

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<p>MENU IS SUBJECT TO CHANGE</p> <p>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p>						
<p>5 GG / DR HOT: Hot Dog, Baked Beans, Cabbage & Carrots, Hot Dog Roll, Relish, Peaches COLD: Mediterranean Tortellini Salad *, Roman Blend Salad, Dinner Roll, Pineapple</p>	<p>6 GG / DR HOT: Cream of Mushroom Soup, Chicken Souvlaki, Seasoned Orzo, Spring Blend Vegetables, Multigrain Bread, Brownie COLD: Tuna Salad, Tri-Color Pasta Salad, Spinach w/ Mandarin Oranges Salad, Wheat Bread, Fruited Diet Gelatin</p>	<p>7 GG / DR HOT: Stuffed Shells w/ Tomato Sauce, Roman Blend Vegetables, Garlic Dinner Roll, Fresh Fruit COLD: Deli Roast Beef, Provolone Lite Mayonnaise, Barley Raisin Salad, Tomato Zucchini Salad, Multigrain Bread, Fresh Fruit</p>	<p>1 GG / DR HOT: Tuscan Soup, Swedish Chicken Meatballs w/ Sauce over Egg Noodles, Brussels Sprouts, Wheat Bread, Fig Bar COLD: Deli Roast Beef, Provolone Cheese, Lite Mayo, Balsamic Vinaigrette Pasta Salad, Cucumber Carrot Onion Salad, Wheat Bread, Fresh Fruit</p>	<p>2 GG / DR HOT: White Bean & Spinach Stew, Green Beans, Dinner Roll, Fresh Fruit COLD: Vegetarian Chef Salad, Broccoli, Feta, Orzo Salad, Whole Wheat Dinner Roll, Peaches</p>		
<p>12 GG / DR HOT: Lentil Stew, Cauliflower, Multigrain Bread, Chocolate Chip Cookie COLD: Egg Salad, Ziti Broccoli Salad, Squash, Zucchini & Red Onion Salad, Multigrain Bread, Sugar Cookie</p>	<p>13 GG / DR HOT: Chicken Stir Fry, Fried Rice, Wheat Bread, Fresh Fruit COLD: Turkey Salad, Potato Salad, Summer Squash Salad, Lettuce, Multigrain Bread, Mixed Fruit</p>	<p>14 GG / DR HOT: Spinach & Red Pepper Frittata, Red Bliss Potatoes, Brussels Sprouts, Oat Bread, Yogurt COLD: Chicken Caesar Salad, Root Vegetable Salad, Dinner Roll, Pears</p>	<p>15 GG / DR HOT: Mixed Bean w/ Chicken Soup, Pollock w/Dijon Wine Sauce over Cous Cous, Peas & Pearl Onions, Wheat Bread, Pears COLD: Tuna Salad, Lettuce, Italian Pasta Salad, Wheat Bread, Spinach w/ Mandarin Orange Salad, Diet Chocolate Pudding w/ Topping</p>	<p>16 GG / DR HOT: Roast Turkey w/ Gravy, Sage Bread Stuffing, Whipped Butternut Squash, Dinner Roll, Apple Slices w/ Cinnamon COLD: Deli Roast Beef, Provolone Cheese, Lettuce, Lite Mayonnaise, Corn Salad, Cucumber Carrot Onion Salad, Wheat Bread, Fresh Fruit</p>		
<p>19 GG / DR HOT: Baked Ziti, Green Beans, Garlic Knot, Mixed Fruit COLD: Asian Chicken Salad, Lo Mein Pasta Salad, Broccoli Slaw, Multigrain Bread, Lorna Doone Cookies</p>	<p>20 GG / DR HOT: Potato Leek Soup, BBQ Pulled Pork, Baked Beans, Broccoli, Hamburger Bun, Peaches COLD: Egg Salad, Lettuce, Greek Pasta Salad, Multigrain Bread, Cauliflower Carrot Salad, Diet Vanilla Pudding w/ Topping</p>	<p>21 GG / DR HOT: Greek Chicken, Seasoned Orzo, Riviera Blend Vegetables, Multigrain Bread, Oatmeal Raisin Cookie COLD: Mediterranean Turkey Pasta Salad, Roman Blend Salad, Garlic Dinner Roll, Fresh Fruit</p>	<p>22 GG / DR HOT: Black Bean & Barley Chili, Fiesta Blend Vegetables, Wheat Dinner Roll, Fresh Fruit COLD: Deli Roast Beef, Provolone Cheese, Lettuce, Lite Mayonnaise, Potato Salad, Coleslaw, Wheat Bread, Applesauce</p>	<p>23 GG / DR HOT: Salisbury Steak w Mushroom Gravy, Garlic Mashed Potatoes, Root Vegetables, Wheat Bread, Chocolate Pudding w/ Topping COLD: Italian Tuna Salad, Macaroni Salad, Riviera Salad, Wheat Bread, Pears</p>		
<p>26 MEMORIAL DAY HOLIDAY NO MEAL DELIVERY</p>	<p>27 GG / DR HOT: Broccoli & Mushroom Frittata, O'Brien Potatoes, Stewed Tomatoes, Wheat Bread, Mandarin Oranges COLD: Chicken Salad, Greek Pasta Salad, Wheat Bread, Broccoli Tomato Salad, Fresh Fruit</p>	<p>28 GG / DR HOT: Potato Pollock, Lemon Wedge, Brown Rice Pilaf, Roman Blend Vegetables, Wheat Dinner Roll, Vanilla Pudding w/ Topping COLD: Egg Salad, Barley Raisin Salad, Multigrain Bread, Carrot Pineapple Salad, Gingersnaps</p>	<p>29 GG / DR HOT: Minestrone Soup, Pot Roast w/ Gravy, Mashed Potatoes, Peas & Carrots, Rye Bread, Cupcake COLD: Chef Salad w/ Tuna, Root Vegetable Salad, Snack n' Loaf, Yogurt</p>	<p>30 GG / DR HOT: Chicken a la King over Buttered Noodles, Tuscan Blend, Multigrain Bread, Fresh Fruit COLD: Deli Ham *, Lettuce, Swiss Cheese, Mustard, Coleslaw, Balsamic Vinaigrette Pasta Salad, Wheat Bread, Tropical Fruit</p>		
<p>Please call your lunch reservations by 11 a.m. <u>two business days before.</u></p> <ul style="list-style-type: none"> If you would like to cancel your meal please call by 11 a.m. two business days \$2.50 Suggested donation per meal. <p>Please make checks payable to Springwell</p> <p>Please add the site you receive your meals from on the memo line</p> <p>Send check to: Springwell, Inc. 307 Waverley Oaks Road Suite 205, Waltham MA 02452 Attention: Nutrition Department</p> <ul style="list-style-type: none"> *Item contains more than 500mg sodium and considered high sodium 		<p>Chilled Meal Re-Heating Instructions</p> <p>Conventional oven</p> <ul style="list-style-type: none"> o Eat or refrigerate immediately. o Reheat in oven at 350 degrees for 10-20 minutes. <p>Microwave oven</p> <ul style="list-style-type: none"> o Reheat in microwave on high for 2 to 3 minutes o Peel back corner to vent, <p>Do not reheat in toaster oven.</p>		<p>FOOD ALLERGIES</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>COLD MEAL OPTION AVAILABLE FOR DINE IN DINE IN: Please circle HOT or COLD to reserve that meal option.</p>