

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY																
1 HOT: GG / DR Roast Beef w/ Gravy Mashed Potatoes Corn Fresh Apple Dinner Roll COLD: Southwest Chicken Salad Macaroni Salad Carrots Orange	2 HOT: GG / DR Chicken w/ Moio Sauce Yellow Rice Seasoned Cabbage Whole Grain Bread Iell-O COLD: Egg Salad Sandwich Potato Salad, Tomato Salad Whole Grain Honey Grahams	3 HOT: GG / DR Stuffed Shells w/ Tomato Sauce Green Beans Fresh Orange Whole Grain Bread COLD: Tomato Herb Pasta Salad w/ Chicken Pickled Beet Salad Dinner Roll Fruit Cup	4 HOT: GG / DR Tomato Vegetable Soup French Onion Cheese Burger Sweet Potato Broccoli & Cauliflower Whole Grain Bun, Apple Sauce Cup COLD: Honey Mustard Turkey Sandwich Tomato Pesto Pasta Salad Corn Salsa Fresh Apple	5 HOT: GG / DR Pasta Bolognese Garlic Spinach Apple Crisp Garlic Knot COLD: Turkey Ham & Cheese Sandwich Mixed Bean Salad Broccoli Sesame Salad Chocolate Chip Cookie	8 HOT: GG / DR Baked Breaded Fish in Garlic Sauce Cilantro Rice Vegetable Squash Blend Fresh Apple Whole Grain Sliced Bread COLD: Chicken Cucumber Dill Youurt Salad Whole Wheat Pita Tomato Salad Iell-O	9 HOT: GG / DR Chicken Marsala Penne Broccoli & Cauliflower Dinner Roll Chocolate Pudding COLD: Turkey BLT Sandwich Orzo Coleslaw Fresh Orange	10 HOT: GG / DR Chicken Caesar Wrap Tomato Pesto Pasta Salad Fresh Orange COLD: Roast Beef Sandwich Potato Salad Cucumber Salad Dinner Roll, Vanilla Pudding	11 HOT: GG / DR Chicken Rice Soup Meatloaf w/ Gravy Cheesy Mashed Potatoes Stewed Tomatoes Whole Grain Sliced Bread, Fruit Cup COLD: Breaded Chicken Sandwich Corn Salsa Pickled Beet Salad Fresh Apple	12 HOT: GG / DR Beef Hot Dog on Bun Baked Beans Cauliflower Sugar Cookie COLD: Chef Salad Garlic Knot Carrot Sticks Apple Sauce Cup	15 HOT: GG / DR Mac n Cheese Garlic Spinach Fruit Cup Whole Grain Bread COLD: Turkey Sandwich Chickpea Salad Coleslaw Assorted Fresh Fruit	16 HOT: GG / DR Corn Chowder Beef Enchilada Stack Pinto Beans Fruit Cup COLD: Chicken Caesar Salad Potato Salad Tomato Salad Dinner Roll, Fruit Cup	17 HOT: GG / DR Creamy Chicken & Rice Casserole Mixed Vegetables Assorted Fresh Fruit Dinner Roll COLD: Egg Salad Sandwich Asian Slaw Cucumber Salad Iell-O	18 HOT: GG / DR Boston Baked Cod Brown Rice Corn Garlic Knot Brownie COLD: Chicken Salad Sandwich Corn Pickled Beet Salad Sugar Cookie	JUNETEENTH NO MEAL DELIVERY		22 HOT: GG / DR Chicken Cacciatore Pasta w/ Sauce Broccoli Fruit Cup Dinner Roll COLD: Nicoise Pasta Salad w/ Tuna Orzo, Mixed Bean Salad, Dinner Roll Assorted Fresh Fruit	23 HOT: GG / DR GRAB N GO ONLY Sausage & Peppers Rice Mixed Vegetables Fresh Apple Hot Dog Bun	24 HOT: GG / DR BBQ Cheese Burger Mashed Potatoes Roasted Corn w/ Green Peppers Whole Grain Bun Peach & Strawberry Crumble COLD: Falafel Sandwich Orzo Tomato Salad Iell-O	25 HOT: GG / DR White Bean Soup Fish w/ Lemon Tarragon Thyme Sauce Brown Rice Pilaf, Sweet Potato Whole Grain Sliced Bread Assorted Fresh Fruit Choice COLD: Herb Roasted Chicken Sandwich Chickpea Salad Coleslaw Vanilla Pudding	26 HOT: GG / DR Summer Veggie Chicken Pita Macaroni Salad Vanilla Pudding COLD: Turkey Cranberry Salad Sandwich Corn Salsa Carrot Sesame Salad Apple Sauce Cup	29 HOT: GG / DR General Tso's Chicken White Rice Bok Choy & Shredded Cabbage Multi Grain Roll Chocolate Chip Cookie COLD: Honey Mustard Turkey Sandwich Tomato Pesto Pasta Salad Corn Salsa Orange	30 HOT: GG / DR Greek Lemon Chicken Soup Shepherds Pie Garlic Spinach Whole Grain Sliced Bread Whole Grain Honey Grahams COLD: Tomato Herb Pasta Salad w/ Chicken Pickled Beet Salad Whole Grain Honey Grahams Dinner Roll	MONTHLY MENU AT WWW.SPRINGWELL.COM	
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• Please call your lunch reservations by 11 a.m. two business days before.
 • 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
 • *Meals containing more than 1500mg sodium are considered high sodium

Chilled Meal Re-Heating Instructions
Conventional oven
 o Eat or refrigerate immediately.
 o Reheat in oven at 350 degrees for 10-20 minutes.
Microwave oven
 o Reheat in microwave on high for 2 to 3 minutes
 o 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.