

springwell	CARB CONTROL		HOME DELIVERED MEALS SEPTEMBER 2023		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				1 Salmon w/ Lemon Dill Sauce Roasted Potatoes, Spring/Summer Blend Vegetables, Fresh Fruit <b>605 Calories</b> <b>558mg Sodium</b> <b>70g Carbohydrates</b>	
4 LABOR DAY HOLIDAY  NO MEAL DELIVERY	5 Alaskan Breaded Pollock, Tartar Sauce, Carrots, Peas, Diet Chocolate Pudding w/ Topping <b>658 Calories</b> <b>948mg Sodium</b> <b>63g Carbohydrates</b>	6 Chicken w/ Sautéed Vegetables, Seasoned Orzo, Applesauce  <b>581 Calories</b> <b>583 mg Sodium</b> <b>66g Carbohydrates</b>	7 Roast Turkey w/ Gravy, White Rice, Fiesta Blend Vegetables, Peaches  <b>506 Calories</b> <b>838mg Sodium</b> <b>67g Carbohydrates</b>	8 Meatloaf w/ Low Sodium, Low Fat Brown Gravy, White Rice, Beets, Tropical Fruit <b>638 Calories</b> <b>543 mg Sodium</b> <b>66g Carbohydrates</b>	
11 Quinoa, White Bean Casserole, Zucchini, Tropical Fruit  <b>653 Calories</b> <b>827 mg Sodium</b> <b>85g Carbohydrates</b>	12 Chicken Meatballs w/ Brown Gravy over Margarine Ziti, Green Beans, Mandarin Oranges <b>622 Calories</b> <b>455mg Sodium</b> <b>69g Carbohydrates</b>	13 Pot Roast w/ Brown Gravy, Buttered Noodles, Carrots, Pears  <b>653 Calories</b> <b>426 mg Sodium</b> <b>70g Carbohydrates</b>	14 Alaskan Breaded Polluck w/ Lemon Wedge, Whipped Butternut Squash, Roman Blend Vegetables, Applesauce  <b>567 Calories</b> <b>464 mg Sodium</b> <b>68g Carbohydrates</b>	15 Chicken Scallopini Over Buttered Noodles, Broccoli, Peaches  <b>613 Calories</b> <b>535mg Sodium</b> <b>67g Carbohydrates</b>	
18 Chicken Meatballs w/ Brown Gravy, Buttered Penne Pasta, Broccoli, Diet Gelatin w/ Topping  <b>570 Calories</b> <b>467mg Sodium</b> <b>54g Carbohydrates</b>	19 Chicken Stew, Spinach, Tropical Fruit  <b>542 Calories</b> <b>691mg Sodium</b> <b>60g Carbohydrates</b>	20 Alaskan Breaded Pollock w/ Lemon Wedge, Whipped Butternut Squash, Zucchini, Unsweetened Applesauce  <b>558 Calories</b> <b>425mg Sodium</b> <b>66g Carbohydrates</b>	21 Beef Meatloaf w/ Brown Gravy, Roasted Root Vegetables, Peas, Diet Vanilla Pudding w/ Topping  <b>732 Calories</b> <b>607mg Sodium</b> <b>55g Carbohydrates</b>	22 Chicken Marsala White Rice, Green Beans, Peaches  <b>658 Calories</b> <b>599mg Sodium</b> <b>73g Carbohydrates</b>	
25 Turkey w/ Gravy, Roasted Root Vegetables, White Rice, Mixed Fruit  <b>514 Calories</b> <b>844 mg Sodium</b> <b>64 gm Carbohydrates</b>	26 Pot Roast Burgundy Over Buttered Noodles, Spinach, Diet Gelatin w/ Topping  <b>623 Calories</b> <b>549mg Sodium</b> <b>55g Carbohydrates</b>	27 Chicken Souvlaki Over Seasoned Orzo, Italian Vegetable Blend, Applesauce  <b>725 Calories</b> <b>712 mg Sodium</b> <b>69 gm Carbohydrates</b>	28 Lentil Stew, Green Beans, Tropical Fruit  <b>666 Calories</b> <b>674 mg Sodium</b> <b>84 gm Carbohydrate</b>	29 Salmon w/ Lemon Dill Sauce Roasted Potatoes, Spring/Summer Blend Vegetables, Fresh Fruit <b>605 Calories</b> <b>558mg Sodium</b> <b>70g Carbohydrates</b>	
<b>MENU SUBJECT TO CHANGE</b> All meals include 1% Milk and 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		<b>Chilled Meal Re-Heating Instructions</b> 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.		<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 (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.	