

KOSHER MENU SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Parmesan Baked Fish (351) Lemon Rice (2) Carrots (59) Rye Bread (193) Chocolate Pudding (150) Calories 733/Sodium 995mg
4 LABOR DAY HOLIDAY NO MEAL DELIVERY	5 Italian Rosemary Chicken (108) Red Bliss Potatoes (41) Green Peas Dinner Roll (178) Cake (299) Calories 870/Sodium 472mg	6 Tortellini Primavera Four Cheese Sauce (400) Carrots (59) Rye Bread (193) Vanilla Pudding (150) Calories 806/Sodium 889mg	7 Lemon and Dill Baked Cod (532) Herbed Orzo Pilaf (50) Broccoli Wheat Bread (158) Apple Sauce Calories 1068/Sodium 854	8 Chicken Cacciatore (297) Rice Pilaf (59) Green Beans Rye Bread (193) Cookies (150) Calories 819/Sodium 794mg
11 Meatball Stroganoff (641) Mashed Potatoes (155) Carrots (59) Rye Bread (193) Seasonal Fruit Calories 703/Sodium 822mg	12 Breaded Chicken Cutlet (345) Quinoa Pilaf (62) Bean Medley Dinner Roll (178) Cake (299) Calories 833/Sodium 942mg	13 Roasted Turkey (108) Herbed Stuffing (398) Butternut Squash Rye Bread (193) Seasonal Fruit Calories 756/Sodium 832mg	14 Salmon w/ White Wine Sauce (220) White Rice (24) Roasted Zucchini Wheat Bread (158) Diced Pears Calories 856/Sodium 505mg	15 Braised Brisket Sweet Potato Tzimmes Roasted Asparagus Honey Cake Bread and Margarine
18 Broccoli and Farfalle Alfredo (44) Corn Rye Bread (193) Apple Sauce Calories 820/Sodium 544mg	19 Chicken Marsala (522) Quinoa Pilaf (62) Steamed Carrots (59) Dinner Roll (178) Seasonal Fruit Calories 833/Sodium 626mg	20 Beef Burgundy (399) Roasted Potatoes (41) Wax Beans Rye Bread (193) Seasonal Fruit Calories 728/Sodium 760mg	21 Honey Roasted Chicken (571) Lemon Rice (2) Broccoli Wheat Bread (158) Tropical Fruit Calories 776/Sodium 871mg	22 Glazed Meatloaf (637) Mashed Potatoes (185) Green Beans Rye Bread (193) Cookies (150) Calories 896/Sodium 950mg
25 Makaroni Po Flotski (Beef & Macaroni) (166) Mixed Vegetables (10) Rye Bread (193) Seasonal Fruit Calories 666/Sodium 537mg	26 Pot Roast (132) Mashed Potatoes (155) Bean Medley (45) Dinner Roll (178) Peaches (7) Calories 680/Sodium 668mg	27 Chicken Stir Fry (145) Basmati Rice (3) Corn Rye Bread (193) Seasonal Fruit Calories 768/Sodium 476mg	28 Beef Stroganoff (321) Herbed Roasted Potatoes (137) Chopped Broccoli Wheat Bread (158) Apple Sauce Calories 722/Sodium 652mg	29 Parmesan Baked Fish (351) Lemon Rice (2) Carrots (59) Rye Bread (193) Chocolate Pudding (150) Calories 733/Sodium 995mg
Suggested \$3.50 donation per meal Menu subject to change Sodium in mg listed next to each item. Calories and sodium are listed at bottom of page for the entire meal, including milk and margarine.		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		