

LAST NAME

Springwell Nutrition: LUNCH MENU – Brookline Senior Center

FIRST

93 Winchester Street 617-730-2747

Phone

FEBRUARY 2026

Date

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
<b>MENU IS SUBJECT TO CHANGE</b>		<b>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</b>								
2 HOT: Baked Fish w/ Garlic Sauce Cilantro Rice Mixed Vegetables Whole Grain Bread Apple Sauce Cup COLD: Herb Roasted Chicken Sandwich Chickpea Salad Coleslaw Fresh Fruit	GG / DR	3 HOT: Lentil Stew w/ Beef Crumble Couscous, Carrots Grated Parmesan Multi-grain Roll Fruit Cup COLD: Buffalo Chicken Sandwich Potato Salad Carrots Fruit Cup	GG / DR	4 HOT: Chicken Marsala Roasted Potato Broccoli, Cauliflower Garlic Knot Brownie COLD: Falafel Sandwich Orzo Tomato Salad Jell-O	GG / DR	5 HOT: Cream of Spinach Soup Chicken Meatballs Pasta w/ Sauce Mixed Vegetables, Dinner Roll Fresh Pear COLD: Nicoise Pasta Salad w/ Tuna Orzo Mixed Bean Salad, Dinner Roll Vanilla Pudding	GG / DR	6 HOT: Meatloaf w/ Gravy Cheesy Mashed Potatoes Stewed Tomatoes, Dinner Roll Sugar Cookie COLD: Turkey Cranberry Salad Corn Salsa Carrot Sesame Salad, Dinner Roll Apple Sauce Cup	GG / DR	
9 HOT: Macaroni & Cheese Garlic Spinach Whole Grain Bread Fruit Cup	GRAB N GO ONLY	10 HOT: Chicken Pot Pie Peas & Carrots Whole Grain Biscuit Chocolate Pudding COLD: Egg Salad Sandwich Potato Salad Tomato Salad, Dinner Roll Whole Grain Honey Grahams	GG / DR	11 HOT: Beef Stroganoff Egg Noodles Mixed Vegetables Dinner Roll Fresh Fruit COLD: Tomato Herb Pasta Salad w/ Chicken Pickled Beet Salad Fruit Cup	GG / DR	12 HOT: Italian Wedding Soup Chicken Parmesan Pasta w/ Sauce Broccoli, Garlic Knot Red Velvet Cake COLD: Honey Mustard Turkey Sandwich Tomato Pesto Pasta Salad Corn Salsa Apple	GG / DR	13 HOT: Cacio e Pepe Pasta w/ Chicken Green Beans Dinner Roll Fruit Cup COLD: Turkey Ham & Cheese Sandwich Mixed Bean Salad Broccoli Sesame Salad Chocolate Chip Cookie	GG / DR	
16 PRESIDENTS' DAY NO MEAL DELIVERY		17 HOT: Lemon Tarragon Fish Brown Rice Pilaf Carrots Whole Grain Bread Fruit Cup COLD: Turkey BLT Sandwich Orzo Coleslaw Orange	GG / DR	18 HOT: BBQ Chicken Mashed Potatoes Collard Greens Whole Grain Bread Vanilla Pudding COLD: Roast Beef Sandwich Potato Salad Cucumber Salad, Dinner Roll Vanilla Pudding	GG / DR	19 HOT: Mushroom Barley Soup Pesto Chicken Pasta, Carrots Whole Grain Bread Apple Crisp COLD: Tuna Salad Sandwich Corn Salsa Pickled Beet Salad Fruit Cup	GG / DR	20 HOT: Stuffed Shells w/ Tomato Sauce Garlic Spinach Whole Grain Bread Fresh Pear COLD: Tomato Herb Pasta Salad w/ Chicken Carrot Salad Apple Sauce Cup	GG / DR	
23 HOT: American Chop Suey Cauliflower, Broccoli Multi-grain Roll Chocolate Chip Cookie COLD: Egg Salad Sandwich Asian Slaw Carrot Sesame Salad Chocolate Pudding	GG / DR	24 HOT: General Tso's Chicken White Rice Asian Blend Vegetables Dinner Roll Chocolate Pudding COLD: Turkey & Cheese Sandwich Potato Salad Tomato Salad Fruit Cup	GG / DR	25 HOT: Salmon Cake Orzo Vegetable Squash Blend Tartar Sauce, Whole Grain Bread Apple Crisp COLD: Chicken Salad Sandwich Corn Pickled Beet Salad Jell-O	GG / DR	26 HOT: Tomato Vegetable Soup Pot Roast w/ Gravy Mashed Potatoes Garlic Spinach, Dinner Roll Fresh Pear COLD: Chicken Caesar Salad Macaroni Salad Cucumber Salad Sugar Cookie	GG / DR	27 HOT: Chicken Tikka Masala Tomato Rice Naan Pita Dipper Carrots Fruit Cup COLD: Chickpea Shawarma Sandwich Quinoa Tabouli, Dinner Roll Broccoli Sesame Salad Apple Sauce Cup	GG / DR	
<ul style="list-style-type: none"> <li>• Please call your lunch reservations by 11 a.m. <u>two business days before</u>.</li> <li>• If you would like to cancel your meal reservation, please call by 11 a.m. two business days before.</li> <li>• \$3.00 Suggested donation per meal.</li> </ul> <p><u>Please make checks payable to Springwell</u></p> <p>Please add the site you receive your meals from on the memo line</p> <p>Send check to: Springwell, Inc. 307 Waverley Oaks Road Suite 205, Waltham MA 02452</p> <p><b>Attention: Nutrition Department</b></p> <p>• *Meals containing more than 1500mg sodium are considered high sodium</p>					<b>Chilled Meal Re-Heating Instructions</b> <b>Conventional oven</b> <ul style="list-style-type: none"> <li>o Eat or refrigerate immediately.</li> <li>o Reheat in oven at 350 degrees for 10-20 minutes.</li> </ul> <b>Microwave oven</b> <ul style="list-style-type: none"> <li>o Reheat in microwave on high for 2 to 3 minutes</li> <li>o Peel back corner to vent,</li> </ul> <p>Do not reheat in toaster oven.</p>		<b>FOOD ALLERGIES</b> <p>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.</p>		<p><b>PLEASE CIRCLE "GG"/GRAB AND GO IF YOU INTEND TO INTEND TO PICK UP YOUR MEAL AND TAKE IT HOME WITH YOU.</b></p> <p><b>OTHERWISE, CIRCLE "DR"/DINING ROOM IF YOU WILL BE EATING YOUR MEAL IN THE DINING ROOM THAT DAY.</b></p> <p><b>COLD MEAL OPTION AVAILABLE FOR DINE IN DINE IN: Please circle HOT or COLD to reserve that meal option.</b></p>	