

HOME DELIVERED MEALS MARCH 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Diane over Buttered Seasoned Orzo, Broccoli, Low Sodium Wheat Bread, Pears  Calories 673, Sodium 632mg
4 Chicken Meatballs w/ Brown Gravy, Margarine Ziti Pasta, Broccoli, Wheat Bread, Peaches  Calories 692/ Sodium 626mg	5 Mixed Bean & Vegetable Stew, Green Beans, Wheat Bread, Tropical Fruit  Calories 633, Sodium 758mg	6 Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Spinach, Multigrain Bread, Applesauce  Calories 660/Sodium 543mg	7 Beef Meatloaf, Brown Gravy, Roasted Root Vegetables, Peas, Wheat Roll, Lorna Doones  Calories 904/Sodium 752mg	8 Chicken Cacciatore, White Rice, Zucchini, Wheat Bread, Pears  Calories 612, Sodium 933mg
11 Turkey w/ Gravy, Roasted Root Vegetables, Brown Rice, Low Sodium Wheat Bread, Mixed Fruit  Calories 616/Sodium 891mg	12 Pot Roast Burgundy over Buttered Noodles, Spinach, Low Sodium Wheat Bread, Jell-O  Calories 858/Sodium 676mg	13 Chicken Souvlaki over Seasoned Orzo, Italian Blend Vegetables, Wheat Bread, Applesauce  Calories 788/Sodium 875mg	14 Chicken Meatballs, Tomato Sauce over Ziti, Green Beans, Low Sodium Wheat Bread, Peaches  Calories 703, Sodium 736mg	15 Salmon w/ Lemon Pepper Sauce, Roasted Potatoes, Spring/Summer Blend, Multigrain Bread, Fresh Fruit, Apple Juice  Calories 603/Sodium 388mg
18 Ziti & Chicken Meatballs w/ Tomato Sauce, Zucchini & Cauliflower, Low Sodium Wheat Bread, Gelatin  Calories 728, Sodium 792mg	19 Alaskan Breaded Pollock, Tartar Sauce, Carrots, Peas, Multigrain Bread, Lorna Doones  Calories 719/Sodium 827mg	20 Chicken Stir Fry, Seasoned Orzo, Applesauce, Low Sodium Wheat Bread  Calories 684, Sodium 772mg	21 White Bean & Spinach Stew, Fiesta Blend, Low Sodium Wheat Bread, Peaches, Apple Juice  Calories 808, Sodium 948mg	22 Pot Roast Burgundy, White Rice, Spinach, Wheat Dinner Roll, Tropical Fruit  Calories 678, Sodium 684mg
25 Lentil Stew, White Rice, Zucchini, Low Sodium Wheat Bread, Mixed Fruit  Calories 806, Sodium 774mg	26 Chicken Meatballs w/ Brown Gravy over Margarine Ziti, Green Beans, Low Sodium Wheat Bread, Gelatin  Calories 717/Sodium 579mg	27 Pot Roast, Brown Gravy over Buttered Noodles, Carrots, Wheat Bread, Tropical Fruit  Calories 792/Sodium 501mg	28 Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Roman Blend, Multigrain Bread, Applesauce  Calories 675/Sodium 589mg	29 Chicken Diane over Buttered Seasoned Orzo, Broccoli, Low Sodium Wheat Bread, Pears  Calories 673, Sodium 632mg
<b>MENU SUBJECT TO CHANGE</b> 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		<b>FOOD ALLERGIES</b> 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. Review menus carefully to identify those meals that contain items you are allergic to and notify the site staff. Don't hesitate to call the Springwell Dietitian at (617) 926-4100 if you need help identifying the ingredients of a meal. Please be sure to only order those menu items which do not present a problem for you. Springwell does not keep track of individual allergies and has no way of knowing what you are allergic to.		