

springwell	RENAL DIALYSIS		HOME DELIVERED MEALS OCTOBER 2024	
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>
<p>MENU SUBJECT TO CHANGE</p> <p>4oz Whole Milk & 2 Margarine.</p> <ul style="list-style-type: none"> · \$3.00 Suggested donation per meal. · Menu subject to change · YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM <p>To cancel a meal, please call (617) 972-5700 by 11am two business days in advance</p>		<p><u>Chilled_Meal Re-Heating Instructions</u></p> <p>Conventional oven</p> <ul style="list-style-type: none"> o Eat or refrigerate immediately. o Reheat in oven at 350 degrees for 10-20 minutes. <p>Microwave oven</p> <ul style="list-style-type: none"> o Reheat in microwave on high for 2 to 3 minutes. o Peel back corner to vent. <p>Do not reheat in toaster oven.</p>		<p>FOOD ALLERGIES</p> <p>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.</p>