



# GROUND

# HOME DELIVERED MEALS NOVEMBER 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

All meals include 4oz Sysco Shake, 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.

Chilled Meal Re-Heating Instructions

<p>1 Turkey Marsala, Roasted Root Vegetable, White Rice, Mixed Fruit 720 Calories /963 mg Sodium</p>	<p>2 Pot Roast Burgundy, Whipped Sweet Potatoes, Beets, Jell-O w/Topping 857 Calories/663 mg Sodium</p>	<p>3 Chicken Scallopini, Buttered Noodles, Zucchini, Applesauce 785 Calories/603 mg Sodium</p>	<p>4 Sweet and Sour Chicken Meatballs, White Rice, Oriental Vegetable Blend, Tropical Fruit 812 Calories/764 mg Sodium</p>	<p>5 Fish Flounder Loin w/Low Sodium Broccoli Cheese Ground Tuscany Vegetables, Ground Peas, Chocolate Pudding w/Topping 829 Calories/1046 mg Sodium</p>
<p>8 Meatloaf, Low Sodium Brown Gravy, Roasted Potatoes, Zucchini, Tropical Fruit 868 Calories/440 mg Sodium</p>	<p>9 Spinach White Bean Stew, White Rice, Green Beans, Gelatin w/Topping 860 Calories/819 mg Sodium</p>	<p>10 Chicken w/Sautéed Vegetables, Rice Pilaf Browned Orzo, Applesauce 684 Calories /752mg Sodium</p>	<p>11 HOLIDAY NO MEAL DELIVERY</p>	<p>12 Alaskan Breaded Pollock, Tartar Sauce/Lemon Wedge, Carrots, Mashed Potatoes, Mixed Fruit 990 Calories/809 mg Sodium</p>
<p>15 Chicken Stew, Broccoli, Chocolate Pudding w/Topping 868 Calories/830 mg Sodium</p>	<p>16 Vegetable Lasagna w/Tomato Chicken Meatball, Italian Blend Vegetables, Ground Peas 751 Calories/969 mg Sodium</p>	<p>17 Pot Roast Stroganoff over Ground Buttered Noodles, Carrots, Tropical Fruit 874 Calories /557 mg Sodium</p>	<p>18 Fish Flounder w/Lemon Pepper Sauce, Whipped Butternut Squash, Zucchini &amp; Red Peppers, Applesauce, Pineapple Juice 743 Calories/438 mg Sodium</p>	<p>19 Ground Roast Turkey w/Low Sodium Chicken Gravy, Green Beans, Mashed Sweet Potato, Cranberry Sauce, Gelatin w/Topping 752 Calories /979 mg Sodium</p>
<p>22 American Chop Suey, Green Beans, Peaches 1105 Calories/730 mg Sodium</p>	<p>23 Chicken Diane, White Rice, California Vegetable Blend, Mixed Fruit 630 Calories/62mg Sodium</p>	<p>24 Alaskan Breaded Pollock w/Florentine Sauce, Whipped Butternut Squash, Ground Fiesta Mix, Applesauce 828 Calories/582 mg Sodium</p>	<p>25 HOLIDAY NO MEAL DELIVERY</p>	<p>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.</p>
<p>29 Turkey Marsala, Roasted Root Vegetable, White Rice, Mixed Fruit 720 Calories /963 mg Sodium</p>	<p>30 Pot Roast Burgundy, Whipped Sweet Potatoes, Beets, Jell-O w/Topping 857 Calories/663 mg Sodium</p>			