

springwell		HOME DELIVERED MEALS APRIL 2024		
MONDAY	LOW LACTOSE TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Meatballs w/ Brown Gravy, Margarine Ziti Pasta, Broccoli, Wheat Bread, Peaches Calories 692/ Sodium 626mg	2 Mixed Bean & Vegetable Stew, Green Beans, Wheat Bread, Tropical Fruit Calories 633, Sodium 758mg	3 Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Spinach, Multigrain Bread, Applesauce Calories 660/Sodium 543mg	4 Beef Meatloaf, Brown Gravy, Roasted Root Vegetables, Peas, Wheat Roll, Lorna Doones Calories 904/Sodium 752mg	5 Chicken Cacciatore, White Rice, Zucchini, Wheat Bread, Pears Calories 612, Sodium 933mg
8 Turkey w/ Gravy, Roasted Root Vegetables, Brown Rice, Low Sodium Wheat Bread, Mixed Fruit Calories 616/Sodium 891mg	9 Pot Roast Burgundy over Buttered Noodles, Spinach, Low Sodium Wheat Bread, Jell-O Calories 858/Sodium 676mg	10 Chicken Souvlaki over Seasoned Orzo, Italian Blend Vegetables, Wheat Bread, Applesauce Calories 788/Sodium 875mg	11 Chicken Meatballs, Tomato Sauce over Ziti, Green Beans, Low Sodium Wheat Bread, Peaches Calories 703, Sodium 736mg	12 Salmon w/ Lemon Pepper Sauce, Roasted Potatoes, Spring/Summer Blend, Multigrain Bread, Fresh Fruit, Apple Juice Calories 603/Sodium 388mg
15 PATRIOTS' DAY HOLIDAY NO MEAL DELIVERY	16 Alaskan Breaded Pollock, Tartar Sauce, Carrots, Peas, Multigrain Bread, Lorna Doones Calories 719/Sodium 827mg	17 Chicken Stir Fry, Seasoned Orzo, Applesauce, Low Sodium Wheat Bread Calories 684, Sodium 772mg	18 White Bean & Spinach Stew, Fiesta Blend, Low Sodium Wheat Bread, Peaches, Apple Juice Calories 808, Sodium 948mg	19 Pot Roast Burgundy, White Rice, Spinach, Wheat Dinner Roll, Tropical Fruit Calories 678, Sodium 684mg
22 Lentil Stew, White Rice, Zucchini, Low Sodium Wheat Bread, Mixed Fruit Calories 806, Sodium 774mg	23 Chicken Meatballs w/ Brown Gravy over Margarine Ziti, Green Beans, Low Sodium Wheat Bread, Gelatin Calories 717/Sodium 579mg	24 Pot Roast, Brown Gravy over Buttered Noodles, Carrots, Wheat Bread, Tropical Fruit Calories 792/Sodium 501mg	25 Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Roman Blend, Multigrain Bread, Applesauce Calories 675/Sodium 589mg	26 Chicken Diane over Buttered Seasoned Orzo, Broccoli, Low Sodium Wheat Bread, Pears Calories 673, Sodium 632mg
29 Chicken Meatballs w/ Brown Gravy, Margarine Ziti Pasta, Broccoli, Wheat Bread, Peaches Calories 692/ Sodium 626mg	30 Mixed Bean & Vegetable Stew, Green Beans, Wheat Bread, Tropical Fruit Calories 633, Sodium 758mg			
MENU SUBJECT TO CHANGE 8oz Lactaid Milk & Promise Margarine · Menu subject to change · \$3.00 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		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.		