

MONDAY		WEDNESDAY		THURSDAY		FRIDAY													
<p><b>MENU IS SUBJECT TO CHANGE</b></p> <p>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></p>																			
2 HOT: GG / DR Baked Fish w/ Garlic Sauce Cilantro Rice Mixed Vegetables Whole Grain Bread Apple Sauce Cup COLD: Herb Roasted Chicken Sandwich Chickpea Salad Coleslaw Fresh Fruit	3 HOT: GG / DR Lentil Stew w/ Beef Crumble Couscous, Carrots Grated Parmesan Multi-grain Roll Fruit Cup COLD: Buffalo Chicken Sandwich Potato Salad Carrots Fruit Cup	4 HOT: GG / DR Chicken Marsala Roasted Potato Broccoli, Cauliflower Garlic Knot Brownie COLD: Falafel Sandwich Orzo Tomato Salad Jell-O	5 HOT: GG / DR Cream of Spinach Soup Chicken Meatballs Pasta w/ Sauce Mixed Vegetables, Dinner Roll Fresh Pear COLD: Nicoise Pasta Salad w/ Tuna Orzo Mixed Bean Salad, Dinner Roll Vanilla Pudding	6 HOT: GG / DR Meatloaf w/ Gravy Cheesy Mashed Potatoes Stewed Tomatoes, Dinner Roll Sugar Cookie COLD: Turkey Cranberry Salad Corn Salsa Carrot Sesame Salad, Dinner Roll Apple Sauce Cup	9 HOT: GG / DR Macaroni & Cheese Garlic Spinach Whole Grain Bread Fruit Cup COLD: Southwest Chicken Sandwich Macaroni Salad Carrots Apple Sauce Cup	10 HOT: GG / DR Chicken Pot Pie Peas & Carrots Whole Grain Biscuit Chocolate Pudding COLD: Egg Salad Sandwich Potato Salad Tomato Salad, Dinner Roll Whole Grain Honey Grahams	11 HOT: GG / DR Beef Stroganoff Egg Noodles Mixed Vegetables Dinner Roll Fresh Fruit COLD: Tomato Herb Pasta Salad w/ Chicken Pickled Beet Salad Fruit Cup	12 HOT: GG / DR Italian Wedding Soup Chicken Parmesan Pasta w/ Sauce Broccoli, Garlic Knot Red Velvet Cake COLD: Honey Mustard Turkey Sandwich Tomato Pesto Pasta Salad Corn Salsa Apple	13 HOT: GG / DR Cacio e Pepe Pasta w/ Chicken Green Beans Dinner Roll Fruit Cup COLD: Turkey Ham & Cheese Sandwich Mixed Bean Salad Broccoli Sesame Salad Chocolate Chip Cookie	16 PRESIDENTS' DAY NO MEAL DELIVERY	17 HOT: GG / DR Lemon Tarragon Fish Brown Rice Pilaf Carrots Whole Grain Bread Fruit Cup COLD: Turkey BLT Sandwich Orzo Coleslaw Orange	18 HOT: GG / DR BBQ Chicken Mashed Potatoes Collard Greens Whole Grain Bread Vanilla Pudding COLD: Roast Beef Sandwich Potato Salad Cucumber Salad, Dinner Roll Vanilla Pudding	19 HOT: GG / DR Mushroom Barley Soup Pesto Chicken Pasta, Carrots Whole Grain Bread Apple Crisp COLD: Tuna Salad Sandwich Corn Salsa Pickled Beet Salad Fruit Cup	20 HOT: GG / DR Stuffed Shells w/ Tomato Sauce Garlic Spinach Whole Grain Bread Fresh Pear COLD: Tomato Herb Pasta Salad w/ Chicken Carrot Salad Apple Sauce Cup	23 HOT: GG / DR American Chop Suey Cauliflower, Broccoli Multi-grain Roll Chocolate Chip Cookie COLD: Egg Salad Sandwich Asian Slaw Carrot Sesame Salad Chocolate Pudding	24 HOT: GG / DR General Tso's Chicken White Rice Asian Blend Vegetables Dinner Roll Chocolate Pudding COLD: Turkey & Cheese Sandwich Potato Salad Tomato Salad Fruit Cup	25 HOT: GG / DR Salmon Cake Orzo Vegetable Squash Blend Tartar Sauce, Whole Grain Bread Apple Crisp COLD: Chicken Salad Sandwich Corn Pickled Beet Salad Jell-O	26 HOT: GG / DR Tomato Vegetable Soup Pot Roast w/ Gravy Mashed Potatoes Garlic Spinach, Dinner Roll Fresh Pear COLD: Chicken Caesar Salad Macaroni Salad Cucumber Salad Sugar Cookie	27 HOT: GG / DR Chicken Tikka Masala Tomato Rice Naan Pita Dipper Carrots Fruit Cup COLD: Chickpea Shawarma Sandwich Quinoa Tabouli, Dinner Roll Broccoli Sesame Salad Apple Sauce Cup
<p>Please call your lunch reservations by 11 a.m. two business days before.</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>		<p><b>FOOD ALLERGIES</b></p> <p>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) 972-5700 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.</p>		<p><b>PLEASE CIRCLE "GG"/GRAB AND GO IF YOU INTEND INTEND TO PICK UP YOUR MEAL AND TAKE IT HOME WITH YOU.</b></p> <p><b>OTHERWISE, CIRCLE "DR"/DINING ROOM IF YOU WILL BE EATING YOUR MEAL IN THE DINING ROOM THAT DAY.</b></p> <p><b>COLD MEAL OPTION AVAILABLE FOR DINE IN ONLY DINE IN: Please circle HOT or COLD to reserve that meal option.</b></p>													