

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Chicken Stew, Butternut Squash, Brussel Sprouts, Low Sodium Wheat Bread, Lorna Doones</p> <p>Calories 719/Sodium 688mg</p>	<p>2</p> <p>Chicken w/ Saute Vegetables, Seasoned Orzo, Applesauce, Muligrain Bread</p> <p>Calories 699/Sodium 704</p>	<p>3</p> <p>Quinoa White Bean Casserole, Carrots, Low Sodium Wheat Bread, Peaches Apple Juice</p> <p>Calories 731/Sodium 998mg</p>	<p>4</p> <p>Pot Roast Burgundy, White Rice, Spinach, Wheat Dinner Roll, Tropical Fruit</p> <p>Calories 678, Sodium 684mg</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, Gelatin</p> <p>Calories 665/Sodium 856mg</p>	<p>9</p> <p>Pot Roast, Brown Gravy over Buttered Noodles, Carrots, Wheat Bread, Tropical Fruit</p> <p>Calories 792/Sodium 501mg</p>	<p>10</p> <p>Catch of the Day Pollock, Scarpariello Sauce, Quinoa Pilaf, Roman Blend Vegetables, Multigrain Bread, Applesauce</p> <p>Calories 614/Sodium 662</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 &amp; 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, Brown Gravy, Roasted Root Vegetables, Peas, Wheat Roll, Lorna Doone Cookies</p> <p>Calories 904/Sodium 752mg</p>	<p>18</p> <p>Mixed Bean &amp; Vegetable Stew, Cauliflower, Wheat Bread, Tropical Fruit</p> <p>Calories 615/Sodium 718mg</p>
<p>21</p> <p>Turkey w/ Gravy, Roasted Root Vegetables, Brown Rice, Low Salt Wheat Bread, Mixed Fruit</p> <p>Calories 616/Sodium 891mg</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 665/Sodium 701mg</p>	<p>24</p> <p>Chicken Meatballs, Bruschetta Sauce over Ziti, Brussels Sprouts, Low Salt Wheat Bread, Fresh Fruit</p> <p>Calories 717/Sodium 538mg</p>	<p>25</p> <p>Cod w/ Lemon Pepper Sauce, Roasted Potatoes, Tuscany Blend Vegetables, Multigrain Bread, Peaches, Apple Juice</p> <p>Calories 561/Sodium 646mg</p>
<p>28</p> <p>Cod w/ Newburg Sauce Over Herbed White Rice, Zucchini &amp; Cauliflower, Low Sodium Wheat Bread, Gelatin</p> <p>Calories 457/Sodium 819mg</p>	<p>29</p> <p>Chicken Stew, Butternut Squash, Brussel Sprouts, Low Sodium Wheat Bread, Lorna Doones</p> <p>Calories 719/Sodium 688mg</p>	<p>30</p> <p>Chicken w/ Saute Vegetables, Seasoned Orzo, Applesauce, Muligrain Bread</p> <p>Calories 699/Sodium 704</p>	<p>31</p> <p>Quinoa White Bean Casserole, Carrots, Low Sodium Wheat Bread, Peaches Apple Juice</p> <p>Calories 731/Sodium 998mg</p>	

**MENU SUBJECT TO CHANGE**

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

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.