

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				¹ Salmon w/ Lemon Dill Sauce, Roasted Potatoes, Spring/Summer Blend Vegetables, Chocolate Pudding w/ Topping Calories 956/Sodium 848mg
⁴ LABOR DAY HOLIDAY NO MEAL DELIVERY	⁵ Alaskan Breaded Pollock w/ Lemon Sauce, Carrots, Mashed Potatoes, Mixed Fruit Calories 913/Sodium 649mg	⁶ Chicken w/ Sautéed Vegetables, Seasoned Orzo, Applesauce Calories 808/Sodium 698mg	⁷ Roast Turkey, Sweet Potatoes, Fiesta Blend Vegetables, Peaches Calories 711/Sodium 955mg	⁸ Meatloaf w/ Low Sodium Brown Gravy, Mashed Potatoes, Beets, Tropical Fruit Calories 951/Sodium 713
¹¹ Quinoa, White Bean Casserole, Zucchini, Tropical Fruit Calories 837/Sodium 903mg	¹² Cheese Lasagna, Tomato Sauce, Chicken Meatball, Green Beans, Gelatin w/ Topping Calories 843/Sodium 971	¹³ Pot Roast w/ Brown Gravy, Mashed Potatoes, Carrots, Pears Calories 873/Sodium 531mg	¹⁴ Alaskan Breaded Pollock w/ Lemon Pepper Sauce, Whipped Butternut Squash, Roman Blend Vegetables, Applesauce Calories 784/Sodium 572mg	¹⁵ Chicken Scallopini Over Buttered Noodles, Broccoli, Chocolate Pudding w/ Topping Calories 978/Sodium 816mg
¹⁸ Baked Ziti, Chicken Meatball w/ Tomato Sauce, Broccoli, Peaches Calories 902/Sodium 1108mg	¹⁹ Chicken Stew, Spinach, Tropical Fruit Calories 742/Sodium 786mg	²⁰ Alaskan Breaded Pollock w/ Scarpariello Sauce, Whipped Butternut Squash, Zucchini, Applesauce Calories 801/Sodium 572mg	²¹ Beef Meatloaf w/ Brown Gravy, Roasted Root Vegetables, Mashed Potatoes, Vanilla Pudding w/ Topping Calories 1185/Sodium 707mg	²² Chicken Marsala White Rice, Green Beans, Pears Calories 858/Sodium 690mg
²⁵ Turkey w/ Gravy, Roasted Root Vegetables, White Rice, Mixed Fruit Calories 833/Sodium 1026mg	²⁶ Pot Roast Burgundy w/ Sauce Mashed Potatoes Spinach Jell-O w/ Topping Calories 945/Sodium 753mg	²⁷ Chicken Souvlaki Over Seasoned Orzo, Italian Vegetable Blend, Applesauce Calories 864/Sodium 793mg	²⁸ Lentil Stew, White Rice, Green Beans, Tropical Fruit Calories 969/Sodium 786mg	²⁹ Salmon w/ Lemon Dill Sauce, Roasted Potatoes, Spring/Summer Blend Vegetables, Chocolate Pudding w/ Topping Calories 956/Sodium 848mg
MENU SUBJECT TO CHANGE All meals include 4oz Sysco Shake, 1% Milk & Margarine. · \$3.00 Suggested donation per meal. · *Item contains more than 500 mg sodium and is considered high sodium. · 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		<u>Chilled Meal Re-Heating Instructions</u> 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.		FOOD ALLERGIES 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.