

Springwell Nutrition Program: LUNCH MENU – Newton Senior Center 345 Walnut Street, Newton MA 617-796-1660
DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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- 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.
- \$2.00 Suggested donation per meal. * Indicates high sodium. **YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM**

<p>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.</p>				
7. Chicken Marsala Italian Roasted Red Potatoes Spinach & Mushrooms Scali Bread Applesauce	1. Beef Stuffed Pepper Summer/Spring Vegetable Blend Wheat Bread Vanilla Pudding w/Topping	2. BBQ Pulled Pork* On Hamburger Roll Sweet Potatoes Green Beans Fresh Fruit	3. Potato Pollock Fish w/Tartar Sauce Tuscany Vegetable Blend Whipped Butternut Squash Rye Bread Chocolate Cupcake	4. Spinach Red Pepper Broccoli Quiche (V) Parsley Potatoes Stewed Tomatoes Blueberry Snack Loaf Tropical Fruit
14. Chicken Cacciatore Mashed Potatoes Zucchini/Summer Squash Rye Bread Pears	8. Creole Fish Rice & Beans Carrots Oat Bread Fresh Fruit	9. Lentil Stew (V) Tossed Garden Salad w/Ranch Dressing White Rice Multigrain Bread Chocolate Pudding w/Topping	10. Chicken Swedish Meatballs Over Egg Noodles Mixed Vegetables Oatmeal Bread Brownie	11. Crumb Topped Macaroni & Cheese*** Stewed Tomatoes Rye Bread Mandarin Oranges
21. Alaskan Pollock w/Tartar Sauce Sweet Potatoes Green Beans & Red Peppers Pumpernickel Bread Pineapples	15. Baked Fish w/Newburg Sauce Roasted Italian Red Potatoes Ratatouille Multigrain Bread Fresh Fruit Frozen meal for 12/25 will be send today.	16. White Bean & Kale Stew (V) White Rice Tossed Garden Salad w/Lite Italian Dressing Pumpernickel Bread Gingerbread w/Topping	17. HOLIDAY SPECIAL LUNCH Italian Pot Roast Red Bliss Potatoes Tuscany Vegetable Blend Garlic Dinner Roll Boston Cream Cup	18. Hot Dog***on Roll w/Ketchup, Mustard & Relish Baked Beans Cole Slaw Peaches
28. Potato Pollock Fish w/Tartar Sauce Mashed Potatoes Root Vegetables Oat Bread Tapioca Pudding w/Topping	22. Chicken Stir Fry White Rice Oatmeal Bread Fresh Fruit	23. Ham*** w/Raisin Pineapple Sauce Mashed Potatoes Carrots Cranberry Sauce Dinner Roll Peaches	24. American Chop Suey Parmesan Cheese Broccoli Scali Bread Sugar Cookie	25. Christmas Day Holiday Meal Site Closed No Meal Service Today
29. Stuffed Shells w/Tomato Sauce Chicken Meatball Tuscany Style Vegetable Blend Dinner Roll Pears Frozen meal for 1/1 will be send today.	30. Greek Chicken Red Bliss Potatoes Broccoli Wheat Bread Pineapples	31. Beef Stroganoff Over Noodles Dilled Carrots Wheat Bread Tossed Garden Salad w/Lite Italian Dressing Fresh Fruit	<p align="center">FOOD ALLERGIES 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 align="center">Hot Meal Re-Heating Instructions</p> <p>Conventional oven</p> <ul style="list-style-type: none"> o Consumers should freeze meals if not consume right away. Follow the frozen meal re-heating instructions o Peel back the plastic lid to vent or slit film in each section. o Re-heat on a cookie sheet and set oven at 350 degrees F. for 10 minutes. <p>Microwave oven</p> <ul style="list-style-type: none"> o Re-heat meal in microwave 2 to 3 minutes maximum on high. 	<p align="center">Frozen Meal Re-Heating Instructions</p> <p>Conventional oven</p> <ul style="list-style-type: none"> 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. <p>Microwave oven</p> <ul style="list-style-type: none"> o Heat frozen meal in microwave 3-5 minutes maximum on high 	<p align="center">Chilled Meal Re-Heating Instructions</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 o Do not reheat in toaster oven. 	<p align="center">\$2.00 Suggested donation per meal</p> <p>Please make checks payable to Springwell 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</p>
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