

LAST NAME		FIRST		Phone	Date	NOVEMBER 2025	
Springwell Nutrition: LUNCH MENU – Brookline Senior Center		93 Winchester Street 617-730-2747		NOVEMBER 2025			
MONDAY		TUESDAY		WEDNESDAY		THURSDAY	FRIDAY
MENU IS SUBJECT TO CHANGE							
YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM							
3	GG / DR HOT: Arroz con Pollo, Yellow Rice, Broccoli, Whole Grain Bread, Fruit Cup	4	GG / DR HOT: Asian BBQ Chicken, White Rice, Seasoned Cabbage, Whole Grain Bread, Fresh Pear	5	GG / DR HOT: Stuffed Shells w/Tomato Sauce, Green Beans, Whole Grain Bread, Peach Crisp	6	GG / DR HOT: Pot Roast w/Gravy, Mashed Potatoes, Carrots, Dinner Roll, Apple Sauce Cup
	COLD: Egg Salad Sandwich, Asian Slaw, Baby Carrots, Vanilla Pudding		COLD: Turkey & Cheese Sandwich, Potato Salad, Tomato Salad, Fruit Cup		COLD: Chicken Salad Sandwich, Corn, Pickled Beet Salad, Jell-O		COLD: Chickpea Shawarma Sandwich, Quinoa Tabouli, Broccoli Sesame Salad, Sugar Cookie
10	GG / DR HOT: Baked Fish w/Garlic Sauce, Cilantro Rice, Vegetable Ragu, Whole Grain Bread, Fresh Fruit	11	VETERANS' DAY HOLIDAY NO MEAL DELIVERY	12	GG / DR HOT: Chicken Marsala, Roasted Potato, Peas & Carrots, Garlic Knot, Peach Crisp	13	GG / DR HOT: Lentil Stew, Couscous, Carrots, Grated Parmesan, Multi Grain Roll, Fruit Cup
	COLD: Herb Roasted Chicken Sandwich, Chickpea Salad, Coleslaw, Fresh Fruit				COLD: Falafel Sandwich, Orzo Salad, Tomato Salad, Jell-O		COLD: Nicoise Pasta Salad w/Tuna, Mixed Bean Salad, Vanilla Pudding
17	GG / DR HOT: Tomato Vegetable Soup, Macaroni & Cheese, Garlic Spinach, Whole Grain Bread, Fruit Cup	18	GG / DR HOT: Chicken Pot Pie, Peas & Carrots, Whole Grain Biscuit, Vanilla Pudding	19	GG / DR HOT: Beef Stroganoff, White Rice, Mixed Vegetables, Dinner Roll, Fresh Fruit	20	HOLIDAY MEAL GG / DR HOT: Sliced Turkey w/Gravy, Mashed Potatoes, Stuffing, Carrots, Dinner Roll, Festive Cupcake
	COLD: Southwest Chicken Salad, Macaroni Salad, Carrot Sticks, Apple Sauce Cup		COLD: Tomato Herb Pasta Salad w/Chicken, Pickled Beet Salad, Whole Grain Honey Grahams		COLD: Egg Salad Sandwich, Potato Salad, Tomato Salad, Fruit Cup		COLD: Honey Mustard Turkey Sandwich, Tomato Pesto Pasta Salad, Corn Salsa, Fresh Apple
24	GG / DR HOT: White Bean Soup, Pesto Chicken, Brown Rice, Sweet Potato, Whole Grain Bread, Apple Crisp	25	GG / DR HOT: Eggplant Parmesan, Penne Pasta w/Tomato Sauce, Zucchini, Whole Grain Bread, Fresh Fruit	26	GG / DR HOT: BBQ Chicken, Mashed Potatoes, Collard Greens, Whole Grain Bread, Apple Sauce Cup, Vanilla Pudding	27	THANKSGIVING DAY HOLIDAY NO MEAL DELIVERY
	COLD: Turkey BLT Sandwich, Orzo Salad, Coleslaw, Vanilla Pudding		COLD: Bean & Rice Bowl, Corn Salsa, Fresh Orange		COLD: Tuna Salad Sandwich, Carrot Salad, Pickled Beet Salad, Fruit Cup		DAY AFTER THANKSGIVING HOLIDAY NO MEAL SERVICE
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 *Item contains more than 500mg sodium and considered high sodium				Chilled Meal Re-Heating Instructions Conventional oven - o Eat or refrigerate immediately. - o Reheat in oven at 350 degrees for 10-20 minutes. Microwave oven - o Reheat in microwave on high for 2 to 3 minutes - o 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.	