

springwell	CARB CONTROL		HOME DELIVERED MEALS OCTOBER 2024		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 Chicken Stew, Butternut Squash, Brussel Sprouts, Mixed Fruit Calories 629 Sodium 598mg Carbs 82g	2 Chicken w/ Saute Vegetables, Seasoned Orzo, Applesauce Calories 569 Sodium 570mg Carbs 67g	3 Quinoa White Bean Casserole, Carrots, Peaches Calories 648 Sodium 908mg Carbs 86g	4 Pot Roast Burgundy, White Rice, Spinach, Tropical Fruit Calories 608 Sodium 505mg Carbs 65g	
7 Vegetarian Lentil Stew, Zucchini, Mixed Fruit Calories 629 Sodium 679mg Carbs 78g	8 Chicken Meatballs w/ Brown Gravy Over Margarine Ziti, Green Beans, Diet Gelatin w/ Topping Calories 623 Sodium 457mg Carbs 61g	9 Pot Roast, Brown Gravy over Buttered Noodles, Carrots, Tropical Fruit Calories 666 Sodium 422mg Carbs 72g	10 Catch of the Day Pollock, Mediterranean Sauce, Quinoa Pilaf, Roman Blend Vegetables, Applesauce Calories 543 Sodium 652mg Carbs 62	11 Chicken Souvlaki, Buttered Seasoned Orzo, Scandinavian Blend Vegetables, Pears Calories 708 Sodium 719mg Carbs 72g	
14 COLUMBUS/INDIGENOUS PEOPLES' DAY HOLIDAY NO MEAL DELIVERY	15 Chicken Fajitas, White Rice, Fiesta Blend Vegetables, Pears Calories 700 Sodium 500mg Carbs 72g	16 Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Spinach, Unsweetened Applesauce Calories 588 Sodium 552mg Carbs 70g	17 Beef Meatloaf, Brown Gravy, Roasted Root Vegetables, Peas, Diet Vanilla Pudding w/ Topping Calories 732 Sodium 607mg Carbs 55g	18 Mixed Bean & Vegetable Stew, Cauliflower, Tropical Fruit Calories 525 Sodium 628mg Carbs 70g	
21 Turkey w/ Gravy, Roasted Root Vegetables, Brown Rice, Mixed Fruit Calories 514 Sodium 844 mg Carbs 64 gm	22 Pot Roast Burgundy, Buttered Noodles, Spinach, Mandarin Oranges Calories 684 Sodium 546mg Carbs 73g	23 Greek Chicken Over Seasoned Orzo, Italian Blend Vegetables, Diet Gelatin w/ Topping Calories 597 Sodium 611 mg Carbs 66g	24 Chicken Meatballs, Bruschetta Sauce Over Ziti, Brussels Sprouts, Fresh Fruit Calories 632 Sodium 462mg Carbs 79g	25 Cod w/ Lemon Dill Sauce, Roasted Potatoes, Tuscany Blend Vegetables, Peaches Calories 475 Sodium 452mg Carbs 60g	
28 Tuna Noodle Casserole, Zucchini & Cauliflower, Diet Gelatin w/ Topping, Calories 472 Sodium 575ma Carbs 49	29 Chicken Stew, Butternut Squash, Brussel Sprouts, Mixed Fruit Calories 629 Sodium 598mq Carbs 82g	30 Chicken w/ Saute Vegetables, Seasoned Orzo, Applesauce Calories 569 Sodium 570mg Carbs 67g	31 Quinoa White Bean Casserole, Carrots, Peaches Calories 648 Sodium 908mg Carbs 86g		
MENU SUBJECT TO CHANGE All meals include 1% Milk and Margarine. · \$3.00 Suggested donation per meal. · Menu subject to change · YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM To cancel a meal, please call (617) 972-5700 by 11am two business days in advance		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 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.	