

springwell	CARDIAC		HOME DELIVERED MEALS OCTOBER 2024	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Chicken Stew, Butternut Squash, Brussel Sprouts, Low Sodium Wheat Bread, Mixed Fruit</p> <p>Calories 719/Sodium 688mg</p>	<p>2</p> <p>Chicken w/ Saute Vegetables, Seasoned Orzo, Applesauce, Muligrain Bread</p> <p>Calories 639/Sodium 719mg</p>	<p>3</p> <p>Quinoa White Bean Casserole, Carrots, Wheat Bread, Peaches</p> <p>Calories 731/Sodium 998mg</p>	<p>4</p> <p>Shepherd's Pie, Spinach, Wheat Dinner Roll, Tropical Fruit</p> <p>Calories 754, Sodium 707mg</p>
<p>7</p> <p>Vegetarian Lentil Stew, White Rice, Zucchini, Low Salt Wheat Bread, Mixed Fruit</p> <p>Calories 806, Sodium 774mg</p>	<p>8</p> <p>Ziti w/ Tomato Sauce, Chicken Meatballs, Green Beans, Low Sodium Wheat Bread, Diet Gelatin w/ Topping</p> <p>Calories 679/Sodium 846mg</p>	<p>9</p> <p>Pot Roast, Brown Gravy, Mashed Potatoes, Carrots, Wheat Bread, Tropical Fruit</p> <p>Calories 773/Sodium 539mg</p>	<p>10</p> <p>Catch of the Day Pollock w/ Mediterranean Sauce, Quinoa Pilaf, Roman Blend Vegetables, Low Sodium Multigrain Bread, Applesauce</p> <p>Calories 673/Sodium 778mg</p>	<p>11</p> <p>Chicken Souvlaki, Buttered Seasoned Orzo, Scandinavian Blend Vegetables, Low Sodium Wheat Bread, Pears</p> <p>Calories 798/Sodium 809mg</p>
<p>14</p> <p>COLUMBUS/INDIGENOUS PEOPLES' DAY HOLIDAY</p> <p>NO MEAL DELIVERY</p>	<p>15</p> <p>Chicken Fajitas, Rice & Beans, Fiesta Blend Vegetables, Wheat Bread, Pears</p> <p>Calories 900/Sodium 654mg</p>	<p>16</p> <p>Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Spinach, Multigrain Bread, Applesauce</p> <p>Calories 660/Sodium 543mg</p>	<p>17</p> <p>Beef Meatloaf & Salisbury Steak, Low Sodium Brown Gravy, Roasted Root Vegetables, Peas, Wheat Roll, Diet Vanilla Pudding w/ Topping</p> <p>Calories 904/Sodium 752mg</p>	<p>18</p> <p>Mixed Bean & Vegetable Stew, Cauliflower, Low Sodium Wheat Bread, Tropical Fruit</p> <p>Calories 615/Sodium 718mg</p>
<p>21</p> <p>Chicken w/ Orange Sauce, Stir Fry Vegetables, Brown Rice, Low Sodium Wheat Bread, Mixed Fruit</p> <p>Calories 657/Sodium 533mg</p>	<p>22</p> <p>Pot Roast Burgundy, Garlic Mashed Potatoes, Spinach, Low Salt Wheat Bread, Mandarin Oranges</p> <p>Calories 762/Sodium 652mg</p>	<p>23</p> <p>Greek Chicken Over Seasoned Orzo, Italian Blend Vegetables, Wheat Bread, Gelatin w/ Topping</p> <p>Calories 687/Sodium 701mg</p>	<p>24</p> <p>Lasagna w/ Tomato Sauce, Brussels Sprouts, Low Salt Wheat Bread, Fresh Fruit</p> <p>Calories 628/Sodium 850mg</p>	<p>25</p> <p>Cod w/ Lemon Dill Sauce, Italian Roasted White Potatoes, Tuscany Blend Vegetables, Multigrain Bread, Peaches, Apple Juice</p> <p>Calories 602/Sodium 607mg</p>
<p>28</p> <p>Tuna Noodle Casserole, Zucchini & Cauliflower, Low Sodium Wheat Bread, Diet Vanilla Pudding w/ Topping</p> <p>Calories 603/Sodium 799mg</p>	<p>29</p> <p>Chicken Stew, Butternut Squash, Brussel Sprouts, Low Sodium Wheat Bread, Mixed Fruit</p> <p>Calories 719/Sodium 688mg</p>	<p>30</p> <p>Chicken w/ Saute Vegetables, Seasoned Orzo, Applesauce, Muligrain Bread</p> <p>Calories 639/Sodium 719mg</p>	<p>31</p> <p>Quinoa White Bean Casserole, Carrots, Wheat Bread, Peaches</p> <p>Calories 731/Sodium 998mg</p>	
<p>MENU SUBJECT TO CHANGE</p> <p>8oz Skim Milk & 2 Promise Margarine. · \$3.00 Suggested donation per meal.</p> <p>Menu subject to change · YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</p> <p>To cancel a meal, please call (617) 972-5700 by 11am two business days in advance</p>		<p><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>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>