

MONDAY		WEDNESDAY		THURSDAY		FRIDAY													
2 HOT: French Onion Cheese Burger Whole Grain Bun Broccoli & Cauliflower Sweet Potato Jell-O COLD: Herb Roasted Chicken Sandwich Chickpea Salad Coleslaw Fresh Fruit	3 HOT: Cheese Tortellini w/ Tomato Sauce Green Beans Garlic Knot Apple Sauce Cup COLD: Buffalo Chicken Sandwich Potato Salad Carrots Fruit Cup	4 HOT: Beef Vegetable Stew Mashed Potatoes Peas and Carrots Multi-grain Roll Orange COLD: Falafel Sandwich Orzo Tomato Salad Jell-O	5 HOT: Broccoli Soup Herb Roasted Chicken Brown Rice Pilaf Carrots Garlic Knot, Apple Crisp COLD: Nicoise Pasta Salad w/Tuna Orzo Mixed Bean Salad, Garlic Knot Vanilla Pudding	6 HOT: Chicken Lo Mein Lo Mein Noodles Asian Blend Vegetables Multi Grain Roll Apple COLD: Turkey Cranberry Salad Sandwich Corn Salsa Carrot Sesame Salad Apple Sauce Cup	9 HOT: Arroz con Pollo Yellow Rice and Beans Peppers and Onions Dinner Roll Chocolate Pudding COLD: Southwest Chicken Sandwich Macaroni Salad Carrots Apple Sauce Cup	10 HOT: Stuffed Shells w/ Tomato Sauce Green Beans Whole Grain Bread Orange COLD: Egg Salad Sandwich Potato Salad Tomato Salad, Dinner Roll Whole Grain Honey Grahams	11 HOT: Asian BBQ Chicken White Rice Seasoned Cabbage Whole Grain Bread Apple COLD: Tomato Herb Pasta Salad w/Chicken Pickled Beet Salad Multi-grain Roll Fruit Cup	12 HOT: Mushroom Barley Soup Pot Roast w/ Gravy Mashed Potatoes Carrots Dinner Roll, Apple Sauce Cup COLD: Honey Mustard Turkey Sandwich Tomato Pesto Pasta Salad Corn Salsa Apple	13 HOT: Pasta Bolognese Garlic Spinach Whole Grain Bread Apple Crisp COLD: Turkey Ham & Cheese Sandwich Mixed Bean Salad Broccoli Sesame Salad Chocolate Chip Cookie	16 HOT: Baked Fish in Garlic Sauce Cilantro Rice Vegetable Squash Blend Whole Grain Sliced Bread Apple Sauce Cup COLD: Honey Mustard Chicken Sandwich Macaroni Salad Tomato Salad Jell-O	17 HOT: Corned Beef Potato Seasoned Cabbage Herb Roasted Carrots Biscuit, Holiday Dessert COLD: Turkey BLT Sandwich Orzo Cole Slaw Orange	18 HOT: Chicken Marsala Roasted Potato Broccoli & Cauliflower Garlic Knot Orange COLD: Roast Beef Sandwich Potato Salad Cucumber Salad, Dinner Roll Vanilla Pudding	19 HOT: Butternut Squash Soup Meatloaf w/ Gravy Cheesy Mashed Potatoes Stewed Tomatoes Dinner Roll, Apple COLD: Tuna Salad Sandwich Corn Salsa Pickled Beet Salad Fruit Cup	20 HOT: Chicken Meatballs Pasta w/ Sauce Mixed Vegetables Whole Grain Bagel Sugar Cookie COLD: Tomato Herb Pasta Salad w/Chicken Carrot Salad Garlic Knot Apple Sauce Cup	23 HOT: Macaroni and Cheese Garlic Spinach Whole Grain Bread Fruit Cup COLD: Egg Salad Sandwich Asian Slaw Carrot Sesame Salad Chocolate Pudding	24 HOT: Stuffed Pasta w/ Bolognese Sauce Peas and Carrots Garlic Knot Jell-O COLD: Turkey & Cheese Sandwich Potato Salad Tomato Salad Fruit Cup	25 HOT: Beef Stroganoff Egg Noodles Mixed Vegetables Dinner Roll Fresh Fruit COLD: Chicken Salad Sandwich Corn Pickled Beet Salad Jell-O	26 HOT: Minestrone Soup Chicken Parmesan Pasta w/ Sauce Broccoli Garlic Knot, Brownie COLD: Chicken Caesar Salad Macaroni Salad Cucumber Salad, Dinner Roll Sugar Cookie	27 HOT: Cacio e Pepe Pasta w/ Chicken Green Beans Dinner Roll Apple COLD: Chickpea & Chicken Shawarma Quinoa Tabouli Broccoli Sesame Salad, Dinner Roll Apple Sauce Cup
30 HOT: Chicken Cacciatore Pasta w/ Sauce Mixed Vegetables Dinner Roll Fruit Cup COLD: Herb Roasted Chicken Sandwich Chickpea Salad Coleslaw Fresh Fruit		31 HOT: Lemon Tarragon Fish Brown Rice Pilaf Sweet Potato Multi-grain Bread Apple COLD: Buffalo Chicken Sandwich Potato Salad Carrots Fruit Cup																	
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) 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.		PLEASE CIRCLE "GG"/GRAB AND GO IF YOU INTEND 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.													