

**MECHANICAL SOFT****HOME DELIVERED MEALS NOVEMBER 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All meals include 4oz Sysco Shake, 1% Milk & Margarine.</p> <ul style="list-style-type: none"> · \$2.50 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 <p>To cancel a meal, please call (617) 972-5700 by 11am two business days in advance</p>		<p>Conventional oven</p> <ul style="list-style-type: none"> o Eat or refrigerate immediately. o Reheat in oven at 350 degrees for 10-20 minutes. <p>Microwave oven</p> <ul style="list-style-type: none"> o Reheat in microwave on high for 2 to 3 minutes o Peel back corner to vent, <p>Do not reheat in toaster oven.</p>		
		<u>Chilled Meal Re-Heating Instructions</u>		
<p>1 Turkey Marsala, Diced Roasted Root Vegetable, White Rice, Diced Mixed Fruit</p> <p>720 Calories /963 mg Sodium</p>	<p>2 Pot Roast Burgundy, Whipped Sweet Potatoes, Diced Beets, Jell-O w/Topping</p> <p>857 Calories/663 mg Sodium</p>	<p>3 Chicken Scallopini, Diced Buttered Noodles, Diced Zucchini, Applesauce</p> <p>785 Calories/603 mg Sodium</p>	<p>4 Sweet and Sour Chicken Meatballs White Rice, Diced Oriental Vegetable Blend, Diced Tropical Fruit - (Pears/Pine)</p> <p>812 Calories/764 mg Sodium</p>	<p>5 Fish Flounder Loin w/Low Sodium Broccoli Cheese Sauce, Peas, Diced Tuscan Vegetables, Chocolate Pudding w/Topping</p> <p>829 Calories/1046 mg Sodium</p>
<p>8 Meatloaf, Low Sodium Brown Gravy, Diced Roasted Potatoes, Diced Zucchini, Tropical Fruit</p> <p>868 Calories/440 mg Sodium</p>	<p>9 Spinach White Bean Stew, White Rice, Diced Green Beans, Gelatin w/Topping</p> <p>860 Calories/819 mg Sodium</p>	<p>10 Chicken w/Sautéed Vegetables, Rice Pilaf Browned Orzo, Applesauce</p> <p>684 Calories /752mg Sodium</p>	<p>11 HOLIDAY NO MEAL DELIVERY</p>	<p>12 Alaskan Breaded Pollock, Tartar Sauce/Lemon Wedge, Diced Carrots, Mashed Potatoes, Mixed Fruit</p> <p>990 Calories/809 mg Sodium</p>
<p>15 Chicken Stew, Diced Broccoli, Diet Chocolate Pudding w/Topping</p> <p>868 Calories/830 mg Sodium</p>	<p>16 Vegetable Lasagna w/Tomato Sauce, Chicken Meatball, Diced Italian Blend Vegetables, Diced Pears</p> <p>751 Calories/969 mg Sodium</p>	<p>17 Pot Roast Stroganoff over Buttered Diced Carrots, Tropical Fruit</p> <p>874 Calories /557 mg Sodium</p>	<p>18 Fish Flounder w/Lemon Pepper Sauce, Whipped Butternut Squash, Diced Zucchini & Red Peppers, Applesauce, Pineapple Juice</p> <p>743 Calories/438 mg Sodium</p>	<p>19 Roast Turkey w/Low Sodium Chicken Diced Green Beans, Mashed Sweet Potato, Cranberry Sauce, Gelatin w/Topping</p> <p>752 Calories /979 mg Sodium</p>
<p>22 American Chop Suey, Diced Green Beans, Diced Peaches</p> <p>1105 Calories/730 mg Sodium</p>	<p>23 Chicken Diane, White Rice, Diced California Vegetable Blend, Mixed Fruit</p> <p>630 Calories/62mg Sodium</p>	<p>24 Alaskan Breaded Pollock w/Florentine Sauce, Whipped Butternut Squash, Chopped Fiesta Mix, Applesauce</p> <p>828 Calories/582 mg Sodium</p>	<p>25 HOLIDAY NO MEAL DELIVERY</p>	<p>26 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.</p>
<p>29 Turkey Marsala, Diced Roasted Root Vegetable, White Rice, Diced Mixed Fruit</p> <p>720 Calories /963 mg Sodium</p>	<p>30 Pot Roast Burgundy, Whipped Sweet Potatoes, Diced Beets, Jell-O w/Topping</p> <p>857 Calories/663 mg Sodium</p>			