

springwell	LOW LACTOSE		HOME DELIVERED MEALS NOVEMBER 2021		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
8oz Lactaid Milk & Promise Margarine · Menu subject to change · \$2.50 Suggested donation per meal. · 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		<b>Chilled Meal Re-Heating Instructions</b> <b>Conventional oven</b> ○ Eat or refrigerate immediately. ○ Reheat in oven at 350 degrees for 10-20 minutes. <b>Microwave oven</b> ○ Reheat in microwave on high for 2 to 3 minutes ○ Peel back corner to vent, Do not reheat in toaster oven.			
<b>1</b> Turkey Marsala, Roasted Root Vegetable, White Rice, Low Sodium Wheat Bread, Mixed Fruit 720 Calories /963 mg Sodium	<b>2</b> Pot Roast Burgundy, Whipped Sweet Potatoes, Diced Beets, Low Salt Wheat Bread, Fruited Jell-O 857 Calories/663 mg Sodium	<b>3</b> Chicken Scallopi. Margarine Noodles, Zucchini, Wheat Roll, Applesauce Grape Juice 785 Calories/603 mg Sodium	<b>4</b> Sweet and Sour Chicken White Rice, Oriental Vegetable Blend, Low Sodium Wheat Bread, Tropical Fruit 812 Calories/764 mg Sodium	<b>5</b> Fish Flounder Loin Lemon Pepper Sauce, Peas, Tuscany Blend Vegetables, Cracked Wheat Multigrain Bread, Apple Juice, Fresh Fruit 829 Calories/1046 mg Sodium	
<b>8</b> Meatloaf, Low Sodium Brown Gravy, Roasted Potatoes, Zucchini, Wheat Dinner Roll, Tropical Fruit 868 Calories/440 mg Sodium	<b>9</b> Spinach White Bean Stew, White Rice, Green Beans, Low Sodium Wheat Bread, Gelatin 860 Calories/819 mg Sodium	<b>10</b> Chicken w/Sautéed Vegetables, Rice Pilaf Browned Orzo, Low Salt Wheat Bread, Applesauce 684 Calories /752mg Sodium	<b>11</b> HOLIDAY NO MEAL DELIVERY	<b>12</b> Alaskan Breaded Pollock, Tartar Sauce/Lemon Wedge, Carrots, Peas Cracked Wheat Multigrain Bread, Vanilla Wafers 990 Calories/809 mg Sodium	
<b>15</b> Chicken Stew, Broccoli, Low Salt Wheat Bread, Lorna Doones 868 Calories/830 mg Sodium	<b>16</b> Chicken Meatballs w/Brown Gravy, Rice Pilaf, Italian Blend Vegetables, Low Salt Wheat Bread, Fresh Fruit 751 Calories/969 mg Sodium	<b>17</b> Pot Roast w/Low Sodium Brown Gravy Over Noodles, Carrots, Wheat Roll, Tropical Fruit 874 Calories /557 mg Sodium	<b>18</b> Fish Flounder w/Lemon Pepper Sauce, Whipped Butternut Squash, Zucchini & Red Peppers, Oatmeal Bread, Vanilla Wafers, Pineapple Juice 743 Calories/438 mg Sodium	<b>19</b> Roast Turkey w/Low Sodium Chicken Gravy, Green Beans, Mashed Sweet Potato, Cranberry Sauce, Low Sodium Wheat Bread, Apple Sauce, Gelatin 752 Calories /979 mg Sodium	
<b>22</b> American Chop Suey, Green Beans, Wheat Roll, Peaches 1105 Calories/730 mg Sodium	<b>23</b> Chicken Diane, White Rice, California Vegetable Blend, Cracked Wheat Multi Oat Bread, Mixed Fruit 630 Calories/62mg Sodium	<b>24</b> Alaskan Breaded Pollock w/Lemon Wedge, Fiesta Mix, Whipped Butternut Squash, Oatmeal Bread, Applesauce 828 Calories/582 mg Sodium	<b>25</b> HOLIDAY NO MEAL DELIVERY	<b>26</b> 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.	
<b>29</b> Turkey Marsala, Roasted Root Vegetable, White Rice, Low Sodium Wheat Bread, Mixed Fruit 720 Calories /963 mg Sodium	<b>30</b> Pot Roast Burgundy, Whipped Sweet Potatoes, Diced Beets, Low Salt Wheat Bread, Fruited Jell-O 857 Calories/663 mg Sodium				