

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
				Chilled Meal Re-Heating Instructions						
All meals include 1% Milk and Margarine. · \$2.50 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				Conventional oven ○ Eat or refrigerate immediately. ○ Reheat in oven at 350 degrees for 10-20 minutes. Microwave oven ○ Reheat in microwave on high for 2 to 3 minutes ○ Peel back corner to vent, Do not reheat in toaster oven.						
1	Turkey Marsala. Roasted Root Vegetable. White Rice. Mixed Fruit 532 Calories 67 gm Carbohydrates 872 mg Sodium	2	Pot Roast Buraundv. Rice Pilaf. Diced Beets. Diet Gelatin w/Toppinq 634 Calories 51 gm Carbohydrates 642 mg Sodium	3	Chicken Scallopinini. Buttered Noodles. Zucchini. Applesauce 592 Calories 62 gm Carbohydrates 509 mg Sodium	4	Sweet and Sour Chicken White Rice. Oriental Vegetable Blend. Tropical Fruit 620 Calories 72 gm Carbohydrates 670 mg Sodium	5	Fish Flounder Loin w/Low Sodium Broccoli Cheese Sauce. Peas. Tuscanv Blend Vegetables. Fresh Fruit 531 Calories 58 gm Carbohydrates 600 mg Sodium	
8	Meatloaf, Low Sodium Brown Gravv. Roasted Potatoes, Zucchini, Troipal Fruit 704 Calories/60 gm 347 mg Sodium	9	Spinach & White Bean Stew, Green Beans. Diet Vanilla Pudding w/Topping 527 Calories 68 gm Carbohvdrates 819 mg Sodium	10	Chicken w/Sautéed Vegetables, Green Beans. Low Salt Wheat Bread, Applesauce Calories 684 78qm Carbohydrate 752mg sodium	11	HOLIDAY NO MEAL DELIVERY		12	Alaskan Breaded Pollock, Tartar Sauce/Lemon Wedgae. Carrots, Peas Diet Chocolate Pudding w/Toppinq 658 Calories 63 gm Carbohydrates 948 mg Sodium
15	Chicken Stew. Broccoli. Diet Chocolate Pudding w/Toppinq 555 Calories 54 gm Carbohydrates 710 mg Sodium	16	Chicken Meatballs w/Brown Gravv. Rice Pilaf. Italian Blend Vegetables. Fresh Fruit 696 Calories 69 gm Carbohydrates 571 mg Sodium	17	Pot Roast Stroganoff over Buttered Noodles. Carrots. Tropical Fruit 690 Calories 70 gm Carbohydrates 471 mg Sodium	18	Fish Flounder w/Lemon Pepper Sauce. Whipped Butternut Squash. Zucchini Red Peppers. Oatmeal Bread, Applesauce 624 Calories 73 gm Carbohydrates 486 mg Sodium	19	Roast Turkey w/Low Sodium Low Fat Chicken Gravv. Mashed Sweet Potato. Green Beans. Lorna Doone Cookies 583 Calories 70 gm Carbohydrates 926 mg Sodium	
22	Chicken Meatballs w/Brown Gravy. Buttered Penne Pasta, Green Beans. Diet Gelatin w/Topping. 574 Calories 55 gm Carbohydrates	23	Chicken Diane, White Rice. California Vegetable Blend, Mixed Fruit 630 Calories 85gm Carbohydrate 62mg sodium	24	Alaskan Breaded Pollock w/Lemon Wedgae. Whipped Butternut Squash, Fiesta Mix. Unsweetened Applesauce 609 Calories 74 gm Carbohydrates 424 mg Sodium	25	HOLIDAY NO MEAL DELIVERY		26	No Meal Delivery Today. A frozen meal will be delivered on Wednesday, November 24th Please call us to let us know if you will not be home.
29	Turkey Marsala, Roasted Root Vegetable, White Rice, Mixed Fruit 532 Calories 67 gm Carbohydrates 872 mg Sodium	30	Pot Roast Burqundy, Rice Pilaf, Diced Beets, Diet Gelatin w/Topping. 634 Calories 51 gm Carbohydrates 642 mg Sodium							