

| LAST NAME | | FIRST | Phone | Date | OCTOBER 2025 |
|---|--|---|--|---|--|
| Springwell Nutrition: LUNCH MENU – Brookline Senior Center | | 93 Winchester Street 617-730-2747 | OCTOBER 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 Chicken Marsala Roasted Potatoes Peas and Carrots Peach Crisp Garlic Knot COLD: Tuna Salad Sandwich Carrot Salad, Pickled Beet Salad Fruit Cup | 2 HOT: GG / DR Lentil Stew Couscous Carrots, Fruit Cup, Grated Parmesan, Multi Grain Roll Grated Parmesan COLD: Pasta Primavera Bowl w/Chicken Chickpea Salad, Jell-O | 3 HOT: GG / DR Meatloaf with Gravy Cheesy Mashed Potatoes Broccoli Fresh Pear COLD: Roast Beef Sandwich Potato Salad, Coleslaw Apple Sauce Cup | |
| | 6 HOT: GG / DR Tomato Vegetable Soup Mac n Cheese Garlic Spinach Fruit Cup Dinner Roll COLD: Egg Salad Sandwich Asian Slaw, Baby Carrots Vanilla Pudding | 7 HOT: GG / DR Chicken Pot Pie Biscuit Peas and Carrots Vanilla Pudding COLD: Turkey & Cheese Sandwich Potato Salad, Tomato Salad Fruit Cup | 8 HOT: GG / DR Sliced Turkey w/ Gravv Mashed Potatoes Brussel Sprouts, Fruit Cup Cranberry Sauce, Whole Grain Bread COLD: Chicken Salad Sandwich Corn, Pickled Beet Salad Jell-O | 9 HOT: GG / DR Beef Hot Dog on Bun Baked Beans Sauerkraut Chocolate Chip Cookie COLD: Chickpea Shawarma Sandwich Quinoa Tabouli, Broccoli Sesame Salad Sugar Cookie | 10 HOT: GG / DR Cacio e Pepe Pasta w/ Chicken Green Beans Fruit Cup Dinner Roll COLD: Chicken Caesar Salad Macaroni Salad, Cucumber Salad, Apple Sauce Cup |
| | 13 HOT: GG / DR HOLIDAY NO MEAL DELIVERY | 14 HOT: GG / DR White Bean Soup Pesto Chicken Brown Rice Carrots, Apple Crisp Whole Grain Bread COLD: Buffalo Chicken Salad Sandwich Potato Salad, Carrot Sticks Fruit Cup | 15 HOT: GG / DR Baked Fish in Garlic Sauce Cilantro Rice Carrots Fresh Fruit Whole Grain Bread COLD: Falafel Sandwich Orzo Salad, Tomato Salad, Jell-O | 16 HOT: GG / DR Cheese Ravioli w/ Tomato Sauce Sautéed Spinach Fruit Cup Garlic Knot COLD: Nicoise Pasta Salad w/ Tuna Mixed Bean Salad Vanilla Pudding | 17 HOT: GG / DR BBQ Chicken Braised Garlic Kale Whole Grain Bread Vanilla Pudding COLD: Turkey Cranberry Salad Corn Salsa, Carrot Sesame Salad, Apple Sauce Cup |
| | 20 HOT: GG / DR Mushroom Barley Soup Pot Roast with Gravy Roasted Potatoes Broccoli and Carrots Chocolate Chip Cookie, Multi Grain Roll COLD: Southwest Chicken Salad Macaroni Salad, Carrot Sticks Apple Sauce Cup | 21 HOT: GG / DR General Tso's Chicken White Rice Mixed Vegetables Fresh Apple COLD: Tomato Herb Pasta Salad w/ Chicken Pickled Beet Salad Whole Grain Honey Grahams | 22 HOT: GG / DR Salmon Cake Brown Rice Zucchini Apple Crisp Tartar Sauce, Whole Grain Bread COLD: Egg Salad Sandwich Potato Salad, Tomato Salad Fruit Cup | 23 HOT: GG / DR American Chop Suey Brussel Sprouts Dinner Roll Whole Grain Honey Grahams COLD: Honey Mustard Turkey Sandwich Tomato Pesto Pasta Salad, Corn Salsa Fresh Apple | 24 HOT: GG / DR Chicken Tikka Masala Tomato Rice Naan Pita Dippers Carrots Fruit Cup COLD: Turkey Ham & Cheese Sandwich Mixed Bean Salad, Carrot Salad Chocolate Chip Cookie |
| | 27 HOT: GG / DR Orange Glazed Chicken White Rice Broccoli Apple Crisp Dinner Roll COLD: Turkey BLT Sandwich Orzo Salad, Coleslaw Vanilla Pudding Mixed Fruit | 28 HOT: GG / DR Cheese Tortellini w/ Tomato Sauce Green Beans Vanilla Pudding Garlic Knot COLD: Bean and Rice Bowl Corn Salsa Fresh Orange | 29 HOT: GG / DR Beef and Vegetable Stew Mashed Potatoes Peas and Carrots Fresh Pear Multi Grain Roll COLD: Tuna Salad Sandwich Carrot Salad, Pickled Beet Salad Fruit Cup | 30 HOT: GG / DR Chicken Lo Mein Lo Mein Noodles Mixed Vegetables Fruit Cup Whole Grain Bread COLD: Pasta Primavera Bowl w/ Chicken Chickpea Salad Jell-O | 31 HOT: GG / DR Butternut Squash Soup Baked Chicken w/ Mushroom Sauce Stuffing Peas and Carrots Multi Grain Roll, Festive Cupcake COLD: Roast Beef Sandwich Potato Salad, Coleslaw Apple Sauce Cup |
| <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. |