

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 HOT: Lasaqna *, Tomato Sauce, Chicken Meatball, Tuscan Blend Vegetables, Wheat Bread Cupcake w/Sprinkles COLD: Egg Salad, Summer Potato Salad, Squash, Zucchini Red Onion Salad, Multigrain Bread Mandarin Oranges	GG DR	4 HOT: Italian Garden Vegetable Soup, Salmon Loin, Dill Sauce, Wheat Bread, Italian Roasted Potatoes, Fresh Zucchini & Summer Squash, Fresh Fruit Pear COLD: Turkey, Swiss Cheese, Lettuce Leaf, Potato Salad, Beet Salad, Wheat Bread Diet Vanilla Pudding w/Topping	GG DR	5 HOT: Broccoli, Mushroom Frittata, Sweet Potatoes, Green Beans, Blueberry Snack Loaf, Chocolate Pudding w/Topping COLD: Roast Beef, Provolone Cheese, Lettuce Leaf, Spinach Mandarin Orange, Macaroni Salad, Multigrain Bread, Fresh Fruit Orange	GG DR	6 HOT: Pot Roast w/Gravy, Mashed Potatoes, Spinach & Mushrooms, Whole Wheat Dinner Roll, Apple Raisin Compote w/Topping COLD: Curry Chicken Salad, Lettuce Leaf, Orzo Vegetable Salad, Cole Slaw, Wheat Bread, Mixed Fruit	GG DR	7 HOT: Chicken Souvlaki over Seasoned Orzo, Brussels Sprouts, Multigrain Bread, Pineapple COLD: Tuna Salad over Tossed Garden Salad, Italian Dressing, Italian Pasta Salad, Snack Loaf Muffin, Vanilla Wafers	GG DR
10 COLUMBUS DAY NO MEAL DELIVERY	GG DR	11 HOT: Potato Crunch Fish, Tartar Sauce, Italian Roasted Potatoes, Mixed Vegetables, Wheat Bread, Pears COLD: Egg Salad, Root Vegetable Salad, Macaroni Salad, Wheat Bread, Lorna Doones	GG DR	12 HOT: Crumb Topped Macaroni & Cheese, Broccoli, Multigrain Bread, Fruited Gelatin w/Topping COLD: Tuna Salad, Lettuce Leaf, Sweet Potato Salad, Tossed Garden Salad, Lite Italian Dressing, Wheat Bread Fresh Fruit Orange	GG DR	13 Autumn Special * HOT: Mushroom Barley Soup, Chicken w/ Apple Bread Stuffing, Gravy, Butternut Squash, Country Blend Vegetables, Wheat Bread, Pumpkin Pudding w/Topping COLD: Roast Beef, Swiss Cheese, Lettuce Leaf, Balsamic Pasta Salad, Cole Slaw, Multigrain Bread Pineapple	GG DR	14 HOT: Meatloaf, Mushroom Gravy, Mashed Potatoes, Green Beans, Wheat Bread, Fresh Fruit COLD: Turkey, Swiss Cheese, Lettuce, Spinach Mandarin Orange Salad, Summer Potato Salad, Wheat Bread, Peaches	GG DR
17 HOT: Spinach & Red Pepper Quiche, Ratatouille, Italian Roasted Potatoes, Snack n Loaf Muffin, Tropical Fruit COLD: California Chicken Salad, Root Vegetable Salad, Potato Salad, Wheat Bread, Mixed Fruit	GG DR	18 HOT: Vegetable Soup, Unstuffed Pepper Casserole, Italian Blend Vegetables, Tossed Garden Salad, Wheat Dinner Roll, Fresh Fruit COLD: Tuna Salad, Lettuce Leaf, English Pea Salad, Zucchini Salad, Multigrain Bread, Diet Chocolate Pudding w/Topping	GG DR	19 HOT: Breaded Alaskan Pollock Sandwich, Tartar Sauce, Sweet Potato Tots, Tuscan Blend Vegetables, Roll, Cheddar Cheese, Fig Bar COLD: Egg Salad, Lettuce Leaf, Spinach Mandarin Salad, Wheat Bread, Lite Italian Dressing, Balsamic Vinaigrette Pasta Salad, Peaches	GG DR	20 HOT: Chicken w/Sauté Vegetables, Jasmine Coconut Rice, Multigrain Bread, Pears COLD: Roast Beef, Provolone Cheese, Lettuce Leaf, Potato Salad, Broccoli Slaw, Wheat Bread, Lorna Doones	GG DR	21 HOT: Pot Roast Stroganoff over Noodles Summer Spring Blend Vegetables, Wheat Bread, Tapioca Pudding w/Topping COLD: Turkey, Swiss Cheese, Lettuce, Beet Salad, Italian Pasta Salad, Wheat Bread, Fresh Fruit	GG DR
24 HOT: Caribbean Chicken Stew, Spinach, Whole Wheat Roll, Tapioca Pudding w/Topping COLD: Egg Salad, Cauliflower Carrot Salad, Garden Shell Pasta Salad, Wheat Bread, Tropical Fruit	GG DR	25 HOT: Baked Ziti, Tomato Sauce, * Chicken Meatball, Broccoli, Wheat Bread, Pears COLD: Tuna Salad, Lettuce Leaf, Spinach Mandarin Orange Salad, Dressing, Macaroni Salad, Multigrain Bread, Vanilla Wafers	GG DR	26 HOT: Hot Dog Kayem *, Baked Beans, Cole Slaw, Hot Dog Roll, Ketchup, Mustard, Relish, Peaches COLD: Chicken Salad over Tossed Salad, Italian Dressing, Potato Salad, Snack n Loaf Muffin, Diet Vanilla Pudding w/Topping	GG DR	27 HOT: Cream of Pumpkin Soup, Pot Roast w/Burgundy Sauce, Cheddar Mashed Potatoes, Honey Glazed Carrots, Cornbread Loaf, Fresh Fruit COLD: Turkey, Swiss Cheese, Lettuce, Broccoli Slaw, Balsamic Pasta Salad, Wheat Bread, Pineapple	GG DR	28 HOT: Breaded Alaskan Pollock, Lemon Wedge, Green Beans, Whipped Sweet Potatoes, Wheat Bread, Fudge Brownie COLD: Roast Beef, Provolone Cheese, Quinoa Tabbouleh Salad, Lettuce, Lite Italian Dressing, Multigrain Bread, Tossed Garden Salad, Fresh Fruit	GG DR
31 HOT: Chicken a l'Orange, Rice Pilaf, Brussels Sprouts, Multigrain Bread, Oreo Cookies COLD: Turkey, Swiss Cheese, Carrot Raisin Salad, Orzo Vegetable Salad, Wheat Bread, Mixed Fruit	GG DR		GG DR		GG DR		GG DR		GG DR

· 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.
 · \$2.50 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
 · *Indicates 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.

Frozen Meal Re-Heating Instructions
Conventional oven
 o Peel back the plastic lid to vent or slit film in section
 o Heat frozen meal in conventional oven, place meal on cookie sheet and set oven at 350 degrees F. for 30 minutes maximum.

Microwave oven
 o Heat frozen meal in microwave
 o 3-5 minutes maximum on high

FOOD ALLERGIES
 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 Dietitian 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 ONLY. DINE IN: Please circle HOT or COLD to reserve that meal option.

MENU IS SUBJECT TO CHANGE

· YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM