

LAST NAME		FIRST	Phone	Date	JUNE 2025
Springwell Nutrition: LUNCH MENU – Brookline Senior Center		93 Winchester Street 617-730-2747	JUNE 2025		
MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HOT: GG / DR Macaroni & Cheese *, Broccoli, Wheat Dinner Roll, Applesauce COLD: Tuna Salad. Ouinoa Salad. Tomato Zucchini Salad, Wheat Bread, Diet Chocolate Pudding w/ Topping		3 HOT: GG / DR Cream of Tomato Soup, Chicken & Rice Bake, Green Beans, Multiqrain Bread, Tapioca Pudding w/ Topping COLD: Deli Roast Beef. Lettuce. Provolone Cheese, Lite Mayonnaise, English Pea Salad, Beet Salad, Rye Bread, Applesauce	4 HOT: GG / DR Beef Sloppy Joe, Sweet Potato Tots, Spinach, Hamburger Roll, Fresh Fruit COLD: Hummus. Pita Bread. Quinoa Tabbouleh Salad, Mediterranean Salad, Mandarin Oranges	5 HOT: GG / DR Chicken Fajitas, Rice & Beans, Pepper & Onions, Tortilla, Pears COLD: Deli Turkey. Lettuce. Swiss Cheese. Lite Mayo, Pasta Vegetable Salad, Wheat Bread, Squash, Zucchini & Red Onion Salad, Fresh Fruit	6 HOT: GG / DR Mixed Bean & Vegetable Stew, Cauliflower, Wheat Bread, Fig Bar COLD: Chicken Romaine Salad. Ziti Broccoli Salad, Dinner Roll, Fig Bar
9 HOT: GG / DR Honey Mustard Chicken, Whipped Sweet Potatoes, Multiqrain Bread, Jardinière Style Blend Vegetables, Chocolate Pudding w/ Topping COLD: Egg Salad. Israeli Couscous Salad, Root Vegetable Salad, Multiqrain Bread, Oatmeal Raisin Cookie		10 HOT: GG / DR Pollock w/ Scampi Sauce, Creamy Parmesan Polenta, Rye Bread, Riviera Blend Vegetables, Fresh Fruit COLD: California Chicken Salad. Orzo Vegetable Salad, Lettuce, Purple Cabbage Cole Slaw, Multiqrain Bread, Yogurt	11 HOT: GG / DR Beef Stroganoff over Egg Noodles, Brussels Sprouts, Wheat Bread, Brownie COLD: Deli Roast Beef. Lettuce. Provolone Cheese, Lite Mayonnaise, Wheat Bread BBQ Corn & White Bean Onion Salad, Summer Squash Salad, Fresh Fruit	12 HOT: FATHER'S DAY SPECIAL GG / DR Sausage, Pepper, Onions, Baked Beans, Sub Roll, Italian Blend Vegetables, Blueberry Parfait COLD: Tuna Salad. Lettuce. Pasta Salad w/ Cheese, Wheat Bread, Spinach w/ Mandarin Oranges Salad, Mixed Fruit	13 HOT: GG / DR Garden Vegetable Soup, Lasagna w/ Tomato Sauce, Italian Green Beans, Garlic Knot, Peaches COLD: Mediterranean Turkey Pasta Salad *, Coleslaw, Snack n Loaf, Peaches
16 HOT: GG / DR Unstuffed Pepper Casserole, Peas & Pearl Onions, Wheat Bread, Fresh Fruit COLD: Turkey Salad. German Potato Salad, Multiqrain Bread, Cucumber Feta & Onion Salad, Gingersnaps		17 HOT: GG / DR Cream of Broccoli Soup, Lemon Chicken w/ Peas, Quinoa Pilaf, Dinner Roll, Spring Blend Vegetables, Chocolate Chip Cookie COLD: Middle Eastern Vegetable Pita Salad. Tri-Color Pasta Salad, Zucchini Salad, Snack N Loaf, Yogurt	18 HOT: GG / DR Lentil Stew, Root Vegetables, Oat Bread, Vanilla Pudding w/ Topping COLD: Chef Salad w/ Ham *. Sweet Potato Salad, Dinner Roll, Pears	19 HOT: GG / DR JUNETEENTH HOLIDAY NO MEAL DELIVERY	20 HOT: GG / DR Rosemary Balsamic Pork, Italian Roasted Red Bliss Potatoes, Ratatouille, Multiqrain Bread, Tropical Fruit COLD: Deli Roast Beef. Lettuce. Lite Mavo. Provolone Cheese, Tomato Red Pepper Salad, Southwestern Black Bean Salad, Wheat Bread, Pineapple
23 HOT: GG / DR Chicken Marsala, Italian Roasted Red Bliss Potatoes, Spinach, Wheat Bread, Tropical Fruit COLD: Deli Ham *. Swiss Cheese. Mustard. Quinoa Tabbouleh Salad, Beet Salad, Wheat Bread, Applesauce		24 HOT: GG / DR Potato Pollock, Lemon Wedge, Quinoa Pilaf, Broccoli & Cauliflower, Multiqrain Bread, Oatmeal Raisin Cookie COLD: Chicken Salad. Lettuce. Carrot Raisin Salad, Orzo Vegetable Salad, Wheat Bread, Mandarin Oranges	25 HOT: GRAB N GO ONLY Chicken Meatballs, Tomato Basil Wine Sauce, Penne Pasta, Italian Vegetable Blend, Wheat Dinner Roll, Fresh Fruit	26 HOT: GG / DR Orzo w/ Chicken Soup, Broccoli Egg Bake, Home Fries, Stewed Tomatoes, Rye Bread, Applesauce COLD: Deli Roast Beef. Provolone Cheese. Lite Mayo, Macaroni Salad, Zucchini Salad, Lettuce, Wheat Bread, Diet Vanilla Pudding	27 HOT: GG / DR Beef Pot Roast w/ Gravy, Mashed Potatoes, Carrots, Dinner Roll, Chocolate Pudding w/ Topping COLD: Deli Turkey. Swiss Cheese. Lettuce, Lite Mayonnaise, Broccoli Slaw, Italian Pasta Salad, Wheat Bread, Fresh Fruit
30 HOT: GG / DR Mixed Bean & Vegetable Stew, Cauliflower, Wheat Dinner Roll, Brownie COLD: Chicken Curry Salad. Rice Vegetable Salad, Root Vegetable Salad, Wheat Bread, Diet Chocolate Pudding w/Topping					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. <u>two business days before.</u> • 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.		FOOD ALLERGIES Please note: Springwell does NOT keep track of individual food allergies. It is your responsibility to cancel a meal if it contains ingredients you are allergic to. Please review menus carefully to identify meals that contain items you are allergic to and notify staff. If you need help identifying the ingredients in a meal please call 617-926-4100 or 508-573-7258.	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.