

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Caribbean Chicken Stew(179) Rice and Beans(69) Zucchini & Tomatoes(64) Wheat Dinner Roll (180) Vanilla Pudding w/ Topping (174) Calories 948/ Sodium 822mg	<b>2</b> Chicken Meatball Sub O'Brien Potatoes Italian Blend Vegetables (19) Sub Roll Mandarin Oranges(7) Calories 710/Sodium 1073mg	<b>3</b> Shepherd's Pie Winter/Fall Blend Vegetables Wheat Dinner Roll (180) Pumpkin Cookie Calories 723/Sodium 661mg	<b>4</b> Minestrone Soup Pollock w/ Newburg Sauce Herbed Rice (85) Brussels Sprouts (17) Low Sodium Multigrain Bread(135), Fresh Fruit Calories 581/Sodium 1015mg
<b>7</b> Cranberry Chicken Over Orzo, Buttered Seasoned Butternut Squash Wheat Dinner Roll (180) Mandarin Oranges(7) Calories 865/Sodium 659mg	<b>8</b> Italian Garden Vegetable Soup(142) Tuna Noodle Casserole(374) Roman Blend Vegetable Multigrain Bread (135) Fig Bar (99) Calories 746/Sodium 1060mg	<b>9</b> 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	<b>10</b> Broccoli Egg Bake (475) Sweet Potato Tots(120) Green Beans & Red Peppers(4) Low Sodium Wheat Bread (90) Fresh Fruit Calories 724/Sodium 846mg	<b>11</b> Beef Chili (404), Brown Rice(5) Tuscany Blend Vegetables (47) Low Sodium Wheat Bread (90) Applesauce Calories 604/Sodium 701mg
<b>14</b> COLUMBUS DAY HOLIDAY  NO MEAL DELIVERY	<b>15</b> *Turkey Vegetable Casserole(665) Butternut Squash(32) Multigrain Bread (135) Apple Bread Pudding(119) Calories 619/Sodium 1121mg	<b>16</b> <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	<b>17</b> Sweet & Sour Meatballs(307) Over Lo Mein Noodles(58) Stir Fry Vegetables(6) Low Sodium Wheat Bread (90) Peaches (8) Calories 788/Sodium 624mg	<b>18</b> Vegetable Barley Soup (156) *Chicken Cacciatore(644) Over Seasoned Orzo (32) Brussels Sprouts (17), Low Sodium Wheat Bread (90), Pears(5) Calories 757/Sodium 1155mg
<b>21</b> Kale Pasta Soup w/ Crackers(100) Chicken Fajitas(281) Rice & Beans(69) California Blend Vegetables(30) Wheat Tortilla (17) Yogurt (75) Calories 1000/Sodium 855mg	<b>22</b> Lentil Stew (486) Brussels Sprouts (17) Wheat Roll (180) Pears (5) Calories 696/Sodium 843mg	<b>23</b> *Roast Turkey w/ Gravy (616) Whipped Sweet Potatoes Zucchini & Cauliflower(6) Low Sodium Oatmeal Bread (140) Applesauce Calories 540/Sodium 949mg	<b>24</b> *Chicken Cordon Bleu(578) Sour Cream & Chive Mashed Potatoes(48) Scandinavian Vegetables(41) Wheat Dinner Roll (180) Pumpkin Pudding (173) Calories 870/Sodium 1175mg	<b>25</b> Pot Roast Stroganoff (177) Over Buttered Noodles (40) Cabbage & Carrots(49) Multigrain Bread (135) Mixed Fruit(3) Calories 660/Sodium 584mg
<b>28</b> *Macaroni & Cheese (548) Peas & Carrots (82) Low Sodium Wheat Bread (90) Orange Calories 788/Sodium 1104mg	<b>29</b> Chicken Stir Fry(460) Herbed White Rice(84) Multigrain Bread (135) Pears(5) Calories 523/Sodium 853mg	<b>30</b> 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	<b>31</b> Cream of Broccoli Soup(109) Pot Roast Burgundy(168) Mashed Potatoes (68) Spinach (146) Low Sodium Wheat Bread (90) Oatmeal Raisin Cookie(75) Calories 882/Sodium 876mg	

**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!

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.
  - o 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.