

Springwell Nutrition Program: LUNCH MENU – Newton Senior Center 345 Walnut Street, Newton MA 617-796-1660
JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • 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. • \$2.00 Suggested donation per meal. * Indicates high sodium. YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM 				
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.				1. NEW YEAR'S DAY HOLIDAY MEAL SITE CLOSED NO MEAL SERVICE TODAY
4. Lasagna w/Tomato Sauce Chicken Meatball Broccoli Scali Bread Peaches	5. BBQ Pulled Pork on Hamburger Roll Potato Salad Fiesta Vegetable Blend Fresh Fruit	6. Breaded Alaskan Pollock w/Tartar Sauce Whipped Butternut Squash Green Beans & Red Peppers Rye Bread Oatmeal Raisin Cookie	7. Pot Roast w/Roasted Onion Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Vanilla Pudding w/Topping	8. Lemon Chicken w/Peas Whipped Sweet Potato Spinach Multigrain Bread Tropical Mixed Fruit
11. Lentil Stew (V) Corn Rye Bread Mixed Fruit	12. American Chop Suey Parmesan Cheese Italian Style Vegetable Blend Scali Bread Fresh Fruit Holiday frozen meal for 1/18 will be send today.	13. Winter Special Lunch Chicken Cordon Bleu w/Ham*** Half Baked Potato w/Sour Cream Jardinière Style Vegetable Blend Garlic Dinner Roll Carrot Cake w/Cream Cheese Frosting	14. Hot Dog***on Roll w/Ketchup, Mustard & Relish Baked Beans Cole Slaw Pineapple	15. Fish Loin (Flounder) w/Lemon Garlic Cream Sauce Sweet Potatoes Broccoli/Cauliflower Wheat Bread Tapioca Pudding w/Topping
18. MARTIN LUTHER KING JR. DAY MEAL SITE CLOSED NO MEAL SERVICE TODAY	19. Alaskan Pollock w/Tartar Sauce Italian Roasted Potatoes Tuscany Vegetable Blend Multigrain Bread Chocolate Birthday Cupcake	20. Greek Chicken Whipped Sweet Potato Collard Greens & Onions Cranberry Orange Snack Loaf Pineapple	21. Meatloaf w/Roasted Onion Gravy Mashed Potatoes Beets Wheat Bread Apple Raisin Compote	22. Crumb Topped Macaroni & Cheese*** Fresh Baked Tomato Half Oatmeal Bread Fresh Fruit
25. Chicken Marsala Red Bliss Potatoes Zucchini & Summer Squash Wheat Roll Fresh Fruit	26. Fish Loin (Flounder) w/Broccoli Cheese Sauce Whipped Butternut Squash Italian Green Beans Oat Bread Ambrosia Pudding	27. Chicken Swedish Meatballs Over Egg Noodles Country Vegetable Blend Scali Bread Tropical Mixed Fruit	28. Beef Stuffed Pepper Cauliflower Wheat Bread Pumpkin Cookie	29. Spinach & Red Pepper Quiche (V) Italian Oven Roasted Red Potatoes Ratatouille Blueberry Snack Loaf Applesauce
Hot Meal Re-Heating Instructions Conventional oven <ul style="list-style-type: none"> ○ Consumers should freeze meals if not consume right away. Follow the frozen meal re-heating instructions ○ Peel back the plastic lid to vent or slit film in each section. ○ Re-heat on a cookie sheet and set oven at 350 degrees F. for 10 minutes. Microwave oven <ul style="list-style-type: none"> ○ Re-heat meal in microwave 2 to 3 minutes maximum on high. 	Frozen Meal Re-Heating Instructions Conventional oven <ul style="list-style-type: none"> ○ Peel back the plastic lid to vent or slit film in section ○ Heat frozen meal in conventional oven, place meal on cookie sheet and set oven at 350 degrees F. for 30 minutes maximum. Microwave oven <ul style="list-style-type: none"> ○ Heat frozen meal in microwave 3-5 minutes maximum on high 	Chilled Meal Re-Heating Instructions Conventional oven <ul style="list-style-type: none"> ○ Eat or refrigerate immediately. ○ Reheat in oven at 350 degrees for 10-20 minutes. Microwave oven <ul style="list-style-type: none"> ○ Reheat in microwave on high for 2 to 3 minutes ○ Peel back corner to vent ○ Do not reheat in toaster oven. 	\$2.00 Suggested donation per meal <u>Please make checks payable to Springwell</u> Please add the site you receive your meals from on the memo line: Newton Senior Center Send check to: Attention: Arianny Medina Springwell, Inc. 307 Waverley Oaks Road Suite 205 Waltham MA 02452	