

springwell		HOME DELIVERED MEALS APRIL 2024		
LOW LACTOSE				
MONDAY	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			
<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> 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.	