

LAST NAME _____		FIRST _____		Phone _____		Date _____		OCTOBER 2023	
Springwell Nutrition: LUNCH MENU – Brookline Senior Center October 2023 93 Winchester Street 617-730-2747									
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2 HOT: GG / DR Chicken Stir Fry, Jasmine Coconut Rice, Snack n Loaf Fresh Fruit COLD: Turkey, Swiss Cheese, Wheat Bread, Mayonnaise, Potato Salad, Zucchini Salad, Pineapple		3 HOT: GG / DR * Stuffed Shells w/Tomato Sauce, Chicken Meatball, Tuscany Blend Vegetables, Multigrain Bread, Applesauce COLD: Tuna Salad, Lettuce, Barley Raisin Salad, Beet Salad, Multigrain Bread Diet Chocolate Pudding w/Topping		4 HOT: GG / DR Beef Chili, Brown Rice, Spinach, Wheat Diner Roll, Chocolate Pudding w/Topping COLD: Chicken Salad, Lettuce, Italian Pasta Salad, Cole Slaw, Multigrain Bread, Mixed Fruit		5 HOT: GG / DR Vegetable Soup, Roast Turkey w/Gravy, Whipped Sweet Potatoes, Green Beans, Pineapple COLD: Roast Beef, Swiss Cheese, Lettuce, Mayonnaise, Broccoli Slaw, Quinoa Tabbouleh Salad, Wheat Bread, Lorna Doones		6 HOT: GG / DR Fish w/Florentine Sauce, Roasted Potatoes w/Pepper & Onions, Broccoli, Wheat Bread, Brownie COLD: * Vegetarian Chef Salad, Italian Dressing, Sweet Potato Salad, Snack Loaf Muffin, Margarine, Orange	
9 COLUMBUS/INDIGENOUS PEOPLES' DAY HOLIDAY NO MEAL DELIVERY		10 HOT: GG / DR Italian Garden Vegetable Soup, Chicken, Broccoli, Penne, Butternut Squash, Wheat Bread, Fresh Orange COLD: Turkey, Swiss Cheese, Mayonnaise, Multigrain Bread, English Pea Salad, Cucumber Dill Salad, Mixed Fruit		11 HOT: GG / DR Lasagna w/Tomato Sauce *, Chicken Meatball, Zucchini & Cauliflower, Wheat Dinner Roll, Tropical Fruit COLD: Roast Beef, Provolone Cheese, Lettuce, Mayonnaise, Potato Salad, Spinach Mandarin Orange, Italian Dressing, Wheat Bread, Applesauce		12 HOT: GG / DR Salmon Loin, Honey Mustard Sauce, Herbed Rice, Broccoli, Wheat Bread, Peaches COLD: Egg Salad over Tossed Garden Salad, Italian Dressing, Garden Shell Pasta Salad, Snack Loaf Muffin, Diet Vanilla Pudding w/Topping		13 HOT: GG / DR Shepherd's Pie, Spinach, Multigrain Bread, Pumpkin Bread Chocolate Chip Pudding COLD: Tuna Salad, Lettuce, Summer Potato Salad, Multigrain Bread, Squash, Zucchini Red Onion Salad, Pears	
16 HOT: GG / DR Potato Crunch Fish, Lemon Wedge, Red Bliss Potatoes, Peas, Wheat Bread, Peaches COLD: Egg Salad, Potato Salad, Squash, Zucchini, Red Onion Salad, Wheat Bread, Diet Tapioca Pudding w/Topping		17 HOT: GG / DR Lentil Stew, Green Beans, Wheat Roll, Pears COLD: Chicken Salad, Lettuce, Balsamic Vinaigrette Pasta Salad, Barley Raisin Salad, Multigrain Bread, Lorna Doones		18 HOT: GG / DR Chicken Cordon Bleu, Sour Cream & Chive Masked Potatoes, Jardinière Blend Vegetables, Wheat Bread, Pumpkin Pudding w/Topping COLD: Tuna Salad, Lettuce, Sweet Potato Salad, Zucchini Salad, Wheat Bread, Fresh Fruit		19 HOT: GG / DR Escarole Bean Soup, * Ravioli w/Tomato Sauce, Brussel Sprouts, Cran Orange Snack N Loaf COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Lettuce, Cole Slaw, Greek Pasta Salad, Multigrain Bread, Mixed Fruit		20 HOT: GG / DR Chicken & Rice Bake, Butternut Squash, Dinner Roll, Fresh Orange COLD: Ham, Swiss Cheese, Mustard, Lettuce, Broccoli Slaw, Summer Potato Salad, Wheat Bread, Peaches	
23 HOT: GG / DR Macaroni & Cheese, Broccoli, Multigrain Bread, Yogurt COLD: Turkey, Swiss Cheese, Mayonnaise, Broccoli, Tomato Salad, Italian Pasta Salad, Multigrain Bread, Fresh Fruit		24 HOT: GG / DR Chicken w/Sauté Vegetables, Spinach, Jasmine Coconut Rice, Dinner Roll, Pineapple COLD: Egg Salad, Lettuce, English Pea Salad, Multigrain Bread, Cauliflower Carrot Salad, Diet Chocolate Pudding w/Topping		25 HOT: GG / DR * Hot Dog, Cole Slaw, Baked Beans, Hot Dog Roll, Ketchup, Mustard, Relish, Fresh Fruit COLD: Tuna Salad, Summer Potato Salad, Summer Squash Salad, Wheat Bread, Lorna Doones		26 HOT: GG / DR Roast Turkey w/Gravy, Mashed Potatoes, Butternut Squash, Wheat Bread, Cranberry Sauce, Apple Crisp COLD: Roast Beef, Provolone Cheese, Mayonnaise, Lettuce, Beet Salad, Potato Salad, Wheat Bread, Mandarin Oranges		27 HOT: GG / DR Lentil Spinach Soup, Cod w/Lemon Dill Sauce, Herbed Brown Rice, Ratatouille, Dinner Roll, Fresh Orange COLD: California Chicken Salad, Lettuce, Cole Slaw, Wheat Bread, Balsamic Vinaigrette Pasta Salad, Peaches	
30 HOT: GG / DR Cranberry Chicken, Buttered Seasoned Orzo, Butternut Squash, Dinner Roll, Mandarin Oranges COLD: Egg Salad, Macaroni Salad, English Pea Salad, Multigrain Bread, Mixed Fruit		31 HOT: GG / DR Alaskan Breaded Fish, Lemon Wedge, Quinoa Pilaf, Broccoli & Cauliflower, Multigrain Bread, Pumpkin Cookie COLD: Chicken Salad, Lettuce, Balsamic Vinaigrette Pasta Salad, Spinach Mandarin Orange Salad, Wheat Bread, Peaches						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. two• 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 Waverlev Oaks Road Suite 205, Waltham MA 02452 Attention: Nutrition Department <ul style="list-style-type: none">• *Indicates 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 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.		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.	