

MONDAY		TUESDAY		WEDNESDAY		FRIDAY	
	1 HOT: GRAB N GO Caribbean Chicken Stew, Rice and Beans, Zucchini & Tomatoes, Whole Wheat Roll, Vanilla Pudding w/Topping COLD: Tuna Salad, Lettuce, Balsamic Vinaigrette Pasta Salad, Wheat Bread, Cauliflower Carrot Salad, Peaches	2 HOT: GRAB N GO Chicken Meatball Sub, O'Brien Potatoes, Italian Blend Vegetables, Sub Roll, Mandarin Oranges COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Wheat Bread, Macaroni Salad, Beet Salad, Applesauce	3 HOT: GRAB N GO Shepherd's Pie, Winter/Fall Blend Vegetables, Whole Wheat Roll, Pumpkin Cookie COLD: Egg Salad, Lettuce, Greek Pasta Salad, Cucumber Carrot Onion Salad, Multigrain Bread, Diet Tapioca Pudding w/Topping	4 HOT: GRAB N GO Minestrone Soup, Pollock w/Newburg Sauce, Herbed Rice, Brussels Sprouts, Multigrain Bread, Fresh Fruit COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Lettuce, Wheat Bread, German Potato Salad, Cole Slaw, Apple Cinnamon Grahams			
7 HOT: GRAB N GO Chicken Cranberry Over Orzo, Buttered Seasoned Butternut Squash, Dinner Roll, Mandarin Oranges COLD: Turkey, Swiss Cheese, Quinoa Salad, Cauliflower Carrots Salad, Multigrain Bread, Yogurt	8 HOT: GRAB N GO Italian Garden Vegetable Soup, Tuna Noodle Casserole, Roman Blend Vegetables, Multigrain Bread, Fiqu Bar COLD: Roast Beef, Provolone Cheese, Lettuce, Potato Salad, Summer Squash Salad, Wheat Bread, Peaches	9 HOT: GRAB N GO Beef Pot Roast w/Gravy, Italian Roasted Red Bliss Potatoes, Cabbage & Carrots, Wheat Dinner Roll, Chocolate Pudding w/Topping COLD: Ham, Swiss Cheese, Lettuce, Ziti Broccoli Salad, Mustard, Wheat Bread, Squash, Zucchini, Red Onion Salad, Fresh Fruit	10 HOT: GRAB N GO Broccoli Egg Bake, Sweet Potato Tots, Green Beans & Red Peppers, Wheat Bread, Fresh Fruit COLD: Chicken Curry Salad, Lettuce, Riviera Salad, English Pea Salad, Multigrain Bread, Pears	11 HOT: GRAB N GO Beef Chili, Brown Rice, Tuscany Blend Vegetables, Wheat Bread, Applesauce COLD: Tuna Salad, Lettuce, Mediterranean Salad, Wheat Bread, Tri Color Pasta Salad, Diet Vanilla Pudding w/Topping			
14 COLUMBUS/INDIGENOUS PEOPLES' DAY HOLIDAY NO MEAL DELIVERY	15 HOT: GRAB N GO * Turkey Vegetable Casserole, Butternut Squash, Multigrain Bread, Apple Bread Pudding COLD: Chicken Salad, Orzo Vegetable Salad, Roman Blend Salad, Multigrain Bread, Diet Chocolate Pudding w/Topping	16 HOT: GRAB N GO * Hot Dog, Root Vegetables, Baked Beans, Hot Dog Roll, Mustard, Relish, Fresh Fruit Orange HIGH SODIUM COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Lettuce, Barley Raisin Salad, Cole Slaw, Wheat Bread, Apple Cinnamon Graham	17 HOT: GRAB N GO Sweet & Sour Meatballs Over Lo Mein Noodles, Stir Fry Vegetables, Wheat Bread, Peaches COLD: * Vegetarian Chef Salad, Lite Italian Dressing, Sweet Potato Salad, Snack Loaf Muffin, Mandarin Oranges	18 HOT: GRAB N GO Vegetable Barley w/Spinach Soup, * Chicken Cacciatore Over Seasoned Orzo, Brussels Sprouts, Wheat Bread, Pears COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Potato Salad, Beet Salad, Wheat Bread, Orange			
21 HOT: GRAB N GO Kale Pasta Soup, Chicken Fajitas, Rice & Beans, California Blend Vegetables, Wheat Tortilla, Yogurt COLD: Egg Salad, Barley Raisin Salad, Squash Zucchini Red Onion Salad, Multigrain Bread, Peaches	22 HOT: GRAB N GO Lentil Stew, Brussels Sprouts, Wheat Roll, Pears COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Lettuce, Summer Potato Salad, Spinach w/Mandarin Orange Salad, Wheat Bread, Fresh Fruit	23 HOT: GRAB N GO * Roast Turkey w/Gravy, Whipped Sweet Potatoes, Zucchini & Cauliflower, Oatmeal Bread, Applesauce COLD: Tuna Salad, Lettuce, Broccoli Feta Orzo Salad, Purple Cabbage Cole Slaw, Multigrain Bread, Diet Chocolate Pudding w/Topping	24 HOT: AUTUMN SPECIAL GRAB N GO * Chicken Cordon Bleu, Sour Cream & Chive Mashed Potatoes, Scandinavian Blend Vegetables, Whole Wheat Dinner Roll, Pumpkin Pudding w/Topping COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Italian Pasta Salad, Cauliflower Carrot Salad, Wheat Bread, Mixed Fruit	25 HOT: GRAB N GO Pot Roast Stroganoff Over Buttered Noodles, Cabbage & Carrots, Multigrain Bread, Mixed Fruit COLD: California Chicken Salad, Lettuce, Quinoa Tabbouleh Salad, Roman Blend Salad, Multigrain Bread, Fiqu Bar			
28 HOT: GRAB N GO * Macaroni & Cheese, Peas & Carrots, Wheat Bread, Orange COLD: Chicken Curry Salad, German Potato Salad, Summer Squash Salad, Multigrain Bread, Chocolate Chip Cookie	29 HOT: GRAB N GO Chicken Stir Fry, Herbed White Rice, Multigrain Bread, Pears COLD: Tuna Salad, Lettuce, Greek Pasta Salad, Cauliflower Carrot Salad, Wheat Bread, Diet Vanilla Pudding w/Topping	30 HOT: GRAB N GO Potato Crunch Fish, Lemon Wedge, Whipped Sweet Potato, Jardinière Blend Vegetables, Multigrain Bread, Tapioca Pudding w/Topping COLD: Roast Beef, Provolone Cheese, Lite Mayonnaise, Lettuce, Potato Salad, Beet Salad, Multigrain Bread, Orange	31 HOT: GRAB N GO Cream of Broccoli Soup, Pot Roast Burgundy, Mashed Potatoes, Spinach, Wheat Bread, Oatmeal Raisin Cookie COLD: Turkey, Swiss Cheese, Lite Mayonnaise, Lettuce, Cole Slaw, Balsamic Vinaigrette Pasta Salad, Wheat Bread, Applesauce	<p style="text-align: center;">MENU IS SUBJECT TO CHANGE</p> <p style="text-align: center;">YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p>			
<p>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. * Indicates high sodium.</p>		<p>INSTRUCTIONS: COLD meal option available for DINE IN only FOR DINE IN: Please circle HOT or COLD to reserve that meal option. FOR GRAB and GO: Please fill the box with a G on the day you wish to reserve a meal.</p>			<p style="text-align: center;"><u>Chilled Meal Re-Heating Instructions</u></p> <p>Conventional oven</p> <ul style="list-style-type: none"> o Eat or refrigerate immediately. o Reheat in oven at 350 degrees for 10-20 minutes. <p>Microwave oven</p> <ul style="list-style-type: none"> o Reheat in microwave on high for 2 to 3 minutes. o Peel back corner to vent. <p>Do not reheat in toaster oven.</p>		
<p style="text-align: center;">FOOD ALLERGIES</p> <p>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.</p>		<p style="text-align: center;">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</p>		<p style="text-align: center;">MENU IS SUBJECT TO CHANGE</p> <p style="text-align: center;">YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p>			

\$2.50 Suggested donation per meal.