LAST NAN	ME ell Nutrition: LUNCH MENU – Brookline Seni	or Center	FIRST 93 Winchester Street 617-730-2747	DECEME	Phone Date BER 2025		DECEMBER 2025
Springwe	MONDAY	Center	TUESDAY	L	WEDNESDAY	THURSDAY	FRIDAY
1 HOT:	GG / DR American Chop Suey, Cauliflower, Broccoli, Multigrain Roll, Chocolate Chip Cookie	2 НОТ:	GG / DR General Tso's Chicken, White Rice, Asian Blend Vegetables, Dinner Roll, Fresh Apple	3 НОТ:	GG / DR Salmon Cake, Brown Rice, Zucchini, Tartar Sauce, Whole Grain Bread,	4 GG / DR HOT: Tomato Vegetable Soup, Pot Roast w/ Gravy, Mashed Potatoes, Brussel Sprouts, Dinner Roll,	5 GG / DR HOT: Chicken Tikka Masala, Tomato Rice, Naan Pita Dippers, Carrots, Fruit Cup
COLD:	Egg Salad Sandwich. Asian Slaw. Baby Carrots. Vanilla Pudding	COLD:	Turkey and Cheese Sandwich, Potato Salad, Tomato Salad, Fruit Cup	COLD:	Apple Crisp Chicken Salad Sandwich, Corn, Pickled Beet Salad, Jell-O	Pear COLD: Chickpea Shawarma Sandwich, Quinoa Tabouli, Broccoli Sesame Salad, Sugar Cookie	COLD: Chicken Caesar Salad, Macaroni Salad, Cucumber Salad, Apple Sauce Cup
в НОТ:	GG / DR Orange Glazed Chicken, White Rice, Broccoli, Dinner Roll, Brownie	нот:	GG / DR Cheese Tortellini w/ Tomato Sauce, Green Beans, Whole Grain Bread, Garlic Knot, Apple Sauce Cup	HOT:	GG / DR Beef Vegetable Stew. Mashed Potatoes, Garlic Spinach, Multigrain Roll, Pear	11 GG / DR HOT: Butternut Squash Soup, Baked Chicken w/ Mushroom Sauce, Stuffing, Peas and Carrots, Whole Grain Bread, Chocolate Pudding	12 GG / DR HOT: Chicken Lo Mein, Lo Mein Noodle, Mixed Vegetables, Multigrain Roll, Fruit Cup
	Herb Roasted Chicken Sandwich, Chickpea Salad, Coleslaw, Fruit	COLD:	Buffalo Chicken Sandwich, Potato Salad, Carrot Sticks, Fruit Cup	COLD:	Falafel Sandwich, Orzo Salad, Tomato Salad, Jell-O	COLD: Nicoise Pasta Salad w/ Tuna, Mixed Bean Salad, Vanilla Pudding	COLD: Turkey Cranberry Salad, Corn Salsa, Carrot Sesame Salad, Apple Sauce Cup
15 HOT:	GG / DR Arroz con Pollo, Yellow Rice, Peppers and Onions, Dinner Roll, Fruit Cup	16 HOT:	GG / DR Asian BBQ Chicken, White Rice, Seasoned Cabbage, Whole Grain Bread, Pear	HOT:	GG / DR Stuffed Shells w/ Tomato Sauce, Green Beans, Whole Grain Bread, Peach Crisp	18 SPECIAL HOLIDAY MEAL GG / DR HOT: Mushroom Barley Soup, Roast Beef w/ Gravy, Potatoes au Gratin, Brussel Sprouts, Dinner Roll, Eggnog Bread Pudding	19 GG / DR HOT: Pasta Bolognese, Mixed Vegetables, Whole Grain Bread, Vanilla Pudding
COLD:	Southwest Chicken Sandwich. Macaroni Salad, Carrot Sticks, Apple Sauce Cup		Tomato Herbed Pasta Salad w/ Chicken. Pickled Beet Salad, Whole Grain Honey Grahams	COLD:	Eaa Salad Sandwich. Potato Salad, Tomato Salad, Fruit Cup	COLD: Honev Mustard Turkev Sandwich. Tomato Pesto Pasta Salad, Corn Salsa, Apple	COLD: Turkev Ham & Cheese Sandwich. Mixed Bean Salad, Carrot Salad, Chocolate Chip Cookie
HOT:	GG / DR Baked Fish w/ Garlic Sauce, Cilantro Rice, Mixed Veqetables, Whole Grain Bread, Fruit	HOT:	GG / DR Lentil Stew, Couscous, Carrots, Grated Parmesan, Multigrain Roll, Fruit Cup	24 HOT:	GG / DR Chicken Marsala, Roasted Potato, Broccoli, Cauliflower, Garlic Knot, Brownie	25 CHRISTMAS DAY HOLIDAY NO MEAL SERVICE	NO MEAL SERVICE
COLD:	Tuna Salad Sandwich. Carrot Salad, Pickled Beet Salad, Fruit Cup	COLD:	Chickpea Shawarma Sandwich. Corn Salsa, Orange	COLD:	Turkev BLT Sandwich. Orzo Salad, Coleslaw, Vanilla Pudding		
29 HOT:	GG / DR Mac and Cheese, Garlic Spinach, Whole Grain Bread, Fruit Cup	30 HOT:	GG / DR Chicken Pot Pie, Peas and Carrots, Whole Grain Biscuit, Chocolate Pudding	31 HOT:	GG / DR Beef Stroganoff, Egg Noodles, Mixed Vegetables, Dinner Roll, Fruit	HAPPY -holidays	MENU IS SUBJECT TO CHANGE YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT
COLD:	Chicken Salad Sandwich, Pickled Beet Salad, Jell-O	COLD:	Turkev and Cheese Sandwich. Potato Salad, Tomato Salad, Fruit Cup	COLD:	Asian Slaw, Baby Carrots, Vanilla Pudding	->> ***	WWW.SPRINGWELL.COM
 Please call your lunch reservations by 11 a.m. two business days before. 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. 				Conventional oven o Eat or refrigerate immediately. o Reheat in oven at 350 degrees for 10-20		FOOD ALLERGIES Please review menus carefully to identify meals that contain items you are allergic to and notify the site	PLEASE CIRCLE "GG"/GRAB AND GO IF YOU INTEND TO INTEND TO PICK UP YOUR MEAL AND TAKE IT HOME WITH YOU.
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				Mic o F	minutes. rowave oven Reheat in microwave on high for 2 to 3 minutes Peel back corner to vent,	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	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
Attention: Nutrition Department * Items containing more than 500mg sodium are considered high sodium				Do not r	eheat in toaster oven.	allergies and has no way of knowing what you are allergic to.	DINE IN: Please circle HOT or COLD to reserve that meal option.