

LAST NAME		FIRST	Phone	Date	FEBRUARY 2026
Springwell Nutrition: LUNCH MENU – Brookline Senior Center		93 Winchester Street 617-730-2747		FEBRUARY 2026	
MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU IS SUBJECT TO CHANGE					
YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM					
2 HOT: GG / DR 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	3 HOT: GG / DR Lentil Stew w/ Beef Crumble Couscous, Carrots Grated Parmesan Multigrain Roll Fruit Cup COLD: Buffalo Chicken Sandwich Potato Salad Carrots Fruit Cup	4 HOT: GG / DR Chicken Marsala Roasted Potato Broccoli, Cauliflower Garlic Knot Brownie COLD: Falafel Sandwich Orzo Tomato Salad Jell-O	5 HOT: GG / DR 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	6 HOT: GG / DR Meatloaf w/ Gravy Cheesey Mashed Potatoes Stewed Tomatoes, Dinner Roll Sugar Cookie COLD: Turkey Cranberry Salad Corn Salsa Carrot Sesame Salad, Dinner Roll Apple Sauce Cup	
9 HOT: GRAB N GO ONLY Macaroni & Cheese Garlic Spinach Whole Grain Bread Fruit Cup	10 HOT: GG / DR Chicken Pot Pie Peas & Carrots Whole Grain Biscuit Chocolate Pudding COLD: Egg Salad Sandwich Potato Salad Tomato Salad, Dinner Roll Whole Grain Honey Grahams	11 HOT: GG / DR Beef Stroganoff Egg Noodles Mixed Vegetables Dinner Roll Fresh Fruit COLD: Tomato Herb Pasta Salad w/ Chicken Pickled Beet Salad Fruit Cup	12 HOT: GG / DR 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	13 HOT: GG / DR 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	
16 PRESIDENTS' DAY NO MEAL DELIVERY	17 HOT: GG / DR Lemon Tarragon Fish Brown Rice Pilaf Carrots Whole Grain Bread Fruit Cup COLD: Turkey BLT Sandwich Orzo Coleslaw Orange	18 HOT: GG / DR BBQ Chicken Mashed Potatoes Collard Greens Whole Grain Bread Vanilla Pudding COLD: Roast Beef Sandwich Potato Salad Cucumber Salad, Dinner Roll Vanilla Pudding	19 HOT: GG / DR Mushroom Barley Soup Pesto Chicken Pasta, Carrots Whole Grain Bread Apple Crisp COLD: Tuna Salad Sandwich Corn Salsa Pickled Beet Salad Fruit Cup	20 HOT: GG / DR Stuffed Shells w/ Tomato Sauce Garlic Spinach Whole Grain Bread Fresh Pear COLD: Tomato Herb Pasta Salad w/ Chicken Carrot Salad Apple Sauce Cup	
23 HOT: GG / DR American Chop Suey Cauliflower, Broccoli Multigrain Roll Chocolate Chip Cookie COLD: Egg Salad Sandwich Asian Slaw Carrot Sesame Salad Chocolate Pudding	24 HOT: GG / DR General Tso's Chicken White Rice Asian Blend Vegetables Dinner Roll Chocolate Pudding COLD: Turkey & Cheese Sandwich Potato Salad Tomato Salad Fruit Cup	25 HOT: GG / DR Salmon Cake Orzo Vegetable Squash Blend Tartar Sauce, Whole Grain Bread Apple Crisp COLD: Chicken Salad Sandwich Corn Pickled Beet Salad Jell-O	26 HOT: GG / DR 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	27 HOT: GG / DR 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	
<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. <u>Please make checks payable to Springwell</u> 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.