

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Caribbean Chicken Stew(179) Rice and Beans(69) Zucchini & Tomatoes(64) Wheat Dinner Roll (180) Vanilla Pudding w/topping(174) Calories 948/ Sodium 822mg	2 Chicken Meatball Sub O'Brien Potatoes Italian Blend Vegetables (19) Sub Roll Mandarin Oranges(7) Calories 710/Sodium 1073mg	3 Shepherd's Pie Winter/Fall Blend Vegetables Wheat Dinner Roll (180) Pumpkin Cookie Calories 723/Sodium 661mg	4 Pollock w/ Newburg Sauce Herbed Rice (85) Brussels Sprouts (17) Low Sodium Multigrain Bread(135), Fresh Fruit Calories 581/Sodium 1015mg
7 Cranberry Chicken Over Orzo, Buttered Seasoned Butternut Squash Wheat Dinner Roll (180) Mandarin Oranges(7) Calories 865/Sodium 659mg	8 Tuna Noodle Casserole(374) Roman Blend Vegetable Multigrain Bread (135) Fig Bar (99) Calories 746/Sodium 918mg	9 Beef Pot Roast w/ Gravy (120) Italian Roasted Red Bliss Potatoes(16), Cabbage & Carrots Wheat Dinner Roll (180) Chocolate Pudding w/ Topping (195) Calories 750/Sodium 725mg	10 Broccoli Egg Bake (475) Sweet Potato Tots(120) Green Beans & Red Peppers(4) Low Sodium Wheat Bread (90) Fresh Fruit Calories 724/Sodium 846mg	11 Beef Chili (404), Brown Rice(5) Tuscany Blend Vegetables (47) Low Sodium Wheat Bread (90) Applesauce Calories 604/Sodium 701mg
14 COLUMBUS DAY HOLIDAY NO MEAL DELIVERY	15 *Turkey Vegetable Casserole(665) Butternut Squash(32) Multigrain Bread (135) Apple Bread Pudding(119) Calories 619/Sodium 1121mg	16 <i>High Sodium Day</i> *Hot Dog (550) Root Vegetables (34) Baked Beans (140) Hot Dog Roll (165) Relish (81) Mustard (55) Fresh Orange Calories 808/Sodium 1225mg	17 Sweet & Sour Meatballs(307) Over Lo Mein Noodles(58) Stir Fry Vegetables(6) Low Sodium Wheat Bread (90) Peaches (8) Calories 788/Sodium 624mg	18 *Chicken Cacciatore(644) Over Seasoned Orzo(32) Brussels Sprouts (17) Low Sodium Wheat Bread (90) Pears(5) Calories 757/Sodium 999mg
21 Chicken Fajitas(281) Rice & Beans(69) California Blend Vegetables(30) Wheat Tortilla (17) Yogurt (75) Calories 1000/Sodium 755mg	22 Lentil Stew (486) Brussels Sprouts (17) Wheat Roll (180) Pears (5) Calories 696/Sodium 843mg	23 *Roast Turkey w/ Gravy (616) Whipped Sweet Potatoes Zucchini & Cauliflower(6) Low Sodium Oatmeal Bread (140) Applesauce Calories 540/Sodium 949mg	24 *Chicken Cordon Bleu(578) Sour Cream & Chive Mashed Potatoes(48) Scandinavian Vegetables(41) Wheat Dinner Roll (180) Pumpkin Pudding (173) Calories 870/Sodium 1175mg	25 Pot Roast Stroganoff (177) Over Buttered Noodles (40) Cabbage & Carrots(49) Multigrain Bread (135) Mixed Fruit(3) Calories 660/Sodium 584mg
28 *Macaroni & Cheese (548) Peas & Carrots (82) Low Sodium Wheat Bread (90) Orange Calories 788/Sodium 1104mg	29 Chicken Stir Fry(460) Herbed White Rice(84) Multigrain Bread (135) Pears(5) Calories 523/Sodium 853mg	30 Potato Crunch Fish (337) Lemon Wedge Whipped Sweet Potato(28) Jardinière Blend Vegetables(32) Multigrain Bread (135) Tapioca Pudding w/Topping(183) Calories 837/Sodium 896mg	31 Pot Roast Burgundy(168) Mashed Potatoes (68) Spinach (146) Low Sodium Wheat Bread (90) Oatmeal Raisin Cookie(75) Calories 882/Sodium 767mg	
MENU SUBJECT TO CHANGE All meals include 1% Milk & Margarine. · \$3.00 Suggested donation per meal. *Item contains more than 500 mg sodium and is considered high sodium MONTHLY MENU AVAILABLE AT WWW.SPRINGWELL.COM To cancel a meal, please call (617) 972-5700 by 11am, TWO BUSINESS DAYS IN ADVANCE. Thank you!		<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.		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.