

Springwell Nutrition Program: COLD LUNCH MENU –Nutrition Information JANUARY 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 NEW YEAR'S DAY HOLIDAY NO MEAL DELIVERY	2 Roast Beef, Provolone(350) Lite Mayonnaise(4) Potato salad(100) Beet Salad(143) 2 Multigrain Bread (300) Fresh Fruit (1) Calories 802/Sodium 1022mg	3 Turkey, Swiss Cheese (470) Lite Mayonnaise(4) Balsamic Pasta Salad(14) Cole Slaw(45) Low Sodium Wheat Bread(180) Mixed Fruit(3) Calories 818/Sodium 842mg
6 Ham(510), Swiss Cheese & Mustard (108) Quinoa Tabbouleh Salad(25) Beet Salad (143) Low Sodium Wheat Bread(180) Applesauce (15) Calories: 617/Sodium:1088 mg	7 Chicken Salad(121), Lettuce Leaf Carrot Raisin Salad (137) Orzo Vegetable Salad (14) Low Sodium Wheat Bread(180) Mandarin Oranges (7) Calories: 816/ Sodium: 584 mg	8 Tuna Salad(241), Lettuce Leaf Potato Salad (100) Spinach w/ Mandarin Oranges Salad (144) Low Sodium Wheat Bread(180) Lorna Doones Cookies (100) Calories: 766/ Sodium: 890 mg	9 Roast Beef (233) Provolone & Lite Mayonnaise(120) Macaroni Salad (138) Zucchini Salad (64) Low Sodium Wheat Bread(180) Diet Vanilla Pudding (144) Calories: 911/ Sodium: 1004 mg	10 Turkey(435), Swiss Cheese & Lite Mayonnaise (39) Italian Pasta Salad (138) Broccoli Slaw (145) Low Sodium Wheat Bread(180) Fresh Fruit (1) Calories: 936/ Sodium: 1063 mg
13 Chicken Curry Salad (118) Rice Vegetable Salad (64) Root Vegetable Salad (48) Low Sodium Wheat Bread(180) Diet Chocolate Pudding w/ Topping (144) Calories: 670/ Sodium:727 mg	14 Egg Salad (130), Lettuce Leaf Ziti Broccoli Salad (48) Mediterranean Salad (173) Multigrain Bread (300) Pears (5) Calories: 719/ Sodium: 781 mg	15 Roast Beef(233), Provolone & Lite Mayonnaise (120) English Pea Salad(156), Squash Zucchini, & Red Onion Salad(6) Low Sodium Wheat Bread(180) Fresh Fruit (1) Calories: 819/ Sodium: 820 mg	16 *Mediterranean Turkey Pasta Salad (518) Riviera Salad (39) Wheat Dinner Roll (180) Tropical Fruit Calories: 665/ Sodium: 944 mg	17 Tuna Salad (241) Greek Pasta Salad (182) Tomato Zucchini Salad (60) Multigrain Bread (300) Oatmeal Raisin Cookie (75) Lettuce Leaf Calories: 606/ Sodium: 983 mg
20 MARTIN LUTHER KING JR. DAY NO MEAL DELIVERY	21 Chef Salad w/ Tuna (463) Ziti Broccoli Salad (48) Wheat Dinner Roll (180) Diet Tapioca Pudding w/ Topping (144) Calories: 695/ Sodium: 990 mg	22 Turkey(435), Swiss Cheese & Lite Mayonnaise (39) Garden Shell Pasta Salad (201) Root Vegetable Salad (86) Low Sodium Wheat Bread(180) Applesauce Calories: 778/ Sodium: 1066 mg	23 California Chicken Salad (115) Potato Salad (100) Cucumber, Feta, & Onion Salad(80) Multigrain Bread (300) Lorna Doone Cookies (100) Lettuce Leaf Calories: 793/ Sodium: 820 mg	24 Roast Beef(233), Provolone & Lite Mayonnaise (120) Barley Raisin Salad (129) Beet Salad (143) Low Sodium Wheat Bread(180) Fresh Fruit (1) Calories: 866/ Sodium: 931 mg
27 Tuna Salad (241) Italian Pasta Salad (138) Cauliflower Carrot Salad (96) Low Sodium Wheat Bread(180) Diet Chocolate Pudding w/ Topping (144) Calories: 924/ Sodium: 784 mg	28 Roast Beef(233), Provolone & Lite Mayonnaise (120) Orzo Vegetable Salad (14) Coleslaw (45) Multigrain Bread (300) Fresh Fruit (1) Calories: 816/ Sodium: 838 mg	29 Chicken Romaine Salad (446) Broccoli Feta Orzo Salad (140) Snack n' Loaf (120) Pears (5) Calories: 677/ Sodium: 866 mg	30 Turkey(435), Swiss Cheese & Lite Mayonnaise (39) Garden Shell Pasta Salad (201) Greek Salad (150) Low Sodium Wheat Bread(180) Pineapple (19) Calories: 894/ Sodium: 1042 mg	31 Egg Salad(130), Lettuce Leaf Sweet Potato Salad (60) Tomato Red Pepper Salad (5) Multigrain Bread (300) Graham Crackers (85) Calories: 721/ Sodium: 705 mg
MENU SUBJECT TO CHANGE 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 To cancel a meal, please call (617) 972-5700 by 11am, TWO BUSINESS DAYS IN ADVANCE. Thank you!		Please note that the number 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). * an asterisk next to an item means it contains more than 500mg of sodium		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.