

KOSHER MENU NOVEMBER 2021

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| Suggested \$3.00 donation per meal Menu subject to change Sodium in mg listed next to each item. <u>Calories and sodium are listed at bottom of page for the entire meal, including milk and margarine.</u> | | To cancel a meal, please call (617) 972-5700 by 11am two business days in advance. YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT: WWW.SPRINGWELL.COM | | | | | | | |
| 1 | Beef Bolognese Egg Noodles Roasted Cauliflower Rye Bread Seasonal Fruit | 2 | Italian Rosemary Chicken Red Bliss Potatoes Peas and Pearl Onions Dinner Roll Cake | 3 | Lasagna Roll Mixed Vegetables Rye Bread Seasonal Fruit | 4 | Seared Cod Cake Herbed Orzo Pilaf Corn with Red Peppers Wheat Bread Cookies | 5 | Citrus Chicken Rice Pilaf Peas & Corn Rye Bread Seasonal Fruit |
| 8 | Meatball Stroganoff Mashed Potatoes Steamed Carrots Rye Bread Apple Slices | 9 | Breaded Chicken Cutlet Baked Beans Corn Dinner Roll Peaches | 10 | Turkey Pot Pie Mixed Vegetables Rye Bread Cake | 11 | HOLIDAY NO MEAL DELIVERY | 12 | Chicken Stew O'Brien Potatoes Green Beans Rye Bread Cookies |
| 15 | Broccoli and Farfalle Alfredo Peas and Carrots Rye Bread Seasonal Fruit | 16 | Beef Stroganoff Herbed Roasted Potatoes Bean Medley Dinner Roll Tropical Fruit Cup | 17 | Parmesan Baked Fish Lemon Rice Carrots Rye Bread Seasonal Fruit | 18 | Chicken Marsala Mashed Potatoes Broccoli & Corn Wheat Bread Cookies | 19 | Beef Kotlet Quinoa Mixed Vegetables Rye Bread Seasonal Fruit |
| 22 | Chicken Meatballs Mashed Potatoes Vegetable Medley Rye Bread Apple Sauce | 23 | Macaroni & Cheese w/ Spinach and Onions Roasted Green Beans Dinner Roll Seasonal Fruit | 24 | Salisbury Steak w/ Gravy Herbed Pasta Mushrooms & Spinach Rye Bread Apple Slices | 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 | Beef Bolognese Egg Noodles Roasted Cauliflower Rye Bread Seasonal Fruit | 30 | Italian Rosemary Chicken Red Bliss Potatoes Peas and Pearl Onions Dinner Roll Cake | | | | | | |