

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Roast Beef (233), Provolone (116) Lettuce Leaf, Lite Mayonnaise (4) English Pea Salad (156) Tossed Garden Salad Lite Italian Dressing (168) Low Sodium Wheat Bread (130) Fresh Fruit <b>Calories 775/Sodium 984mg</b>
4 <b>LABOR DAY HOLIDAY</b>  <b>NO MEAL DELIVERY</b>	5 Turkey, (435) Swiss Cheese (35) Lettuce Leaf Lite Mayonnaise (4) Macaroni Salad (138) Riviera Salad (92) Multigrain Bread (270) Mixed Fruit (3) <b>Calories 886/Sodium 1147mg</b>	6 Egg Salad (130) Garden Shell Pasta Salad Broccoli, Feta, Orzo Salad(221) Low Sodium Wheat Bread (130) Fresh Fruit <b>Calories 929/Sodium 860mg</b>	7 Tuna Salad (241) Lettuce Leaf Cole Slaw (45) Potato Salad (100) Multigrain Bread (270) Lorna Doones (100) <b>Calories 768/Sodium 911mg</b>	8 Chicken Salad (75) Lettuce Leaf Summer Squash Salad (42) Italian Pasta Salad (138) Low Sodium Wheat Bread (130) Diet Chocolate Pudding w/ Topping (142) <b>Calories 900/Sodium 702mg</b>
11 Turkey, (435) Swiss Cheese (35) Lite Mayonnaise (4) Macaroni Salad (138) Riviera Salad (92) Multigrain Bread (270) Pears(5) <b>Calories 872/Sodium 1151mg</b>	12 Chicken Salad (75) Lettuce Leaf Quinoa Tabbouleh Salad (28) Carrot Raisin Salad (137) Multigrain Bread (270) Fresh Orange <b>Calories 762/Sodium 666mg</b>	13 Egg Salad (130) Lettuce Leaf Italian Pasta Salad (138) Summer Squash Salad (42) Low Sodium Wheat Bread (130) Diet Vanilla Pudding w/ Topping (195) <b>Calories 880/Sodium 756mg</b>	14 Roast Beef (233),Provolone (116) Lettuce Leaf Lite Mayonnaise (4) Orzo Vegetable Salad (13) Cole Slaw (45), Low Sodium Multigrain Bread(135) Mixed Fruit (3) <b>Calories 797/Sodium 839mg</b>	15 Tuna Salad (241) Over Tossed Garden Salad Lite Italian Dressing (168) Garden Shell Pasta Salad Low Sodium Wheat Bread (130) Lorna Doones (100) <b>Calories 957/Sodium 1131mg</b>
18 Egg Salad (130) Carrot Raisin Salad (137) Potato Salad (100) Low Sodium Wheat Bread (130) Fresh Orange <b>Calories 869/Sodium 672mg</b>	19 *Vegetarian Chef Salad (555) Lite Italian Dressing (156) Italian Pasta Salad (138) Dinner Roll (180) Tropical Fruit <b>Calories 791/Sodium 1028mg</b>	20 Roast Beef (233),Provolone (116) Lettuce Leaf, Lite Mayonnaise (4) Broccoli Slaw(145) Macaroni Salad (138) Low Sodium Wheat Bread (130) Diet Chocolate Pudding w/ Topping (142) <b>Calories 1083/Sodium 1185mg</b>	21 California Chicken Salad (70) Lettuce Leaf Orzo Vegetable Salad (13) Carrot Pineapple Salad (97) Multigrain Bread (270) Mandarin Oranges (7) <b>Calories 757/Sodium 612mg</b>	22 Turkey, (435) Swiss Cheese (35) Lite Mayonnaise (4) Lettuce Leaf Balsamic Pasta Salad (14) Cole Slaw (45) Low Sodium Wheat Bread (130) Lorna Doones (100) <b>Calories 905/Sodium 939mg</b>
25 Egg Salad (130) Sweet Potato Salad (60) Broccoli, Feta, Orzo Salad(221) Low Sodium Multigrain Bread (135), Applesauce <b>Calories 726/Sodium 829mg</b>	26 Chef Salad w/ Turkey Lite Italian Dressing (156) Balsamic Pasta Salad (14) Multigrain Bread (270) Tropical Fruit <b>Calories 729/Sodium 769mg</b>	27 Tuna Salad (241) Lettuce Leaf Potato Salad (100) Cole Slaw (45) Multigrain Bread (270) Fig Bar (99) <b>Calories 771/Sodium 960mg</b>	28 Chicken Salad (75) Lettuce Leaf Macaroni Salad (138) Squash, Zucchini, Red Onion Salad (6), Low Sodium Wheat Bread(130), Diet Vanilla Pudding w/ Topping (195) <b>Calories 875/Sodium 666mg</b>	29 Roast Beef (233), Provolone (116) Lettuce Leaf, Mayonnaise (64) Beet Salad English Pea Salad (156) Low Sodium Wheat Bread (130) Mandarin Oranges (7) <b>Calories 759/Sodium 963mg</b>
<b>MENU SUBJECT TO CHANGE</b> All meals include 2% Milk & Margarine. · \$3.00 Suggested donation per meal. *Item contains more than 500 mg sodium and is considered high sodium · 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		<b>FOOD ALLERGIES</b> 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 (508)573-7258 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.		