

springwell	HOME DELIVERED MEALS SEPTEMBER 2023			
MONDAY	CARDIAC TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Salmon w/ Lemon Pepper Sauce, Roasted Potatoes, Spring/Summer Blend, Multigrain Bread, Fresh Fruit, Calories 655/Sodium 708mg
4 LABOR DAY HOLIDAY NO MEAL DELIVERY	5 Alaskan Breaded Pollock, Lemon Wedge, Carrots, Mashed Potatoes, Multigrain Bread, Lorna Doones Calories 836/Sodium 770mg	6 Chicken w/ Sautéed Vegetables, Seasoned Orzo, Applesauce, Low Salt Wheat Bread Calories 631/Sodium 684mg	7 Roast Turkey, Sweet Potatoes, Fiesta Blend, Low Sodium Wheat Bread, Peaches, Calories 581/Sodium 950mg	8 Meatloaf, Low Sodium/Low Fat Brown Gravy, Mashed Potatoes, 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 Cheese Lasagna, Tomato Sauce, Chicken Meatball, Green Beans, Low Sodium Wheat Bread, Diet Gelatin w/ Topping Calories 713/Sodium 966mg	13 Pot Roast w/ Brown Gravy, Mashed Potatoes, Carrots, Wheat Bread, Pears Calories 759/Sodium 544mg	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 717mg
18 Baked Ziti, Chicken Meatball w/ Tomato Sauce, Broccoli, Wheat Bread, Peaches Calories 801/Sodium 1066mg	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, Mashed Potatoes, Wheat Roll, Diet Vanilla Pudding w/ Topping 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, Mashed Potatoes Spinach, Low Salt Wheat Bread, Diet Gelatin w/ Topping Calories 858/Sodium 676mg	27 Chicken Souvlaki Over Seasoned Orzo, Italian Blend Vegetables, 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, Calories 655/Sodium 708mg
MENU SUBJECT TO CHANGE 8oz Skim Milk & 2 Promise 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		<u>Chilled Meal Re-Heating Instructions</u> 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.