

LAST NAME		FIRST	Phone	Date	JULY 2025
Springwell Nutrition: LUNCH MENU – Brookline Senior Center		93 Winchester Street 617-730-2747	JULY 2025		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 GG / DR HOT: Italian Garden Vegetable Soup, Chicken Scallopini, Buttered Noodles, Green Beans, Wheat Bread, Fresh Fruit COLD: Egg Salad, Ziti Broccoli Salad, Mediterranean Salad, Multigrain Bread, Pears	2 GG / DR HOT: Macaroni & Cheese, Riviera Blend Vegetables, Multigrain Bread, Peaches COLD: Deli Roast Beef, Provolone Cheese, Lite Mayo, English Pea Salad, Wheat Bread, Squash, Zucchini & Red Onion Salad, Fresh Fruit	3 4TH OF JULY SPECIAL GG / DR HOT: * BBQ Chicken, Corn, Cole Slaw, Wheat Dinner Roll, Strawberry Shortcake COLD: Mediterranean Turkey Pasta Salad *, Riviera Salad, Dinner Roll, Tropical Fruit	4 INDEPENDENCE DAY NO MEAL DELIVERY	
7 GG / DR HOT: Sweet & Sour Chicken Meatballs Over Lo Mein Noodles, Stir Fry Vegetables, Multigrain Bread, Tapioca Pudding w/ Topping COLD: Egg Salad, Riviera Salad, Balsamic Vinaigrette Pasta Salad, Wheat Bread, Mixed Fruit	8 GG / DR HOT: Beef Chili Over Brown Rice, Zucchini & Cauliflower, Whole Wheat Dinner Roll, Pears COLD: Chef Salad w/ Tuna, Ziti Broccoli Salad, Dinner Roll, Diet Tapioca Pudding w/ Topping	9 GG / DR HOT: Chicken Diane, Seasoned Orzo, California Blend Vegetables, Oat Bread, Cupcake COLD: Deli Turkey, Swiss Cheese, Lite Mayo, Garden Shell Pasta Salad, Root Vegetable Salad, Wheat Bread, Applesauce	10 GG / DR HOT: Cream of Butternut Squash Soup, Roasted Turkey w/ Gravy, Mashed Potatoes, Root Vegetables, Wheat Bread, Fresh Fruit COLD: California Chicken Salad, Potato Salad, Multigrain Bread, Cucumber, Feta & Onion Salad, Lorna Doone Cookies	11 GG / DR HOT: Pollock "Catch of the Day", Newburg Sauce, Herbed Rice, Wheat Bread, Roman Blend Vegetables, Applesauce COLD: Deli Roast Beef, Provolone Cheese, Lite Mayo, Barley Raisin Salad, Beet Salad, Wheat Bread, Fresh Fruit	
14 GG / DR HOT: Cheese Omelet, Sausage Patty, O'Brien Potatoes, Stewed Tomatoes, Wheat Bread, Orange COLD: Tuna Salad, Italian Pasta Salad, Cauliflower Carrot Salad, Wheat Bread, Diet Chocolate Pudding w/ Topping	15 GG / DR HOT: Lentil Spinach Soup, Lasagna Roll w/ Sauce, Tuscany Blend Vegetables, Garlic Dinner Roll, Peaches COLD: Deli Roast Beef, Provolone Cheese, Lite Mayo, Orzo Vegetable Salad, Coleslaw, Multigrain Bread, Fresh Fruit	16 GG / DR HOT: Pork w/Apples, Roasted Sweet Potatoes, Green Beans, Whole Wheat Roll, Chocolate Pudding w/ Topping COLD: Chicken Romaine Salad, Broccoli Feta Orzo Salad, Snack n Loaf, Pears	17 GG / DR HOT: Chicken w/ Sauté Vegetables, Jasmine Coconut Rice, Multigrain Bread, Pineapple COLD: Deli Turkey, Swiss Cheese, Lite Mayo, Garden Shell Pasta Salad, Greek Salad, Wheat Bread, Applesauce	18 GG / DR HOT: Meatloaf w/ Gravy, Cheddar Mashed Potatoes, Peas & Carrots, Wheat Dinner Roll, Chocolate Chip Cookie COLD: Egg Salad, Sweet Potato Salad, Tomato Red Pepper Salad, Multigrain Bread, Graham Crackers	
21 GG / DR HOT: Chicken Cacciatore Over Cavatappi Pasta, Broccoli & Cauliflower, Multigrain Bread, Applesauce COLD: Deli Turkey, Swiss Cheese, Mayo, 3 Bean Salad, Zucchini Salad, Multigrain Bread, Chocolate Chip Cookie	22 GG / DR HOT: Potato Pollock w/Lemon Wedge, Whipped Sweet Potatoes, Peas & Mushrooms, Rye Bread, Fiq Bar COLD: Southwest Chicken Salad, Summer Potato Salad, Broccoli Slaw, Wheat Bread, Diet Vanilla Pudding w/ Topping	23 GG / DR HOT: Beef Burgundy, Garlic Mashed Potatoes, Root Vegetables, Multigrain Bread, Vanilla Pudding w/ Topping COLD: Italian Tuna Salad *, Wheat Bread, Quinoa Tabbouleh Salad, Squash, Zucchini & Red Onion Salad, Tropical Fruit	24 GG / DR HOT: Tuscan Soup, Swedish Chicken Meatballs, Over Egg Noodles, Brussels Sprouts, Wheat Bread, Mixed Fruit COLD: Deli Roast Beef, Provolone Cheese, Lite Mayo, Balsamic Vinaigrette Pasta Salad, Cucumber Carrot& Onion Salad, Wheat Bread, Fresh Fruit	25 GG / DR HOT: White Bean & Spinach Stew, Green Beans, Whole Wheat Dinner Roll, Fresh Fruit COLD: Vegetarian Chef Salad, Broccoli Feta Orzo Salad, Dinner Roll, Peaches	
28 GG / DR HOT: Hot Dog, Baked Beans, Root Vegetables, Hot Dog Roll, Relish, Peaches COLD: Mediterranean Tortellini Salad *, Roman Blend Salad, Dinner Roll, Pineapple	29 DINE IN Only: SUMMER BBQ Hot Dog, Hamburger, Potato Salad, Cole Slaw, Watermelon, Lemonade	30 GG / DR HOT: Stuffed Shells w/ Tomato Sauce, Roman Blend Vegetables, Garlic Dinner Roll, Fresh Fruit COLD: Deli Roast Beef, Provolone Cheese, Lite Mayo, Barley Raisin Salad, Tomato Zucchini Salad, Multigrain Bread, Fresh Fruit	31 GG / DR HOT: Beef Shepherd's Pie, Jardinière Style Vegetables, Whole Wheat Dinner Roll, Tapioca Pudding w/Topping COLD: Chicken Salad, Broccoli Slaw, Orzo Vegetable Salad, Multigrain Bread, Yogurt	MENU IS SUBJECT TO CHANGE YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM	
<ul style="list-style-type: none"> 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		Chilled Meal Re-Heating Instructions Conventional oven <ul style="list-style-type: none"> Eat or refrigerate immediately. Reheat in oven at 350 degrees for 10-20 minutes. Microwave oven <ul style="list-style-type: none"> Reheat in microwave on high for 2 to 3 minutes Peel back corner to vent, Do not reheat in toaster oven.		FOOD ALLERGIES Please review menus carefully to identify meals that contain items you are allergic to and notify the site staff. Don't hesitate to call the Springwell Dietician 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.	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.
<ul style="list-style-type: none"> *Item contains more than 500mg sodium and considered high sodium 					