

LAST NAME		FIRST		Phone		Date		SEPTEMBER 2026	
Springwell Nutrition: LUNCH MENU – Brookline Senior Center				93 Winchester Street 617-730-2747					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1 GG / DR HOT:Chicken Marsala Penne Broccoli Chocolate Pudding COLD: Turkey BLT Sandwich Coleslaw Orzo		2 GG / DR HOT: Meatloaf with Gravy Stewed Tomatoes Whole Grain Bun Mashed Potatoes Apple Sauce COLD: Chicken Cucumber Dill Yogurt Salad Whole Wheat Pita Tomato Salad		3 GG / DR Chicken Caesar Wrap Chilled Cucumber Dill Soup Tomato Pesto Pasta Salad COLD: Tuna Salad Sandwich Pickled Beet Salad Vanilla Pudding Corn Salsa		4 GG / DR Beef Hot Dog on Bun Sugar Cookie Baked Beans Cauliflower COLD: Curry Chicken Salad Sandwich Jell-O Carrot Sticks	
7 GG / DR NO MEAL SERVICE LABOR DAY HOLIDAY		8 GG / DR HOT: Creamy Chicken & Rice Casserole Tomato Soup Mixed Vegetables Fresh Apple Whole Grain Sliced Bread COLD: Turkey Sandwich Jell-O Cucumber Salad Tomato Salad		9 GG / DR HOT: Lemon Rosemary Chicken Parsley Potatoes Maple Carrots Multi Grain Roll Pear Cobbler COLD: Egg Salad Sandwich Fruit Cup Potato Salad Tomato Salad		10 GG / DR HOT: Boston Baked Fish Brown Rice Broccoli Chocolate Pudding Whole Grain Sliced Bread COLD: Chicken Salad Sandwich Pickled Beet Salad Fiesta Corn		11 GG / DR HOT: Cacio e Pepe Pasta w/ Chicken Green Beans Dinner Roll Apple Sauce COLD: Chickpea Shawarma , Vegan Sugar Cookie Broccoli Sesame Salad Quinoa	
14 GG / DR NO MEAL SERVICE		15 GG / DR HOT: Fish with Lemon Dill Sauce Brown Rice Pilaf Sweet Potato Fresh Apple Multi Grain Roll COLD: Buffalo Chicken Sandwich Potato Salad Carrots		16 GG / DR HOT: Chicken Cordon Bleu Steamed Kale Dinner Roll Rosemary Garlic Mashed Potatoes Peach & Blueberry Crumble COLD:Turkey Cranberry Salad Sandwich Carrot Sesame Salad Corn Salsa		17 GG / DR HOT: Black Bean & Vegetable Soup Sausage with Peppers & Onions Rice Whole Grain Sliced Bread COLD:Falafel Sandwich Vanilla Pudding Tomato Salad Orzo		18 GG / DR HOT: Beef Meatballs Pasta with Sauce Mixed Vegetables Whole Grain Sliced Bread Apple Sauce COLD:Herb Roasted Chicken Sandwich Jell-O Coleslaw Chickpea Salad	
21 GG / DR HOT: General Tso's Chicken Bok Choy & Shredded Cabbage White Rice Multi Grain Roll Chocolate Chip Cookie COLD: Southwest Chicken Sandwich Potato Salad Tomato Salad Apple Sauce		22 GG / DR HOT:Cheeseburger with WG Bun Minestrone Soup Sweet Potato Fries Fiesta Corn Whole Grain Sliced Bread COLD:Egg Salad Sandwich Whole Grain Honey Grahams Macaroni Salad Carrots		23 GG / DR HOT:Salmon Cake Orzo Vegetable Squash Blend Tartar Sauce Apple Blueberry Crisp COLD:Tomato Herb Pasta Salad with Chicken Fruit Cup Pickled Beet Salad Dinner Roll		24 GG / DR HOT:Arroz con Pollo Yellow Rice and Beans Peppers and Onions COLD:Honey Mustard Turkey Sandwich Tomato Pesto Pasta Salad Corn Salsa		25 GG / DR HOT:Cheese Tortellini with Tomato Sauce Broccoli & Cauliflower Margarine Garlic Knot Apple Sauce COLD:Turkey Ham & Cheese Sandwich Chocolate Chip Cookie Mixed Bean Salad Broccoli Sesame Salad	
28 GG / DR HOT: Lentil Stew Peach & Blueberry Crumble Couscous Carrots Whole Grain Sliced Bread COLD: Roast Beef Sandwich Potato Salad Cucumber Salad Apple Sauce		29 GG / DR HOT:Mac n Cheese Broccoli Whole Grain Sliced Bread COLD: Tuna Salad Sandwich Pickled Beet Salad Corn Salsa		30 GG / DR HOT:Beef Picadillo Herbed Rice Cuban Black Beans Plantains Apple Sauce COLD: Turkey Ham & Cheese Sandwich Coleslaw Orzo				MENU IS SUBJECT TO CHANGE MONTHLY MENU AT WWW.SPRINGWELL.COM	
· 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. 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.	