

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Tuna Salad (241) Lettuce Leaf Balsamic Pasta Salad (14) Cauliflower Carrot Salad(96) Low Sodium Wheat Bread (130) Peaches (8) Calories 667/Sodium 665mg	2 Roast Beef (233),Provolone (116) Lite Mayonnaise (4), Lettuce Leaf Macaroni Salad (138) Beet Salad (143) Low Sodium Wheat Bread (130) Applesauce(15) Calories 912/Sodium 938mg	3 Egg Salad (130) Lettuce Leaf Greek Pasta Salad (182) Cucumber Carrot Onion Salad(71) Multigrain Bread (270), Diet Tapioca Pudding w/ Topping(148) Calories 638/Sodium 952mg	4 Turkey, (435) Swiss Cheese (35) Lite Mayonnaise (4), Lettuce Leaf German Potato Salad(17) Cole Slaw (45) Low Sodium Wheat Bread (130) Apple Cinnamon Grahams(85) Calories 836/Sodium 926mg
7 Turkey, (435) Swiss Cheese (35) Quinoa Salad(140) Cauliflower Carrot Salad(96) Multigrain Bread (270) Yogurt(75) Calories 582/Sodium 1087mg	8 Roast Beef (233),Provolone (116) Lettuce Leaf Potato Salad (100) Summer Squash Salad (42) Low Sodium Wheat Bread (130) Peaches (8) Calories 794/Sodium 805mg	9 Low Sodium Ham, Swiss Cheese(545), Lettuce Leaf Mustard(55), Ziti Broccoli Salad Squash, Zucchini, Red onion Salad(6), Low Sodium Wheat Bread (130), Fresh Fruit Calories 730/Sodium 961mg	10 Curry Chicken Salad(118) Lettuce Leaf Riviera Salad (92) English Pea Salad (156) Multigrain Bread (270) Pears(5) Calories 637/Sodium 796mg	11 Tuna Salad (241), Lettuce Leaf Mediterranean Salad(173) Tri Color Pasta Salad(59) Wheat Bread (130) Diet Vanilla Pudding w/ Topping (195) Calories 770/Sodium 921mg
14 COLUMBUS DAY HOLIDAY NO MEAL DELIVERY	15 Chicken Salad (75) Orzo Vegetable Salad (13) Roman Blend Salad(90) Multigrain Bread (270) Diet Chocolate Pudding w/ Topping (142) Calories 654/Sodium 794mg	16 Turkey, (435) Swiss Cheese (35) Lite Mayonnaise (4), Lettuce Leaf Barley Raisin Salad (129) Cole Slaw (45) Wheat Bread (130) Apple Cinnamon Grahams(85) Calories 901/Sodium 1038mg	17 *Vegetarian Chef Salad (555) w/ Lite Italian Dressing (168) Sweet Potato Salad (60) Snack Loaf Muffin (160) Mandarin Oranges (7) Calories 723/Sodium 874mg	18 Roast Beef (233),Provolone (116) Lite Mayonnaise (4), Lettuce Leaf Potato Salad (100) Beet Salad (143) Low Sodium Wheat Bread (130) Orange Calories 836/Sodium 901mg
21 Egg Salad (130) Barley Raisin Salad (129) Squash Zucchini Red Onion Salad (6) Multigrain Bread (270) Peaches (8) Calories 733/Sodium 698mg	22 Turkey, (435) Swiss Cheese (35) Lite Mayonnaise (4), Lettuce Leaf Summer Potato Salad(65) Spinach w/ Mandarin Orange Salad (206) Low Sodium Wheat Bread (130) Fresh Fruit Calories 740/Sodium 990mg	23 Tuna Salad (241) Lettuce Leaf Broccoli Feta Orzo Salad (221) Purple Cabbage Cole Slaw Low Sodium Multigrain Bread(135) Diet Chocolate Pudding w/ Topping (142) Calories 776/Sodium 975mg	24 Roast Beef (233),Provolone (116) Lite Mayonnaise (4), Lettuce Leaf Italian Pasta Salad Cauliflower Carrot Salad(96) Wheat Bread (130) Mixed Fruit Calories 915/Sodium 895mg	25 California Chicken Salad (70) Lettuce Leaf Quinoa Tabbouleh Salad (28) Roman Blend Salad(90) Multigrain Bread (270) Fig Bar Calories 682/Sodium 805mg
28 Chicken Curry Salad(118) German Potato Salad(17) Summer Squash Salad (42) Multigrain Bread (270) Chocolate Chip Cookie(60) Calories 735/Sodium 661mg	29 Tuna Salad (241) Lettuce Leaf Greek Pasta Salad (182) Cauliflower Carrot Salad(96) Wheat Bread (130) Diet Vanilla Pudding(195) Calories 654/Sodium 968mg	30 Roast Beef (233),Provolone (116) Lite Mayonnaise (4), Lettuce Leaf Potato Salad (100) Beet Salad (143) Low Sodium Multigrain Bread(135) Orange Calories 916/Sodium 991mg	31 Turkey, (435) Swiss Cheese (35) Lite Mayonnaise (4), Lettuce Leaf Balsamic Pasta Salad (14) Cole Slaw (45) Low Sodium Wheat Bread (130) Applesauce(15) Calories 728/Sodium 835mg	
MENU SUBJECT TO CHANGE All meals include 1% Milk & Margarine. · \$3.00 Suggested donation per meal. 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!		Please note that the number following the menu item is the amount of sodium in milligrams. The total amount of sodium listed at the bottom also includes margarine(30mg) and milk (125mg). * an asterisk next to an item means it contains more than 500mg of sodium		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.