

	CARDIAC		HOME DELIVERED MEALS NOVEMBER 2021			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
8oz Skim Milk & 2 Promise 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.			<u>Chilled Meal Re-Heating Instructions</u>	
1 Turkey Marsala, Roasted Root Vegetable, White Rice, Low Sodium Wheat Bread, Mixed Fruit 631 calories/926 mg sodium	2 Pot Roast Burgundy, Whipped Sweet Potatoes, Diced Beets, Low Salt Wheat Bread, Diet Fruited Gelatin w/Topping 753 calories/624mg sodium	3 Chicken Scallopini. Buttered Noodles. Zucchini, Wheat Roll, Applesauce Grape Juice 729 calories/701 mg sodium	4 Sweet and Sour Chicken Meatballs, White Rice. Oriental Vegetable Blend, Low Sodium Wheat Bread, Tropical Fruit 685 calories/978mg sodium	5 Fish Flounder Loin Lemon Pepper Sauce. Peas, Tuscany Blend Vegetables, Cracked Wheat Multigrain Bread. Fresh Fruit, Apple Juice 671 calories/549mg sodium		
8 Meatloaf Low Sodium Brown Gravy White Rice, Zucchini White Dinner Roll Tropical Fruit 774 calories/520mg sodium	9 Spinach & White Bean Stew, White Rice, Green Beans, Low Sodium Wheat Bread. Diet Gelatin w/Topping 675 calories/730mg sodium	10 Chicken w/Sautéed Vegetables, Rice Pilaf Browned Orzo. Applesauce 684 Calories /752mg Sodium	11 HOLIDAY NO MEAL DELIVERY		12 Alaskan Breaded Pollock, Lemon Wedge, Carrots, Mashed Potatoes. Cracked Wheat Multigrain Bread. Vanilla Wafers 842 calories/686mg sodium	
15 Chicken Stew, Broccoli, Low Salt Wheat Bread, Lorna Doones 711 calories/706mg sodium	16 Vegetable Lasagna, Tomato Sauce, Chicken Italian Blend Vegetables, Low Salt Wheat Bread. Fresh Fruit 666 calories/955mg sodium	17 Pot Roast Stroganoff over Buttered Noodles, Carrots, Wheat Roll. Tropical Fruit 776 calories/759mg sodium	18 Fish Flounder w/Lemon Pepper Sauce, Whipped Butternut Squash, Zucchini & Red Peppers. Oatmeal Bread, Vanilla Wafers, Pineapple Juice 726 calories/573mg sodium	19 Roast Turkey w/Low Sodium Chicken Gravy, Green Beans, Mashed Sweet Potato. Cranberry Sauce, Low Sodium Wheat Bread, Diet Gelatin w/Topping, Apple Juice 623 calories/895mg sodium		
22 American Chop Suey, Green Beans, Wheat Roll, Peaches Apple Juice 1033 calories/812 mg sodium	23 Chicken Diane, White Rice, California Vegetable Blend, Cracked Wheat Multi Oat Bread, Mixed Fruit 630 Calories/62mg Sodium	24 Alaskan Breaded Pollock w/Lemon Wedge, Fiesta Mix, Whipped Butternut Squash, Oatmeal Bread, Applesauce 708 calories/552 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, Low Sodium Wheat Bread, Mixed Fruit 631 calories/926 mg sodium	30 Pot Roast Burgundy, Whipped Sweet Potatoes, Diced Beets, Low Salt Wheat Bread, Diet Fruited Gelatin w/Topping 753 calories/624mg sodium					