

LAST NAME		FIRST		Phone	Date	JANUARY 2026			
Springwell Nutrition: LUNCH MENU – Brookline Senior Center		93 Winchester Street 617-730-2747		JANUARY 2026					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MENU IS SUBJECT TO CHANGE YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM						1 NEW YEARS DAY HOLIDAY NO MEAL DELIVERY		2 NO MEAL SERVICE	
5 HOT: GG / DR Orange Glazed Chicken Jasmine Rice Broccoli Brownie Dinner Roll COLD: Herb Roasted Chicken Sandwich Chickpea Salad Coleslaw Fruit	6 HOT: GG / DR Lemon Tarragon Fish Brown Rice Pilaf Carrots Fruit Cup Whole Grain Bread COLD: Buffalo Chicken Sandwich Potato Salad Carrot Sticks Fruit Cup	7 HOT: GG / DR BBQ Chicken Mashed Potatoes Collard Greens Vanilla Pudding Sliced Bread COLD: Falafel Sandwich Orzo Tomato Salad Jell-O	8 HOT: GG / DR White Bean Soup Pesto Chicken Pasta Carrots, Whole Grain Bread Apple Crisp COLD: Nicoise Pasta Salad w/Tuna Mixed Bean Salad Vanilla Pudding	9 HOT: GG / DR Stuffed Shells w/ Tomato Sauce Garlic Spinach Fresh Pear Whole Grain Bread COLD: Turkey Cranberry Salad Corn Salsa Carrot Sesame Salad Apple Sauce Cup					
12 HOT: GG / DR American Chop Suey Cauliflower Broccoli Chocolate Chip Cookie Multi Grain Roll COLD: Southwest Chicken Sandwich Macaroni Salad Carrot Sticks Apple Sauce Cup	13 HOT: GG / DR General Tso's Chicken Jasmine Rice Asian Blend Vegetables Chocolate Pudding Dinner Roll COLD: Tomato Herb Pasta Salad w/Chicken Pickled Beet Salad Whole Grain Honey Grahams	14 HOT: GG / DR Salmon Cake Orzo, Zucchini Apple Crisp Tartar Sauce Whole Grain Bread COLD: Egg Salad Sandwich Potato Salad Tomato Salad Fruit Cup	15 HOT: GG / DR Tomato Vegetable Soup Pot Roast w/ Gravy Mashed Potatoes Brussel Sprouts, Dinner Roll Fresh Pear COLD: Honey Mustard Turkey Sandwich Tomato Pesto Pasta Salad Corn Salsa Apple	16 HOT: GG / DR Chicken Tikka Masala Tomato Rice Naan Pita Dippers Carrots Fruit Cup COLD: Turkey Ham & Cheese Sandwich Mixed Bean Salad Broccoli Sesame Salad Chocolate Chip Cookie					
19 GG / DR MARTIN LUTHER KING JR DAY NO MEAL DELIVERY	20 HOT: GG / DR Cheese Tortellini w/ Tomato Sauce Green Beans Apple Sauce Cup Whole Grain Bread Garlic Knot COLD: Tomato Herb Pasta Salad w/Chicken Carrot Salad Orange	21 HOT: GG / DR Beef Vegetable Stew Mashed Potatoes Garlic Spinach Fresh Pear Multi Grain Roll COLD: * Turkey BLT Sandwich Orzo Coleslaw Vanilla Pudding	22 HOT: GG / DR Cream of Spinach Soup Herb Roasted Chicken Brown Rice Pilaf Roasted Root Vegetables, Garlic Knot Blueberry Crumble COLD: Tuna Salad Sandwich Corn Salsa Pickled Beet Salad Fruit Cup	23 HOT: GG / DR Chicken Lo Mein Lo Mein Noodles Asian Blend Vegetables Fruit Cup Multi Grain Roll COLD: Roast Beef Sandwich Potato Salad Cucumber Salad Apple Sauce Cup					
26 HOT: GG / DR Arroz con Pollo Yellow Rice Peppers and Onions Chocolate Pudding Dinner Roll COLD: Egg Salad Sandwich Asian Slaw Carrots Chocolate Pudding	27 HOT: GG / DR Asian BBQ Chicken Jasmine Rice Seasoned Cabbage Fresh Pear Whole Grain Bread COLD: Turkey & Cheese Sandwich Potato Salad Tomato Salad Fruit Cup	28 HOT: GG / DR Stuffed Shells with Tomato Sauce Green Beans Fruit Cup Whole Grain Bread COLD: Chicken Salad Sandwich Corn Pickled Beet Salad Jell-O	29 HOT: GG / DR Mushroom Barley Soup Pot Roast w/ Gravy Mashed Potatoes Garlic Spinach, Dinner Roll Vanilla Pudding COLD: Chickpea Shawarma Sandwich Quinoa Tabouli Broccoli Sesame Salad Sugar Cookie	30 HOT: GG / DR Pasta Bolognese Mixed Vegetables Peach Crisp Whole Grain Bread COLD: Chicken Caesar Salad Macaroni Salad Cucumber Salad 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.• \$3.00 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">• *Meals containing more than 1500mg sodium are 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.			