

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Salmon w/ Lemon Pepper Sauce, Roasted Potatoes, Spring/Summer Blend, Multigrain Bread, Fresh Fruit, Apple Juice Calories 603/Sodium 388mg
4 LABOR DAY HOLIDAY NO MEAL DELIVERY	5 Alaskan Breaded Pollock, Tartar Sauce, Carrots, Peas, Multigrain Bread Lorna Doones Calories 719/Sodium 827mg	6 Chicken w/ Sautéed Vegetables, Seasoned Orzo, Applesauce, Low Salt Wheat Bread Calories 631/Sodium 684mg	7 Roast Turkey, Sweet Potatoes, Fiesta Blend Vegetables, Wheat Bread, Peaches, Apple Juice Calories 633/Sodium 955mg	8 Meatloaf, Low Sodium Brown Gravy, White Rice, Beets, Wheat Dinner Roll, Tropical Fruit Calories 822/Sodium 791mg
11 Quinoa, White Bean Casserole, Zucchini, Low Salt Wheat Bread, Tropical Fruit Calories 756/Sodium 874mg	12 Chicken Meatballs w/ Brown Gravy over Margarine Ziti Green Beans Low Sodium Wheat Bread Gelatin Calories 717/Sodium 579mg	13 Pot Roast w/ Brown Gravy, Buttered Noodles, Carrots, Wheat Bread, Pears Calories 792/Sodium 501mg	14 Alaskan Breaded Pollock w/ Lemon Wedge, Whipped Butternut Squash, Roman Blend Vegetables, Multigrain Bread, Applesauce Calories 675/Sodium 589mg	15 Chicken Scallopini, Over Buttered Noodles, Broccoli, Low Sodium Wheat Bread, Lorna Doones Cookies Calories 772/Sodium 517mg
18 Chicken Meatballs w/ Brown Gravy, Margarine Ziti Pasta, Broccoli, Wheat Roll, Peaches Calories 692/ Sodium 626mg	19 Chicken Stew, Spinach, Multigrain Bread, Tropical Fruit Calories 592/Sodium 841mg	20 Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Zucchini, Multigrain Bread, Applesauce Calories 660/Sodium 543mg	21 Beef Meatloaf w/ Brown Gravy, Roasted Root Vegetables, Peas, Wheat Roll, Lorna Doone Cookies Calories 904/Sodium 752mg	22 Chicken Marsala White Rice, Green Beans, Snack Loaf Muffin, Pineapple Calories 835/Sodium 760mg
25 Turkey w/ Gravy, Roasted Root Vegetable, White Rice, Low Sodium Wheat Bread, Mixed Fruit Calories 616/Sodium 891mg	26 Pot Roast Burgundy w/ Sauce, Buttered Noodles, Spinach, Low Salt Wheat Bread, Jell-O Calories 858/Sodium 676mg	27 Chicken Souvlaki over Seasoned Orzo, Italian Vegetable Blend, Wheat Bread, Applesauce Calories 788/Sodium 875mg	28 Lentil Stew, White Rice, Green Beans, Low Sodium Wheat Bread, Tropical Fruit Calories 857/Sodium 795mg	29 Salmon w/ Lemon Pepper Sauce, Roasted Potatoes, Spring/Summer Blend, Multigrain Bread, Fresh Fruit, Apple Juice Calories 603/Sodium 388mg
<p>MENU SUBJECT TO CHANGE</p> <ul style="list-style-type: none"> 8oz Lactaid Milk & Promise Margarine Menu subject to change \$3.00 Suggested donation per meal. 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 		<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. Do not reheat in toaster oven. 	<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>	