

springwell		CARB CONTROL		HOME DELIVERED MEALS MARCH 2024					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1 Chicken Diane over Buttered Seasoned Orzo, Broccoli, Pears Calories 603 Sodium 542mg Carbs 70g	
4 Chicken Meatballs w/ Brown Gravy, Buttered Penne Pasta, Broccoli, Peaches Calories 618 Sodium 465mg Carbs 68g		5 Mixed Bean & Vegetable Stew, Green Beans, Tropical Fruit Calories 563 Sodium 668mg Carbs 74g		6 Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Spinach, Unsweetened Applesauce Calories 588 Sodium 552mg Carbs 70g		7 Beef Meatloaf w/ Brown Gravy, Roasted Root Vegetables, Peas, Diet Vanilla Pudding w/ Topping Calories 732 Sodium 607mg Carbs 55g		8 Chicken Cacciatore, White Rice, Zucchini, Pears Calories 542 Sodium 843mg Carbs 63g	
11 Turkey w/ Gravy, Roasted Root Vegetables, Brown Rice, Mixed Fruit Calories 514 Sodium 844 mg Carbs 64 gm		12 Pot Roast Burgundy over Buttered Noodles, Spinach, Mandarin Oranges Calories 684 Sodium 546mg Carbs 73g		13 Chicken Souvlaki, Seasoned Orzo, Italian Blend Vegetables, Applesauce, Calories 734 Sodium 698mg Carbs 70g		14 Chicken Meatballs, Tomato Sauce over Ziti, Green Beans, Peaches, Calories 644 Sodium 764mg Carbs 75g		15 Salmon w/ Lemon Dill Sauce, Roasted Potatoes, Spring/Summer Blend, Fresh Fruit Calories 605 Sodium 558mg Carbs 70g	
18 Ziti & Chicken Meatballs w/ Tomato Sauce, Zucchini & Cauliflower Diet Getlatin w/ Topping Calories 594 Sodium 768mg Carbs 59g		19 Alaskan Breaded Pollock, Tartar Sauce, Carrots, Peas, Mixed Fruit Calories 612 Sodium 610mg Carbs 71g		20 Chicken Stir Fry, Seasoned Orzo, Applesauce Calories 614 Sodium 682mg Carbs 70g		21 White Bean & Spinach Stew, Fiesta Blend Vegetables, Peaches Calories 686 Sodium 854mg Carbs 90g		22 Pot Roast Burgundy White Rice, Spinach, Tropical Fruit Calories 608 Sodium 505mg Carbs 65g	
25 Lentil Stew, Zucchini, Mixed Fruit Calories 629 Sodium 679mq Carbs 78g		26 Chicken Meatballs w/ Brown Gravy over Margarine Ziti, Green Beans, Diet Gelatin w/ Topping Calories 623 Sodium 457mq Carbs 61g		27 Pot Roast, Brown Gravy over Buttered Noodles, Carrots, Tropical Fruit Calories 666 Sodium 422mq Carbs 72g		28 Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Roman Blend Vegetables, Applesauce Calories 575 Sodium 440mq Carbs 69g		29 Chicken Diane over Buttered Seasoned Orzo, Broccoli, Pears Calories 603 Sodium 542mq Carbs 70g	
MENU SUBJECT TO CHANGE 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				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. 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.			