

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MENU IS SUBJECT TO CHANGE</b></p> <p>MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></p>				<p>1 <b>HOT:</b> <b>Chicken Parmesan</b> Pasta w/ Sauce Broccoli Whole Grain Sliced Bread Sugar Cookie <b>COLD:</b> <b>Turkey Cranberry Salad Sandwich</b> Corn Salsa Carrot Sesame Salad Orange</p>
<p>4 <b>HOT:</b> <b>Macaroni &amp; Cheese</b> Garlic Spinach Whole Grain Bread Fruit Cup</p> <p><b>COLD:</b> <b>Southwest Chicken Sandwich</b> Macaroni Salad Carrots Orange</p>	<p>5 <b>HOT:</b> <b>Corn Chowder</b> Beef Enchilada Stack Pinto Beans Peas &amp; Carrots, Garlic Knot Whole Grain Honey Grahams <b>COLD:</b> <b>Tomato Herb Pasta Salad w/ Chicken</b> Pickled Beet Salad Dinner Roll Whole Grain Honey Grahams</p>	<p>6 <b>HOT:</b> <b>Creamy Chicken &amp; Rice Casserole</b> Mixed Vegetables Dinner Roll Fresh Fruit</p> <p><b>COLD:</b> <b>Egg Salad Sandwich</b> Potato Salad Tomato Salad Multigrain Roll, Fruit Cup</p>	<p>7 <b>HOT:</b> <b>Boston Baked Cod</b> Brown Rice Corn Garlic Knot Brownie</p> <p><b>COLD:</b> <b>Honey Mustard Turkey Sandwich</b> Tomato Pesto Pasta Salad Corn Salsa Apple</p>	<p>8 <b>HOT:</b> <b>Cacio e Pepe Pasta w/ Chicken</b> Green Beans Dinner Roll Apple</p> <p><b>COLD:</b> <b>Turkey Ham &amp; Cheese Sandwich</b> Mixed Bean Salad Broccoli Sesame Salad Chocolate Chip Cookie</p>
<p>11 <b>HOT:</b> <b>Chicken Cacciatore</b> Pasta w/ Sauce Green Beans Dinner Roll Fruit Cup</p> <p><b>COLD:</b> <b>Chicken Cucumber Dill Yogurt Salad</b> Whole Wheat Pita Tomato Salad Low Fat Plain Yogurt</p>	<p>12 <b>HOT:</b> <b>Fish w/ Lemon Tarragon Thyme Sauce</b> Brown Rice Pilaf Sweet Potato Multigrain Roll Apple</p> <p><b>COLD:</b> <b>Turkey BLT Sandwich</b> Orzo Coleslaw Orange</p>	<p>13 <b>HOT:</b> <b>Chicken Cordon Bleu</b> Rosemary Garlic Mashed Potatoes Braised Garlic Kale Dinner Roll Lemon Cake</p> <p><b>COLD:</b> <b>Roast Beef Sandwich</b> Potato Salad Cucumber Salad Dinner Roll, Vanilla Pudding</p>	<p>14 <b>HOT:</b> <b>White Bean Soup</b> Sausage &amp; Peppers Rice, Mixed Vegetables Whole Grain Sliced Bread Fresh Fruit</p> <p><b>COLD:</b> <b>Breaded Chicken Sandwich</b> Corn Salsa Pickled Beet Salad Apple</p>	<p>15 <b>HOT:</b> <b>Beef Hot Dog on Bun</b> Baked Beans Cauliflower Vanilla Pudding</p> <p><b>COLD:</b> <b>Chef Salad</b> Carrot Sticks Garlic Knot Dinner Roll, Apple Sauce Cup</p>
<p>18 <b>HOT:</b> <b>General Tso's Chicken</b> White Rice Asian Blend Vegetables Multigrain Roll</p> <p><b>COLD:</b> <b>Turkey Sandwich</b> Chickpea Salad Coleslaw Fresh Fruit</p>	<p>19 <b>HOT:</b> <b>Greek Lemon Chicken Soup</b> Shepherd's Pie Mashed Potatoes, Garlic Spinach Dinner Roll</p> <p><b>COLD:</b> <b>Whole Grain Honey Grahams</b> <b>Chicken Caesar Salad</b> Potato Salad Tomato Salad Dinner Roll, Fruit Cup</p>	<p>20 <b>HOT:</b> <b>Salmon Cake, Tartar Sauce</b> Orzo Vegetable Squash Blend Whole Grain Bread Apple Crisp</p> <p><b>COLD:</b> <b>Chicken Salad Sandwich</b> Corn Pickled Beet Salad Low Fat Plain Yogurt</p>	<p>21 <b>HOT:</b> <b>American Chop Suey</b> Broccoli &amp; Cauliflower Whole Grain Sliced Bread Apple</p> <p><b>COLD:</b> <b>Egg Salad Sandwich</b> Asian Slaw Cucumber Salad Dinner Roll, Sugar Cookie</p>	<p>22 <b>HOT:</b> <b>Chicken Tikka Masala</b> Tomato Rice Naan Pita Dippers Peas &amp; Carrots Fruit Cup</p> <p><b>COLD:</b> <b>Chickpea Shawarma Sandwich</b> Quinoa Tabouli Broccoli Sesame Salad Dinner Roll, Orange</p>
<p>25 <b>MEMORIAL DAY</b> <b>NO MEAL DELIVERY</b></p>	<p>26 <b>HOT:</b> <b>Chicken Lo Mein</b> Lo Mein Noodle Asian Blend Veggies Garlic Knot Apple</p> <p><b>COLD:</b> <b>Falafel Sandwich</b> Orzo Tomato Salad Low Fat Plain Yogurt</p>	<p>27 <b>HOT:</b> <b>French Onion Cheese Burger</b> Whole Grain Bun Sweet Potato Broccoli &amp; Cauliflower Orange</p> <p><b>COLD:</b> <b>Buffalo Chicken Sandwich</b> Potato Salad Carrots Orange</p>	<p>28 <b>HOT:</b> <b>Tomato Soup</b> Chicken w/ Lime Garlic Sauce Cilantro Rice Carrots, Garlic Knot Apple Crisp</p> <p><b>COLD:</b> <b>Nicoise Pasta Salad w/ Tuna</b> Orzo Mixed Bean Salad Dinner Roll, Vanilla Pudding</p>	<p>29 <b>HOT:</b> <b>Cheese Tortellini w/ Tomato Sauce</b> Green Beans Multigrain Roll Fruit Cup</p> <p><b>COLD:</b> <b>Turkey Cranberry Salad Sandwich</b> Corn Salsa Carrot Sesame Salad Apple Sauce Cup</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><b>Please make checks payable to Springwell</b></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>	<p><b>Chilled Meal Re-Heating Instructions</b></p> <p><b>Conventional oven</b></p> <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> <p><b>Microwave oven</b></p> <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>
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**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 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.**