() springwell	MECHANICAL SOFT	HOME DELIVERED MEALS MARCH 2024	THIRDDAY	EDIDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Chicken Diane, Buttered Seasoned Orzo, Broccoli Pears
Baked Ziti, Tomato Sauce, Broccoli, Peaches	5 Mixed Bean & Vegetable Stew, Green Beans, Tropical Fruit	6 Alaskan Breaded Pollock, Scarpariello Sauce, Whipped Butternut Squash, Spinach, Applesauce	7 Beef Meatloaf, Brown Gravy, Roasted Root Vegetable, Mashed Potatoes, Vanilla Pudding w/ Topping	Calories 803, Sodium 637mg 8 Chicken Cacciatore, Noodles w/ Margarine, Zucchini, Diced Pears
Calories 838, Sodium 1034mg	Calories 763, Sodium 764mg	Calories 830, Sodium 722mg	Calories 1185/Sodium 707mg	Calories 818, Sodium 917mg
Turkey w/ Gravy, Roasted Root Vegetables, Mashed Potatoes, Mixed Fruit	Pot Roast Burgundy, Mashed Potatoes, Spinach, Jell-O w/ Topping	13 Chicken Souvlaki over Seasoned Orzo, Italian Blend Vegetables, Applesauce	Stuffed Shells, Tomato Sauce, Green Beans, Peaches	Salmon w/ Lemon Dill Sauce, Roasted Potatoes, Spring/Summer Blend Vegetables, Chocolate Pudding w/ Topping
Calories 833/Sodium 1026mg	Calories 945/Sodium 753mg	Calories 864/Sodium 793mg	Calories 732, Sodium 923mg	Calories 956/Sodium 848mg
Macaroni & Cheese, Zucchini & Cauliflower, Gelatin w/ Topping	19 Alaskan Breaded Pollock, Lemon Sauce, Carrots, Mashed Potatoes, Mixed Fruit	Chicken Stir Fry, Seasoned Orzo, Applesauce	White Bean & Spinach Stew, Fiesta Blend, Peaches	Shepherd's Pie, Spinach, Pears
Calories 981, Sodium 895mg	Calories 913/Sodium 649ng	Calories 794, Sodium 777mg	Calories 886, Sodium 949mg	Calories 882, Sodium 587mg
25 Lentil Stew, Whipped Sweet Potatoes, Zucchini, Mixed Fruit	26 Cheese Lasagna, Tomato Sauce, Chicken Meatball, Green Beans, Gelatin w/ Topping	Pot Roast, Brown Gravy, Mashed Potatoes, Carrots, Chocolate Pudding w/ Topping	Alaskan Breaded Pollock, Lemon Pepper Sauce, Whipped Butternut Squash, Roman Blend Vegetables, Applesauce	Chicken Diane, Buttered Seasoned Orzo, Broccoli Pears
Calories 924, Sodium 782mg	Calories 843/Sodium 971	Calories 1038, Sodium 721mg	Calories 784/Sodium 572mg	Calories 803, Sodium 637mg
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			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.	