

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MENU IS SUBJECT TO CHANGE</p> <p>MONTHLY MENU AT WWW.SPRINGWELL.COM</p>		<p>1 HOT: BBQ Chicken Mashed Potatoes Braised Garlic Kale, Whole Grain Bread Apple Crisp</p> <p>COLD: Falafel Sandwich Orzo Tomato Salad Jell-O</p>	<p>2 HOT: White Bean Soup Pesto Chicken Pasta, Carrots, Garlic Knot Fresh Fruit</p> <p>COLD: Nicoise Pasta Salad w/Tuna Orzo Mixed Bean Salad, Dinner Roll Vanilla Pudding</p>	<p>3 HOT: Beef Hot Dog on Bun Baked Beans Cauliflower Vanilla Pudding</p> <p>COLD: Turkey Cranberry Salad Sandwich Corn Salsa Carrot Sesame Salad Apple Sauce Cup</p>
<p>6 HOT: American Chop Suey Broccoli & Cauliflower Multigrain Roll Chocolate Chip Cookie</p> <p>COLD: Southwest Chicken Sandwich Macaroni Salad Carrots Orange</p>	<p>7 HOT: General Tso's Chicken White Rice Asian Blend Vegetables Dinner Roll</p> <p>COLD: Whole Grain Honey Grahams Egg Salad Sandwich Potato Salad Tomato Salad, Dinner Roll Whole Grain Honey Grahams</p>	<p>8 HOT: Salmon Cake Orzo Vegetable Squash Blend Tartar Sauce, Whole Grain Bread Apple Crisp</p> <p>COLD: Tomato Herb Pasta Salad w/Chicken Pickled Beet Salad Multigrain Roll Fruit Cup</p>	<p>9 HOT: Chicken Rice Soup Pot Roast w/ Gravy Mashed Potatoes Garlic Spinach, Whole Grain Bread Fresh Orange</p> <p>COLD: Honey Mustard Turkey Sandwich Tomato Pesto Pasta Salad Corn Salsa Apple</p>	<p>10 HOT: Chicken Tikka Masala Tomato Rice Naan Pita Dipper Carrots Fruit Cup</p> <p>COLD: Turkey Ham & Cheese Sandwich Mixed Bean Salad Broccoli Sesame Salad Chocolate Chip Cookie</p>
<p>13 HOT: French Onion Cheese Burger Whole Grain Bun Broccoli & Cauliflower Sweet Potato Orange</p> <p>COLD: Honey Mustard Chicken Sandwich Macaroni Salad Tomato Salad Jell-O</p>	<p>14 HOT: Cheese Tortellini w/ Tomato Sauce Green Beans Garlic Knot Apple Sauce Cup</p> <p>COLD: Turkey BLT Sandwich Orzo Cole Slaw Orange</p>	<p>15 GG / DR NO MEAL DELIVERY</p>	<p>16 HOT: Tomato Soup Herb Roasted Chicken Brown Rice Pilaf Carrots Garlic Knot, Apple Crisp</p> <p>COLD: Breaded Chicken Sandwich Corn Salsa Pickled Beet Salad Apple</p>	<p>17 HOT: Chicken Lo Mein Lo Mein Noodles Asian Blend Vegetables Multi Grain Roll Apple</p> <p>COLD: Tomato Herb Pasta Salad w/Chicken Carrot Salad Garlic Knot Apple Sauce Cup</p>
<p>20 GG / DR PATRIOTS' DAY NO MEAL DELIVERY</p>	<p>21 HOT: Asian BBQ Chicken White Rice Seasoned Cabbage Whole Grain Bread Jell-O</p> <p>COLD: Chicken Caesar Salad Potato Salad Tomato Salad Dinner Roll, Fruit Cup</p>	<p>22 HOT: Stuffed Shells w/ Tomato Sauce Green Beans Whole Grain Bread Orange</p> <p>COLD: Chicken Salad Sandwich Corn Pickled Beet Salad Jell-O</p>	<p>23 HOT: Mushroom Barley Soup Pot Roast w/ Gravy Mashed Potatoes Carrots Whole Grain Bread, Apple Sauce Cup</p> <p>COLD: Egg Salad Sandwich Asian Slaw Cucumber Salad Dinner Roll, Sugar Cookie</p>	<p>24 HOT: Pasta Bolognese Garlic Spinach Garlic Knot Apple Crisp</p> <p>COLD: Chickpea & Chicken Shawarma Sandwich Quinoa Tabouli Broccoli Sesame Salad Dinner Roll, Orange</p>
<p>27 HOT: Baked Breaded Fish w/ Garlic Sauce Cilantro Rice Vegetable Squash Blend Whole Grain Bread Apple Sauce Cup</p> <p>COLD: Herb Roasted Chicken Sandwich Chickpea Salad Coleslaw Fresh Fruit</p>	<p>28 HOT: Lentil Stew Couscous Carrots Dinner Roll Chocolate Pudding</p> <p>COLD: Buffalo Chicken Sandwich Potato Salad Carrots Fruit Cup</p>	<p>29 HOT: Chicken Marsala Roasted Potato Broccoli & Cauliflower Garlic Knot Orange</p> <p>COLD: Falafel Sandwich Orzo Tomato Salad Jell-O</p>	<p>30 HOT: Butternut Squash Soup Meatloaf w/ Gravy Cheesy Mashed Potatoes Stewed Tomatoes Whole Grain Bread, Apple</p> <p>GRAB N GO ONLY</p>	
<p>Please call your lunch reservations by 11 a.m. <u>two business days before.</u></p> <p>If you would like to cancel your meal reservation, please call by 11 a.m. two business days before.</p> <p>\$3.00 Suggested donation per meal.</p> <p>Please make checks payable to Springwell</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 Attention: Nutrition Department</p> <p>*Meals containing more than 1500mg sodium are considered high sodium</p>		<p>Chilled Meal Re-Heating Instructions</p> <p>Conventional oven</p> <ul style="list-style-type: none"> o Eat or refrigerate immediately. o Reheat in oven at 350 degrees for 10-20 minutes. <p>Microwave oven</p> <ul style="list-style-type: none"> o Reheat in microwave on high for 2 to 3 minutes o Peel back corner to vent, <p>Do not reheat in toaster oven.</p>	<p>FOOD ALLERGIES</p> <p>Springwell does not keep track of individual food allergies. It is your responsibility to cancel if it contains ingredients that you are allergic to. Please review menus carefully to identify those 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.</p>	<p>PLEASE CIRCLE "GG"/GRAB AND GO IF YOU INTEND TO INTEND TO PICK UP YOUR MEAL AND TAKE IT HOME WITH YOU.</p> <p>OTHERWISE, CIRCLE "DR"/DINING ROOM IF YOU WILL BE EATING YOUR MEAL IN THE DINING ROOM THAT DAY.</p> <p>COLD MEAL OPTION AVAILABLE FOR DINE IN DINE IN: Please circle HOT or COLD to reserve that meal option.</p>