

springwell		HOME DELIVERED MEALS MARCH 2024		
MONDAY	CARDIAC TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Diane over Buttered Seasoned Orzo, Broccoli, Low Sodium Wheat Bread, Pears Calories 673, Sodium 632mg
4 Baked Ziti, Tomato Sauce, Broccoli, Peaches Calories 618, Sodium 949mg	5 Mixed Bean & Vegetable Stew, Green Beans, Wheat Bread, Tropical Fruit Calories 633, Sodium 758mg	6 Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Spinach, Multigrain Bread, Applesauce Calories 660/Sodium 543mg	7 Beef Meatloaf, Brown Gravy, Roasted Root Vegetables, Mashed Potatoes, Wheat Roll, Diet Vanilla Pudding w/ Topping Calories 904/Sodium 752mg	8 Chicken Cacciatore, White Rice, Zucchini, Wheat Bread, Pears Calories 612, Sodium 933mg
11 Turkey w/ Gravy, Roasted Root Vegetables, Brown Rice, Low Sodium Wheat Bread, Mixed Fruit Calories 616/Sodium 891mg	12 Pot Roast Burgundy, Mashed Potatoes, Spinach, Low Sodium Wheat Bread, Mandarin Oranges Calories 830, Sodium 639mg	13 Chicken Souvlaki over Seasoned Orzo, Italian Blend Vegetables, Wheat Bread, Applesauce Calories 788/Sodium 875mg	14 Stuffed Shells, Tomato Sauce, Green Beans, Peaches Calories 521, Sodium 940mg	15 Salmon w/ Lemon Pepper Sauce, Roasted Potatoes, Spring/Summer Blend, Multigrain Bread, Fresh Fruit, Apple Juice Calories 603/Sodium 388mg
18 Macaroni & Cheese, Zucchini & Cauliflower, Low Sodium Wheat Bread, Diet Gelatin w/ Topping Calories 777, Sodium 839mg	19 Alaskan Breaded Pollock, Lemon Wedge, Carrots, Mashed Potatoes, Multigrain Bread, Lorna Doones Calories 836/Sodium 770mg	20 Chicken Stir Fry, Seasoned Orzo, Applesauce, Low Sodium Wheat Bread Calories 684, Sodium 772mg	21 White Bean & Spinach Stew, Fiesta Blend, Low Sodium Wheat Bread, Peaches, Calories 755/Sodium 943	22 Shepherd's Pie Spinach, Wheat Dinner Roll, Tropical Fruit Calories 754, Sodium 707mg
25 Lentil Stew, White Rice, Zucchini, Low Sodium Wheat Bread, Mixed Fruit Calories 806, Sodium 774mg	26 Chicken Meatballs w/ Brown Gravy over Margarine Ziti, Green Beans, Low Sodium Wheat Bread, Gelatin Calories 717/Sodium 579mg	27 Pot Roast, Brown Gravy over Buttered Noodles, Carrots, Wheat Bread, Tropical Fruit Calories 792/Sodium 501mg	28 Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Roman Blend, Multigrain Bread, Applesauce Calories 675/Sodium 589mg	29 Chicken Diane over Buttered Seasoned Orzo, Broccoli, Low Sodium Wheat Bread, Pears Calories 673, Sodium 632mg
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		FOOD ALLERGIES 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. 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.		