

HOME DELIVERED MEALS APRIL 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Baked Ziti, Tomato Sauce, Broccoli, Peaches Calories 910, Sodium 1118mg	2 Mixed Bean & Vegetable Stew, Green Beans, Tropical Fruit Calories 759, Sodium 904mg	3 Alaskan Breaded Pollock, Scarpariello Sauce, Whipped Butternut Squash, Spinach, Applesauce Calories 809, Sodium 582mg	4 Beef Meatloaf, Brown Gravy, Roasted Root Vegetable, Mashed Potatoes, Vanilla Pudding w/ Topping Calories 1185, Sodium 707mg	5 Chicken Cacciatore, Noodles w/ Margarine, Zucchini, Diced Pears Calories 843, Sodium 942mg
8 Turkey w/ Gravy, Roasted Root Vegetables, Mashed Potatoes, Mixed Fruit Calories 833/Sodium 1026mg	9 Pot Roast Burgundy, Mashed Potatoes, Spinach, Jell-O w/ Topping Calories 945/Sodium 753mg	10 Chicken Souvlaki, Mashed Potatoes, Italian Blend Vegetables, Applesauce Calories 864/Sodium 793mg	11 Stuffed Shells, Tomato Sauce, Green Beans, Peaches Calories 855, Sodium 978mg	12 Salmon w/ Lemon Dill Sauce, Roasted Potatoes, Spring/Summer Blend Vegetables, Chocolate Pudding w/ Topping Calories 956/Sodium 848mg
15 PATRIOTS' DAY HOLIDAY NO MEAL DELIVERY	16 Alaskan Breaded Pollock, Lemon Sauce, Carrots, Mashed Potatoes, Mixed Fruit Calories 913/Sodium 649mg	17 Chicken Stir Fry, Mashed Potatoes, Applesauce Calories 848, Sodium 807mg	18 White Bean & Spinach Stew, Fiesta Blend, Peaches Calories 768, Sodium 941mg	19 Shepherd's Pie, Spinach, Pears Calories 870, Sodium 627mg
22 Lentil Stew, Whipped Sweet Potatoes, Zucchini, Mixed Fruit Calories 924, Sodium 782mg	23 Cheese Lasagna, Tomato Sauce, Chicken Meatball, Green Beans, Gelatin w/ Topping Calories 843/Sodium 971	24 Pot Roast, Brown Gravy, Mashed Potatoes, Carrots, Chocolate Pudding w/ Topping Calories 873, Sodium 531mg	25 Alaskan Breaded Pollock, Lemon Pepper Sauce, Butternut Squash, Roman Blend Vegetables, Applesauce Calories 784, Sodium 572mg	26 Chicken Diane, Buttered Seasoned Orzo, Broccoli Pears Calories 992, Sodium 824mg
29 Baked Ziti, Tomato Sauce, Broccoli, Peaches Calories 910, Sodium 1118mg	30 Mixed Bean & Vegetable Stew, Green Beans, Tropical Fruit Calories 759, Sodium 904mg			
MENU SUBJECT TO CHANGE All meals include 4oz Sysco Shake, 1% Milk & Margarine. · \$3.00 Suggested donation per meal. · Menu subject to change · 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.