

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| | <p>1</p> <p>Chicken Stew, White Rice, Brussel Sprouts, Low Sodium Wheat Bread, Lorna Doones, Cranberry Juice</p> <p>Cal:760 Na:637 K:858</p> | <p>2</p> <p>Chicken w/ Saute Vegetables, Seasoned Orzo, Applesauce, Muligrain Bread Apple Juice</p> <p>Cal:606 Na:539 K:543</p> | <p>3</p> <p>Quinoa White Bean Casserole, Carrots, Low Sodium Wheat Bread, Peaches, Apple Juice</p> <p>Cal: 674 Na:878 K:931</p> | <p>4</p> <p>Pot Roast Burgundy, White Rice, Spinach, Wheat Dinner Roll, Tropical Fruit, Apple Juice</p> <p>Cal:625 Na:565 K:801</p> |
| <p>7</p> <p>Vegetarian Lentil Stew, White Rice, Zucchini, Low Salt White Bread, Mixed Fruit, Cranberry Juice</p> <p>Cal: 765 Na:744 K:1000</p> | <p>8</p> <p>Chicken Meatballs w/ Low Sodium Brown Gravy over Margarine Ziti, Green Beans, Low Sodium Wheat Bread, Diet Gelatin w/ Topping Apple Juice</p> <p>Cal: 603 Na:424 K:835</p> | <p>9</p> <p>Beef Pot Roast, Brown Gravy, Buttered Noodles, Carrots, Low Salt Wheat Bread, Tropical Fruit, Apple Juice</p> <p>Cal:683 Na:392 K:768</p> | <p>10</p> <p>Catch of the Day Pollock w/ Mediterranean Sauce, Quinoa Pilaf, Roman Blend Vegetables, Low Sodium Wheat Bread, Applesauce, Apple Juice</p> <p>Cal:580 Na:622 K:780</p> | <p>11</p> <p>Chicken Souvlaki, Buttered Seasoned Orzo, Scandinavian Blend Vegetables, Low Sodium Wheat Bread, Pears, Apple Juice</p> <p>Cal:741 Na:688 K:636</p> |
| <p>14</p> <p>COLUMBUS/INDIGENOUS PEOPLES' DAY HOLIDAY</p> <p>NO MEAL DELIVERY</p> | <p>15</p> <p>Chicken Fajitas, White Rice, Fiesta Blend Vegetables, Wheat Bread, Pears, Cranberry Juice</p> <p>Cal:749 Na:468 K:672</p> | <p>16</p> <p>Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Spinach, Multigrain Bread, Applesauce, Apple Juice</p> <p>Cal:587 Na:582 K:983</p> | <p>17</p> <p>Beef Meatloaf, Brown Gravy, Roasted Root Vegetables, Peas, White Bread, Lorna Doones, Apple Juice</p> <p>Cal:802 Na:625 K:800</p> | <p>18</p> <p>Mixed Bean & Vegetable Stew, Cauliflower, Wheat Bread, Tropical Fruit, Apple Juice</p> <p>Cal:557 Na:598 K:794</p> |
| <p>21</p> <p>Turkey w/ Gravy, Roasted Root Vegetables, Brown Rice, Low Salt Wheat Bread, Mixed Fruit, Apple Juice</p> <p>Cal: 616 Na: 891 K:945</p> | <p>22</p> <p>Pot Roast Burgundy, Buttered Noodles, Green Beans, Low Salt Wheat Bread, Mandarin Oranges, Apple Juice</p> <p>Cal: 704 Na:375 K:775</p> | <p>23</p> <p>Greek Chicken Over Seasoned Orzo, Italian Blend Vegetables, Low Sodium Wheat Bread, Diet Gelatin w/ Topping, Apple Juice</p> <p>Cal:630 Na:581 K:857</p> | <p>24</p> <p>Chicken Meatballs, Bruschetta Sauce Over Ziti, Fall/Winter Blend Vegetables, Low Sodium Wheat Bread, Fresh Fruit, Cranberry Juice</p> <p>Cal:663 Na:427 K:939</p> | <p>25</p> <p>Cod w/ Lemon Dill Sauce, Chuckwagon Corn, Tuscany Blend Vegetables, America White Bread, Peaches, Apple Juice</p> <p>Cal: 459 Na: 506 K:900</p> |
| <p>28</p> <p>Tuna Noodle Casserole, Zucchini & Cauliflower, Low Sodium Wheat Bread, Diet Vanilla Pudding w/ Topping, Apple Juice</p> <p>Cal:545 Na:679 K:893</p> | <p>29</p> <p>Chicken Stew, White Rice, Brussel Sprouts, Low Sodium Wheat Bread, Lorna Doones, Cranberry Juice</p> <p>Cal:760 Na:637 K:858</p> | <p>30</p> <p>Chicken w/ Saute Vegetables, Seasoned Orzo, Applesauce, Muligrain Bread Apple Juice</p> <p>Cal:606 Na:539 K:543</p> | <p>31</p> <p>Quinoa White Bean Casserole, Carrots, Low Sodium Wheat Bread, Peaches, Apple Juice</p> <p>Cal: 674 Na:878 K:931</p> | <p>Cal: Calories Na: Sodium K: Potassium</p> |

MENU SUBJECT TO CHANGE

4oz Whole Milk & 2 Margarine.

- \$3.00 Suggested donation per meal.
- Menu subject to change
- 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.