

LAST NAME		FIRST	Phone	Date	AUGUST 2025
Springwell Nutrition: LUNCH MENU – Brookline Senior Center		93 Winchester Street 617-730-2747		AUGUST 2025	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MENU IS SUBJECT TO CHANGE YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM				1 HOT: GG / DR Macaroni & Cheese *, Zucchini & Tomatoes, Wheat Bread, Mandarin Oranges COLD: Deli Turkey. Swiss Cheese. Lite Mayo, Israeli Couscous Salad, Coleslaw, Wheat Bread, Applesauce	
4 HOT: GG / DR Lentil Stew, Italian Roasted White Potatoes, Cauliflower, Multigrain Bread, Chocolate Chip Cookie COLD: Egg Salad, Ziti Broccoli Salad, Squash, Zucchini & Red Onion Salad, Multigrain Bread, Sugar Cookie	5 HOT: GG / DR Chicken Stir Fry, Fried Rice, Wheat Bread, Fresh Fruit COLD: Turkey Salad, Potato Salad, Summer Squash Salad, Multigrain Bread, Mixed Fruit	6 HOT: GG / DR Spinach & Red Pepper Fritatta, Red Bliss Potatoes, Brussels Sprouts, Oat Bread, Yogurt COLD: Chicken Caesar Salad, Root Vegetable Salad, Dinner Roll, Pears	7 HOT: GG / DR Mixed Bean w/ Chicken Soup, Pollock w/ Dijon Wine Sauce over Couscous, Peas & Pearl Onions, Wheat Bread, Pears COLD: Tuna Salad, Italian Pasta Salad, Wheat Bread, Spinach w/ Mandarin Orange Salad, Diet Chocolate Pudding w/ Topping	8 HOT: GG / DR Roast Turkey w/ Gravy *, Sage Bread Stuffing, Wheat Bread, Whipped Butternut Squash, Apple Slices w/ Cinnamon COLD: Deli Roast Beef, Provolone Cheese, Lite Mayo, Corn Salad, Wheat Bread, Cucumber Carrot Onion Salad, Fresh Fruit	
11 HOT: GG / DR Baked Ziti *, Green Beans, Garlic Knot, Mixed Fruit COLD: Asian Chicken Salad, Lo Mien Pasta Salad, Broccoli Slaw, Multigrain Bread, Lorna Doone Cookies	12 HOT: GG / DR Potato Leek Soup, BBQ Pulled Pork, Baked Beans, California Blend Vegetables, Hamburger Bun, Peaches COLD: Egg Salad, Greek Pasta Salad, Cauliflower Carrot Salad, Multigrain Bread, Diet Vanilla Pudding w/ Topping	13 HOT: SUMMER SPECIAL GG / DR Breaded Chicken Sandwich on Hamburger Roll, Honey Mustard Sauce, Sweet Potato Wedges, Coleslaw, Watermelon COLD: Mediterranean Turkey Pasta Salad *, Roman Blend Salad, Garlic Dinner Roll, Fresh Fruit	14 HOT: GG / DR Black Bean & Barley Chili, Fiesta Blend Vegetables, Wheat Dinner Roll, Fresh Fruit COLD: Deli Roast Beef, Provolone Cheese, Lite Mayo, Potato Salad, Coleslaw, Wheat Bread, Applesauce	15 HOT: GG / DR 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	
18 HOT: GG / DR Chicken Meatballs Subs w/ Tomato Sauce, Provolone Cheese, Italian Roasted White Potatoes, Italian Blend Vegetables, Tropical Fruit COLD: Deli Turkey, Swiss Cheese, Lite Mayo, Sweet Potato Salad, Cauliflower Carrot Salad, Multigrain Bread, Mixed Fruit	19 HOT: GG / DR Broccoli & Mushroom Fritatta, O'Brien Potatoes, Stewed Tomatoes, Wheat Bread, Mandarin Oranges COLD: Chef Salad w/ Tuna, Root Vegetable Salad, Snack n' Loaf, Yogurt	20 HOT: GG / DR Potato Pollock, Lemon Wedge, Root Vegetables, Roman Blend Vegetables, Wheat Dinner Roll, Vanilla Pudding w/ Topping COLD: Chicken Salad, Greek Pasta Salad, Broccoli Tomato Salad, Wheat Bread, Fresh Fruit	21 HOT: GG / DR Minestrone Soup, Pot Roast w/ Gravy, Mashed Potatoes, Peas & Carrots, Rye Bread, Cupcake COLD: Egg Salad, Barley Raisin Salad, Carrot Pineapple Salad, Multigrain Bread, Gingersnaps	22 HOT: GG / DR Chicken A La King * over Buttered Noodles, Tuscany Blend Vegetables, Multigrain Bread, Fresh Fruit COLD: Deli Ham *, Swiss Cheese, Balsamic vinaigrette Pasta Salad, Coleslaw, Wheat Bread, Tropical Fruit	
25 HOT: GG / DR Macaroni & Cheese *, Broccoli, Wheat Dinner Roll, Applesauce COLD: Tuna Salad, Quinoa Salad, Tomato Zucchini Salad, Wheat Bread, Diet Chocolate Pudding w/ Topping	26 HOT: GG / DR Cream of Tomato Soup, Chicken & Rice Bake, Green Beans, Multigrain Bread, Tapioca Pudding w/ Topping COLD: Deli Roast Beef, Provolone Cheese, Lite Mayo, English Pea Salad, Beet Salad, Rye Bread, Applesauce	27 HOT: GG / DR Sloppy Joe, Sweet Potato Tots, Spinach, Hamburger Roll, Fresh Fruit COLD: Hummus, Quinoa Tabbouleh Salad, Mediterranean Salad, Pita Bread, Mandarin Oranges	28 HOT: GG / DR Chicken Fajitas, Rice & Beans, Onions & Peppers, Tortilla, Mandarin Oranges COLD: Deli Turkey, Swiss Cheese, Lite Mayo, Pasta Vegetable Salad, Squash, Zucchini & Red Onion Salad, Wheat Bread, Fresh Fruit	29 HOT: GG / DR Mixed Bean & Vegetable Stew, Cauliflower, Wheat Bread, Fiqu Bar COLD: Chicken Romaine Salad, Ziti Broccoli Salad, Dinner Roll, Fiqu Bar	
<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 <ul style="list-style-type: none">· *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 minuteso 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.	