

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Stew, Whipped Butternut Squash, Brussel Sprouts, Mixed Fruit Calories 829/Sodium 693mg	2 Chicken w/ Saute Vegetables, Mashed Potatoes, Applesauce Calories 808/Sodium 698mg	3 Quinoa White Bean Casserole, Carrots, Peaches Calories 841/Sodium 1003mg	4 Shepherd's Pie, Spinach, Pears Calories 882. Sodium 587mg
7 Vegetarian Lentil Stew, Whipped Sweet Potatoes, Zucchini, Mixed Fruit Calories 924, Sodium 782mg	8 Ziti w/ Tomato Sauce, Chicken Meatballs, Green Beans, Gelatin w/ Topping Calories 814/Sodium 884mg	9 Pot Roast w/ Brown Gravy, Mashed Potatoes, Carrots, Chocolate Pudding w/ Topping Calories 1038, Sodium 721 mg	10 Catch of the Day Pollock w/ Mediterranean Sauce, Quinoa Pilaf, Roman Blend Vegetables, Applesauce Calories 808/Sodium 664mg	11 Chicken Souvlaki, Buttered Seasoned Orzo, Broccoli, Pears Calories 892/Sodium 885mg
14 COLUMBUS/INDIGENOUS PEOPLES' DAY HOLIDAY NO MEAL DELIVERY	15 Chicken Fajitas, Rice & Beans, Fiesta Blend Vegetables, Pears Calories 1010/Sodium 659mg	16 Alaskan Breaded Pollock, Scarpariello Sauce, Whipped Butternut Squash, Spinach, Applesauce Calories 830, Sodium 722mg	17 Beef Meatloaf, Brown Gravy, Roasted Root Vegetable, Mashed Potatoes, Vanilla Pudding w/ Topping Calories 1185/Sodium 707mg	18 Mixed Bean & Vegetable Stew, Cauliflower, Tropical Fruit Calories 725/Sodium 723mg
21 Turkey w/ Gravy, Roasted Root Vegetable, Mashed Potatoes, Mixed Fruit Calories 833/Sodium 1026mg	22 Pot Roast Burgundy, Garlic Mashed Potatoes, Spinach, Mandarin Oranges Calories 872/Sodium 657mg	23 Greek Chicken Over Seasoned Orzo, Italian Blend Vegetables, Gelatin w/ Topping Calories 862/Sodium 765mg	24 Lasagna w/ Tomato Sauce, Brussels Sprouts, Chocolate Pudding w/ Topping Calories 1049/Sodium 1117mg	25 Cod w/ Lemon Dill Sauce, Roasted Potatoes, Tuscany Blend Vegetables, Peaches Calories 675/Sodium 547mg
28 Tuna Noodle Casserole, Zucchini & Cauliflower, Vanilla Pudding w/ Topping Calories 803/Sodium 894mg	29 Chicken Stew, Whipped Butternut Squash, Brussel Sprouts, Mixed Fruit Calories 829/Sodium 693mg	30 Chicken w/ Saute Vegetables, Mashed Potatoes, Applesauce Calories 808/Sodium 698mg	31 Quinoa White Bean Casserole, Carrots, Peaches Calories 841/Sodium 1003mg	

MENU SUBJECT TO CHANGE

All meals include 4oz Sysco Shake, 1% Milk & 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.