

LAST NAME		FIRST	Phone	Date	SEPTEMBER 2025
Springwell Nutrition: LUNCH MENU – Brookline Senior Center		93 Winchester Street 617-730-2747		SEPTEMBER 2025	
MONDAY		TUESDAY		WEDNESDAY	
1GG / DR LABOR DAY HOLIDAY NO MEAL DELIVERY		2GG / DR HOT: Lasagna w/ Tomato Sauce *, Italian Green Beans, Garlic Knot Roll, Peaches COLD: California Chicken Salad, Orzo Vegetable Salad, Root Vegetable Salad, Multigrain Bread, Yogurt		3LABOR DAY SPECIAL GG / DR HOT: Beef Burger, American Cheese, Sweet Potato Tots, Hamburger Roll, Fiesta Blend Vegetables, Ketchup, Mustard, Angel Food Cake w/ Raspberry Whipped Topping COLD: Deli Roast Beef, Provolone Cheese, Lite Mayonnaise, Summer Squash Salad, BBQ Corn & White Bean Onion Salad, Wheat Bread, Fresh Fruit	
				THURSDAY	
8GG / DR HOT: Unstuffed Pepper Casserole, Peas & Pearl Onions, Wheat Bread, Fresh Fruit COLD: Turkey Salad, German Potato Salad, Cucumber Feta & Onion Salad, Multigrain Bread, Gingersnaps		9GG / DR HOT: Cream of Broccoli Soup, Chicken Breast w/ Lemon Peas Sauce, Quinoa Pilaf, Spring/Summer Blend Vegetables, Dinner Roll, Tropical Fruit COLD: Middle Eastern Vegetable Pita Salad, Tri-Color Pasta Salad, Zucchini Salad, Snack n Loaf, Yogurt		4GG / DR HOT: Turkey Pot Pie, Harvard Beets, Wheat Dinner Roll, Mandarin Oranges COLD: Tuna Salad, Pasta Salad w/ Cheese, Spinach w/ Mandarin Oranges Salad, Wheat Bread, Mixed Fruit	
				FRIDAY	
15GG / DR HOT: Chicken w/ Marsala Sauce over Buttered Seasoned Orzo, Green Beans & Red Peppers, Wheat Bread, Pears COLD: Deli Ham *, Swiss Cheese, Mustard, Quinoa Tabbouleh Salad, Beet Salad, Wheat Bread, Applesauce		16GG / DR HOT: Potato Pollock, Lemon Wedge, Roasted Sweet Potatoes, Broccoli & Cauliflower, Multigrain Bread, Oatmeal Raisin Cookie COLD: Chicken Salad, Carrot Raisin Salad, Orzo Vegetable Salad, Wheat Bread, Mandarin Oranges		11GG / DR HOT: Stuffed Shells *, Tomato Sauce, California Blend Vegetables, Dinner Roll, Applesauce COLD: Chicken Curry Salad, Broccoli Feta Orzo, Tossed Garden Salad, Multigrain Bread, Fresh Fruit	
22GG / DR HOT: 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		23GG / 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		12GG / DR HOT: Rosemary Balsamic Pork, Italian Roasted Red Bliss Potatoes, Ratatouille, Multigrain Bread, Chocolate Chip Cookie COLD: Deli Roast Beef, Provolone Cheese, Lite Mayonnaise, Southwestern Black Bean Salad, Tomato Red Pepper Salad, Wheat Bread, Pineapple	
29GG / 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		30GG / 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		18GG / DR HOT 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, Wheat Bread, Diet Vanilla Pudding	
<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. <u>Please make checks payable to Springwell</u> 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		<u>Chilled Meal Re-Heating Instructions</u> 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.		25GG / DR HOT: American Chop Suey, Broccoli, Oat Bread, Vanilla Pudding w/ Topping COLD: Mediterranean Turkey Pasta Salad *, Riviera Salad, Dinner Roll, Tropical Fruit	
				26GG / DR HOT: Chicken & Rice Bake, Spinach, Garlic Knot Roll, Mandarin Oranges COLD: Tuna Salad, Greek Pasta Salad, Tomato Zucchini Salad, Multigrain Bread, Oatmeal Raisin Cookie	
				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.	