

LAST NAME		FIRST		Phone	Date	OCTOBER 2026	
Springwell Nutrition: LUNCH MENU – Brookline Senior Center		93 Winchester Street 617-730-2747					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
MENU IS SUBJECT TO CHANGE MONTHLY MENU AT WWW.SPRINGWELL.COM						1 GG / DR HOT: Southwest Corn Chowder Chicken with Mojo Sauce Yellow Rice Mixed Vegetables Whole Grain Bread, Chocolate Pudding COLD: Egg Salad Sandwich Tomato Salad Cucumber Salad Vanilla Pudding	
5 GG / DR HOT: Beef & Broccoli Rice Dinner Roll Fresh Pear COLD: Nicoise Pasta Salad with Tuna Carrot Salad		6 GG / DR HOT: Minestrone Soup Southwest Chicken with Lime Garlic Sauce Seasoned Cabbage Yellow Rice Whole Grain Bread, Jell-O COLD: Turkey Sandwich Cucumber Salad Tomato Salad Jell-O		7 GG / DR HOT: Stuffed Shells with Tomato Sauce Green Beans Whole Grain Bread Applesauce Cup COLD: Chicken Salad Sandwich Potato Salad Tomato Salad Fruit Cup		8 GG / DR HOT: Cranberry Chicken Broccoli Roasted Potato Multi Grain Roll Fresh Apple COLD: Egg Salad Sandwich Pickled Beet Salad Fiesta Corn Orange	
12 GG / DR HOLIDAY- NO MEAL DELIVERY		13 GG / DR HOT: Cacio e Pepe Pasta w/ Chicken Green Beans Dinner Roll Chocolate Pudding COLD: Turkey Cranberry Salad Sandwich Potato Salad Carrots Assorted Fresh Fruit		14 GG / DR HOT: Meatloaf with Gravy Stewed Tomatoes Mashed Potatoes Multi Grain Roll Applesauce Cup COLD: Buffalo Chicken Sandwich Carrot Sesame Salad Corn Salsa Orange		15 GG / DR HOT: Tomato Soup Chicken Marsala Penne Broccoli Whole Grain Bread, Orange COLD: Falafel Sandwich Tomato Salad Orzo Vanilla Pudding	
19 GG / DR HOT: Mac n Cheese Sauteed Spinach Whole Grain Bread Fresh Pear COLD: Southwest Chicken Sandwich Potato Salad Tomato Salad Apple Sauce		20 GG / DR HOT: Butternut Squash Soup Creamy Chicken & Rice Casserole Mixed Vegetables Fruit Cup Whole Grain Bread COLD: Egg Salad Sandwich Macaroni Salad Carrots Whole Grain Honey Grahams		21 GG / DR HOT: Beef Enchilada Stack Pinto Beans Peppers and Onions Whole Wheat Tortilla Apple Sauce COLD: Tomato Herb Pasta Salad with Chicken Pickled Beet Salad Fruit Cup Dinner Roll		22 GG / DR HOT: German Style Roast Chicken Seasoned Cabbage Potato Dumpling Mustard Pretzel Bites Chocolate Chocolate Chip Cookie COLD: Honey Mustard Turkey Sandwich Tomato Pesto Pasta Salad Corn Salsa Fresh Apple	
26 GG / DR HOT: Chicken Cacciatore Pasta with Sauce Broccoli Garlic Knot Chocolate Chip Cookie COLD: Roast Beef Sandwich Potato Salad Cucumber Salad Apple Sauce		27 GG / DR HOT: Fish with Lemon Dill Sauce Brown Rice Pilaf Sweet Potato Multi Grain Roll Fresh Pear COLD: Curry Chicken Salad Sandwich Pickled Beet Salad Fresh Orange		28 GG / DR HOT: Chicken Cordon Bleu Steamed Kale Rosemary Garlic Mashed Potatoes Dinner Roll Apple Sauce COLD: Turkey Ham & Cheese Sandwich Coleslaw Orzo Fresh Apple		29 GG / DR HOT: Black Bean & Vegetable Soup Sausage with Peppers and Onions Rice Whole Grain Sliced Bread Fresh Apple COLD: Egg Salad Sandwich Tomato Salad Cucumber Salad Vanilla Pudding	
30 GG / DR HOT: Shepherd's Pie Peas and Carrots Multi Grain Roll Sugar Cookie COLD: Herb Roasted Chicken Sandwich Chickpea Salad Coleslaw Jell-O		30 GG / DR HOT: Boston Baked Scrod Brown Rice Fiesta Corn Dinner Roll Blueberry Crumble COLD: Turkey Ham & Cheese Sandwich Mixed Bean Salad Broccoli Sesame Salad Chocolate Chip Cookie		30 GG / DR HOT: Beef Meatballs Pasta with Sauce Mixed Vegetables Whole Grain Bread Apple Crisp COLD: Tuna Salad Sandwich Corn Salsa Carrot Sticks Jell-O		30 GG / DR HOT: Beef Meatballs Pasta with Sauce Mixed Vegetables Whole Grain Bread Apple Crisp COLD: Tuna Salad Sandwich Corn Salsa Carrot Sticks Jell-O	
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.	