

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Chicken Stew, Whipped Butternut Squash, Brussel Sprouts, Mixed Fruit</p> <p>Calories 829/Sodium 693mg</p>	<p>2</p> <p>Chicken w/ Saute Vegetables, Mashed Potatoes, Applesauce</p> <p>Calories 808/Sodium 698mg</p>	<p>3</p> <p>Quinoa White Bean Casserole, Carrots, Peaches</p> <p>Calories 841/Sodium 1003mg</p>	<p>4</p> <p>Shepherd's Pie, Spinach, Pears</p> <p>Calories 882. Sodium 587mg</p>
<p>7</p> <p>Vegetarian Lentil Stew, Whipped Sweet Potatoes, Zucchini, Mixed Fruit</p> <p>Calories 924, Sodium 782mg</p>	<p>8</p> <p>Ziti w/ Tomato Sauce, Chicken Meatballs, Green Beans, Gelatin w/ Topping</p> <p>Calories 814/Sodium 884mg</p>	<p>9</p> <p>Pot Roast w/ Brown Gravy, Mashed Potatoes, Carrots, Chocolate Pudding w/ Topping</p> <p>Calories 1038, Sodium 721mg</p>	<p>10</p> <p>Catch of the Day Pollock w/ Mediterranean Sauce, Quinoa Pilaf, Roman Blend Vegetables, Applesauce</p> <p>Calories 808/Sodium 664mg</p>	<p>11</p> <p>Chicken Souvlaki, Buttered Seasoned Orzo, Broccoli, Pears</p> <p>Calories 892/Sodium 885mg</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, Pears</p> <p>Calories 1010/Sodium 659mg</p>	<p>16</p> <p>Alaskan Breaded Pollock, Scarpariello Sauce, Whipped Butternut Squash, Spinach, Applesauce</p> <p>Calories 830, Sodium 722mg</p>	<p>17</p> <p>Beef Meatloaf, Brown Gravy, Roasted Root Vegetable, Mashed Potatoes, Vanilla Pudding w/ Topping</p> <p>Calories 1185/Sodium 707mg</p>	<p>18</p> <p>Mixed Bean &amp; Vegetable Stew, Cauliflower, Tropical Fruit</p> <p>Calories 725/Sodium 723mg</p>
<p>21</p> <p>Turkey w/ Gravy, Roasted Root Vegetable, Mashed Potatoes, Mixed Fruit</p> <p>Calories 833/Sodium 1026mg</p>	<p>22</p> <p>Pot Roast Burgundy, Garlic Mashed Potatoes, Spinach, Mandarin Oranges</p> <p>Calories 872/Sodium 657mg</p>	<p>23</p> <p>Greek Chicken Over Seasoned Orzo, Italian Blend Vegetables, Gelatin w/ Topping</p> <p>Calories 862/Sodium 765mg</p>	<p>24</p> <p>Lasagna w/ Tomato Sauce, Brussels Sprouts, Chocolate Pudding w/ Topping</p> <p>Calories 1049/Sodium 1117mg</p>	<p>25</p> <p>Cod w/ Lemon Dill Sauce, Roasted Potatoes, Tuscany Blend Vegetables, Peaches</p> <p>Calories 675/Sodium 547mg</p>
<p>28</p> <p>Tuna Noodle Casserole, Zucchini &amp; Cauliflower, Vanilla Pudding w/ Topping</p> <p>Calories 803/Sodium 894mg</p>	<p>29</p> <p>Chicken Stew, Whipped Butternut Squash, Brussel Sprouts, Mixed Fruit</p> <p>Calories 829/Sodium 693mg</p>	<p>30</p> <p>Chicken w/ Saute Vegetables, Mashed Potatoes, Applesauce</p> <p>Calories 808/Sodium 698mg</p>	<p>31</p> <p>Quinoa White Bean Casserole, Carrots, Peaches</p> <p>Calories 841/Sodium 1003mg</p>	

<p><b>MENU SUBJECT TO CHANGE</b></p> <p>All meals include 4oz Sysco Shake, 1% Milk &amp; Margarine.</p> <ul style="list-style-type: none"> <li>· \$3.00 Suggested donation per meal.</li> <li>· Menu subject to change</li> <li>· YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</li> </ul> <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"> <li>o Eat or refrigerate immediately.</li> <li>o Reheat in oven at 350 degrees for 10-20 minutes.</li> </ul> <p>Microwave oven</p> <ul style="list-style-type: none"> <li>o Reheat in microwave on high for 2 to 3 minutes.</li> <li>o Peel back corner to vent.</li> </ul> <p>Do not reheat in toaster oven.</p>	<p><b>FOOD ALLERGIES</b></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>
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