

springwell	LOW LACTOSE		HOME DELIVERED MEALS OCTOBER 2024	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Stew, Butternut Squash, Brussel Sprouts, Low Sodium Wheat Bread, Lorna Doones  Calories 719/Sodium 688mg	2 Chicken w/ Saute Vegetables, Seasoned Orzo, Applesauce, Muligrain Bread  Calories 699/Sodium 704	3 Quinoa White Bean Casserole, Carrots, Low Sodium Wheat Bread, Peaches Apple Juice  Calories 731/Sodium 998mg	4 Pot Roast Burgundy, White Rice, Spinach, Wheat Dinner Roll, Tropical Fruit  Calories 678, Sodium 684mg
7 Vegetarian Lentil Stew, White Rice, Zucchini, Low Salt Wheat Bread, Mixed Fruit  Calories 806, Sodium 774mg	8 Ziti w/ Tomato Sauce, Chicken Meatballs, Green Beans, Low Sodium Wheat Bread, Gelatin  Calories 665/Sodium 856mg	9 Pot Roast, Brown Gravy over Buttered Noodles, Carrots, Wheat Bread, Tropical Fruit  Calories 792/Sodium 501mg	10 Catch of the Day Pollock, Scarpariello Sauce, Quinoa Pilaf, Roman Blend Vegetables, Multigrain Bread, Applesauce  Calories 614/Sodium 662	11 Chicken Souvlaki, Buttered Seasoned Orzo, Scandinavian Blend Vegetables, Low Sodium Wheat Bread, Pears  Calories 798/Sodium 809mg
14 COLUMBUS/INDIGENOUS PEOPLES' DAY HOLIDAY  NO MEAL DELIVERY	15 Chicken Fajitas, Rice & Beans, Fiesta Blend Vegetables, Wheat Bread, Pears  Calories 900/Sodium 654mg	16 Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Spinach, Multigrain Bread, Applesauce  Calories 660/Sodium 543mg	17 Beef Meatloaf, Brown Gravy, Roasted Root Vegetables, Peas, Wheat Roll, Lorna Doone Cookies  Calories 904/Sodium 752mg	18 Mixed Bean & Vegetable Stew, Cauliflower, Wheat Bread, Tropical Fruit  Calories 615/Sodium 718mg
21 Turkey w/ Gravy, Roasted Root Vegetables, Brown Rice, Low Salt Wheat Bread, Mixed Fruit  Calories 616/Sodium 891mg	22 Pot Roast Burgundy, Garlic Mashed Potatoes, Spinach, Low Salt Wheat Bread, Mandarin Oranges  Calories 762/Sodium 652mg	23 Greek Chicken Over Seasoned Orzo, Italian Blend Vegetables, Wheat Bread, Gelatin w/ Topping  Calories 665/Sodium 701mg	24 Chicken Meatballs, Bruschetta Sauce over Ziti, Brussels Sprouts, Low Salt Wheat Bread, Fresh Fruit  Calories 717/Sodium 538mg	25 Cod w/ Lemon Pepper Sauce, Roasted Potatoes, Tuscany Blend Vegetables, Multigrain Bread, Peaches, Apple Juice  Calories 561/Sodium 646mg
28 Cod w/ Newburg Sauce Over Herbed White Rice, Zucchini & Cauliflower, Low Sodium Wheat Bread, Gelatin  Calories 457/Sodium 819mg	29 Chicken Stew, Butternut Squash, Brussel Sprouts, Low Sodium Wheat Bread, Lorna Doones  Calories 719/Sodium 688mg	30 Chicken w/ Saute Vegetables, Seasoned Orzo, Applesauce, Muligrain Bread  Calories 699/Sodium 704	31 Quinoa White Bean Casserole, Carrots, Low Sodium Wheat Bread, Peaches Apple Juice  Calories 731/Sodium 998mg	
<b>MENU SUBJECT TO CHANGE</b> 8oz Lactaid Milk & Promise Margarine · Menu subject to change · \$3.00 Suggested donation per meal. · 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		<u>Chilled Meal Re-Heating Instructions</u> 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.		<b>FOOD ALLERGIES</b> 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.