

HOME DELIVERED MEALS MARCH 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Diane, Buttered Seasoned Orzo, Broccoli Pears Calories 803, Sodium 637mg
4 Baked Ziti, Tomato Sauce, Broccoli, Peaches Calories 838, Sodium 1034mg	5 Mixed Bean & Vegetable Stew, Green Beans, Tropical Fruit Calories 763, Sodium 764mg	6 Alaskan Breaded Pollock, Scarpariello Sauce, Whipped Butternut Squash, Spinach, Applesauce Calories 830, Sodium 722mg	7 Beef Meatloaf, Brown Gravy, Roasted Root Vegetable, Mashed Potatoes, Vanilla Pudding w/ Topping Calories 1185/Sodium 707mg	8 Chicken Cacciatore, Noodles w/ Margarine, Zucchini, Diced Pears Calories 818, Sodium 917mg
11 Turkey w/ Gravy, Roasted Root Vegetables, Mashed Potatoes, Mixed Fruit Calories 833/Sodium 1026mg	12 Pot Roast Burgundy, Mashed Potatoes, Spinach, Jell-O w/ Topping Calories 945/Sodium 753mg	13 Chicken Souvlaki over Seasoned Orzo, Italian Blend Vegetables, Applesauce Calories 864/Sodium 793mg	14 Stuffed Shells, Tomato Sauce, Green Beans, Peaches Calories 732, Sodium 923mg	15 Salmon w/ Lemon Dill Sauce, Roasted Potatoes, Spring/Summer Blend Vegetables, Chocolate Pudding w/ Topping Calories 956/Sodium 848mg
18 Macaroni & Cheese, Zucchini & Cauliflower, Gelatin w/ Topping Calories 981, Sodium 895mg	19 Alaskan Breaded Pollock, Lemon Sauce, Carrots, Mashed Potatoes, Mixed Fruit Calories 913/Sodium 649mg	20 Chicken Stir Fry, Seasoned Orzo, Applesauce Calories 794, Sodium 777mg	21 White Bean & Spinach Stew, Fiesta Blend, Peaches Calories 886, Sodium 949mg	22 Shepherd's Pie, Spinach, Pears Calories 882, Sodium 587mg
25 Lentil Stew, Whipped Sweet Potatoes, Zucchini, Mixed Fruit Calories 924, Sodium 782mg	26 Cheese Lasagna, Tomato Sauce, Chicken Meatball, Green Beans, Gelatin w/ Topping Calories 843/Sodium 971	27 Pot Roast, Brown Gravy, Mashed Potatoes, Carrots, Chocolate Pudding w/ Topping Calories 1038, Sodium 721mg	28 Alaskan Breaded Pollock, Lemon Pepper Sauce, Whipped Butternut Squash, Roman Blend Vegetables, Applesauce Calories 784/Sodium 572mg	29 Chicken Diane, Buttered Seasoned Orzo, Broccoli Pears Calories 803, Sodium 637mg
MENU SUBJECT TO CHANGE All meals include 4oz Sysco Shake, 1% Milk and 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.		