

LAST NAME _____		FIRST _____	Phone _____	Date _____	APRIL 2025
Springwell Nutrition: LUNCH MENU – Brookline Senior Center		93 Winchester Street 617-730-2747		APRIL 2025	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 HOT: GG / DR Potato Pollock, Lemon Wedge, Quinoa Pilaf, Broccoli & Cauliflower, Multigrain Bread, Oatmeal Raisin Cookie COLD: Chicken Salad, Carrot Raisin Salad, Orzo Vegetable Salad, Wheat Bread, Lettuce, Mandarin Oranges	2 HOT: GG / DR Chicken Meatballs, Tomato Basil Wine Sauce, Penne Pasta, Italian Vegetable Blend, Wheat Dinner Roll, Fresh Fruit COLD: Tuna Salad, Potato Salad, Spinach w/ Mandarin Oranges Salad, Wheat Bread, Lettuce, Lorna Doones Cookies	3 HOT: GG / DR Orzo w/ Chicken Soup, Broccoli Egg Bake, Home Fries, Stewed Tomatoes, Rye Bread, Applesauce COLD: Deli Roast Beef, Provolone Cheese, Lite Mayonnaise, Macaroni Salad, Zucchini Salad, Lettuce, Wheat Bread, Diet Vanilla Pudding	4 HOT: GG / DR Mixed Bean & Vegetable Stew, Brussels Sprouts, Wheat Dinner Roll, Brownie COLD: Deli Turkey, Swiss Cheese, Lite Mayonnaise, Italian Pasta Salad, Broccoli Slaw, Wheat Bread, Lettuce, Fresh Fruit	
7 RED SOX DAY/High Sodium GG / DR HOT: Hot Dog, Baked Beans, Root Vegetables, Hot Dog Roll, Brownie COLD: Chicken Curry Salad, Rice Vegetable Salad, Wheat Bread, Root Vegetable Salad, Diet Chocolate Pudding w/ Topping	8 HOT: GG / DR Italian Garden Vegetable Soup, Chicken Scallopi, Buttered Noodles, Green Beans, Wheat Bread, Fresh Fruit COLD: Egg Salad, Lettuce, Multigrain Bread, Ziti Broccoli Salad, Mediterranean Salad, Pears	9 HOT: GRAB N GO ONLY Chicken Rice Bake, Spinach, Garlic Knot, Mixed Fruit	10 HOT: GG / DR American Chop Suey, Broccoli, Oat Bread, Vanilla Pudding w/ Topping COLD: Mediterranean Turkey Pasta Salad * Riviera Salad, Whole Wheat Dinner Roll, Tropical Fruit	11 HOT: GG / DR Macaroni & Cheese, Riviera Blend, Multigrain Bread, Peaches COLD: Tuna Salad, Lettuce, Greek Pasta Salad, Multigrain Bread, Tomato Zucchini Salad, Oatmeal Raisin Cookie	
14 HOT: GG / DR Sweet & Sour Chicken Meatballs Over Lo Mein Noodles, Stir Fry Vegetables, Multigrain Bread, Tapioca Pudding w/ Topping COLD: Egg Salad, Balsamic Vinaigrette Pasta Salad, Riviera Vegetable Salad, Wheat Bread, Mixed Fruit	15 HOT: GG / DR Beef Chili over Brown Rice, Zucchini & Cauliflower, Dinner Roll, Pears COLD: Chef Salad w/ Tuna, Ziti Broccoli Salad, Dinner Roll, Diet Tapioca Pudding w/ Topping	16 HOT: GG / DR Chicken Diane, Seasoned Orzo, California Blend, Oat Bread, Cupcake COLD: Deli Turkey, Swiss Cheese, Lettuce, Lite Mayonnaise, Garden Shell Pasta Salad, Root Vegetable Salad, Wheat Bread, Applesauce	17 HOT: GG / DR Cream of Butternut Squash Soup, Roasted Turkey w/ Gravy, Mashed Potatoes, Root Vegetables, Whole Wheat Roll, Fresh Fruit COLD: California Chicken Salad, Lettuce, Potato Salad, Cucumber, Feta & Onion Salad, Multigrain Bread, Lorna Doone Cookies	18 HOT: GG / DR Pollack w/ Newburg Sauce, Herbed Rice, Roman Blend, Wheat Bread, Applesauce COLD: Deli Roast Beef, Provolone Cheese, Lettuce, Lite Mayonnaise, Beet Salad, Barley Raisin Salad, Wheat Bread, Fresh Fruit	
21 PATRIOTS' DAY HOLIDAY NO MEAL DELIVERY	22 HOT: GG / DR Lentil Spinach Soup, Lasagna Roll w/ Sauce, Tuscany Blend, Garlic Dinner Roll, Peaches COLD: Deli Roast Beef, Provolone Cheese, Lettuce, Lite Mayonnaise, Coleslaw, Orzo Vegetable Salad, Multigrain Bread, Fresh Fruit	23 HOT: SPRING SPECIAL GG / DR Broccoli & Cheese Stuffed Chicken, Sour Cream & Chive Mashed Potatoes, Spring Vegetable Blend, Dinner Roll, Carrot Cake w/ Cream Cheese Icing COLD: Chicken Romaine Salad, Broccoli Feta Orzo Salad, Snack n Loaf, Pears	24 HOT: GG / DR Chicken w/ Sauté Vegetables, Jasmine Coconut Rice, Multigrain Bread, Chocolate Pudding w/Topping COLD: Deli Turkey, Swiss Cheese, Lettuce, Mayonnaise, Garden Shell Pasta Salad, Greek Salad, Wheat Bread, Pineapple	25 HOT: GG / DR Meatloaf w/ Gravy, Cheddar Mashed Potatoes, Peas & Carrots, Wheat Dinner Roll, Pears COLD: Egg Salad, Lettuce, Sweet Potato Salad, Multigrain Bread, Tomato Red Pepper Salad, Graham Crackers	
28 HOT: GG / DR Chicken Cacciatore w/ Sauce over Cavitappi Pasta, Broccoli & Cauliflower, Multigrain Bread, Applesauce COLD: Deli Turkey, Swiss Cheese, Mayonnaise, 3 Bean Salad, Zucchini Salad, Multigrain Bread, Chocolate Chip Cookie	29 HOT: GG / DR Potato Pollack w/ Lemon Wedge, Whipped Sweet Potatoes, Peas & Mushrooms, Rye Bread, Mixed Fruit COLD: Southwest Chicken Salad, Lettuce, Summer Potato Salad, Broccoli Slaw, Wheat Bread, Tropical Fruit	30 HOT: GG / DR Beef Burgundy w/ Sauce, Garlic Mashed Potatoes, Root Vegetables, Multigrain Bread, Vanilla Pudding w/ Topping Italian Tuna Salad* Quinoa Tabbouleh Salad Squash Zucchini & Red Onion Salad Low Sodium Wheat Bread	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.		MENU IS SUBJECT TO CHANGE YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM
• 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 • *Item contains more than 500mg sodium and considered high sodium		Chilled Meal Re-Heating Instructions Conventional oven <ul style="list-style-type: none"> o Eat or refrigerate immediately. o Reheat in oven at 350 degrees for 10-20 minutes. Microwave oven <ul style="list-style-type: none"> o Reheat in microwave on high for 2 to 3 minutes o Peel back corner to vent. Do not reheat in toaster oven.		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.	