

KOSHER MENU APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Broccoli and Farfalle Alfredo (44) Corn Rye Bread (193) Apple Sauce Calories 820/Sodium 544mg	2 Chicken Marsala (522) Quinoa Pilaf (62) Steamed Carrots (59) Dinner Roll (178) Seasonal Fruit Calories 833/Sodium 626mg	3 Beef Burgundy (399) Roasted Potatoes (41) Wax Beans Rye Bread (193) Seasonal Fruit Calories 728/Sodium 760mg	4 Honey Roasted Chicken (571) Lemon Rice (2) Broccoli Wheat Bread (158) Tropical Fruit Calories 776/Sodium 871mg	5 Glazed Meatloaf (637) Mashed Potatoes (185) Green Beans Rye Bread (193) Cookies (150) Calories 896/Sodium 950mg
8 Makaroni Po Flotski (Beef & Macaroni) (166) Mixed Vegetables (10) Rye Bread (193) Seasonal Fruit Calories 666/Sodium 537mg	9 Pot Roast (132) Mashed Potatoes (155) Bean Medley (45) Dinner Roll (178) Peaches (7) Calories 680/Sodium 668mg	10 Chicken Stir Fry (145) Basmati Rice (3) Corn Rye Bread (193) Seasonal Fruit Calories 768/Sodium 476mg	11 Beef Stroganoff (321) Herbed Roasted Potatoes (137) Chopped Broccoli Wheat Bread (158) Apple Sauce Calories 722/Sodium 652mg	12 Breaded Chicken Shnitzel (87) Lemon Rice (2) Carrots (59) Rye Bread (193) Chocolate Pudding (150) Calories 989/Sodium 491 mg
15 PATRIOTS' DAY HOLIDAY NO MEAL DELIVERY	16 Italian Rosemary Chicken (108) Red Bliss Potatoes (41) Green Peas Dinner Roll (178) Cake (299) Calories 870/Sodium 472mg	17 Tortellini Primavera Four Cheese Sauce (400) Carrots (59) Rye Bread (193) Vanilla Pudding (150) Calories 806/Sodium 889mg	18 Lemon and Dill Baked Cod (532) Herbed Orzo Pilaf (50) Broccoli Wheat Bread (158) Apple Sauce Calories 1068/Sodium 854	19 Chicken Cacciatore (297) Rice Pilaf (59) Green Beans Rye Bread (193) Cookies (150) Calories 819/Sodium 794mg
22 Beef Stuffed Cabbage (762) Roasted Potatoes (79) Broccoli Matzo Roll Seasonal Fruit Calories 855/Sodium 782mg	23 Braised Brisket Potato Kugel Brussel Sprouts Fruit Cup Calories 936/Sodium 719mg	24 Beef Stew (75) Brown Gravy (28) Roasted Squash (4) Matzo Roll (310) Seasonal Fruit Calories 637/Sodium 551mg	25 Chicken w/ Apricot Chutney(287) Quinoa Pilaf (73) Roasted Zucchini (3) Matzo Crackers (310) Seasonal Fruit Calories 664/Sodium 807mg	26 Herbed Baked Cod (620) Roasted Potatoes (41) Broccoli (131) Matzo Roll (310) Fruit Cup Calories 624/Sodium 1124mg
29 Cod Fish Cakes (281) Mashed Potatoes (155) Zucchini (4) Matzo Crackers (310) Seasonal Fruit Calories 788/Sodium 809mg	30 Red Wine Braised Chicken (191) Garlic Mashed Potatoes (80) Cauliflower (110) Matzo Roll (310) Fruit Cup Calories 633/Sodium 570mg			
Suggested \$3.50 donation per meal Menu subject to change <u>Sodium in mg listed next to each item.</u> <u>Calories and sodium are listed at bottom of page for the</u> <u>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		