudding w/ Topping (195)</p> <p>Calories 641/Sodium 834mg</p>			
<p>All meals include 1% Milk & Margarine. · \$3.00 Suggested donation per meal. *Item contains more than 500 mg sodium and is considered high sodium MONTHLY MENU AVAILABLE AT WWW.SPRINGWELL.COM</p>		<p>following the menu item is the amount of sodium in milligrams. The total amount of sodium listed at the bottom also includes margarine(30mg) and milk (125mg).</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</p>	

To cancel a meal, please call (617) 922-5700 by 11 am, TWO BUSINESS