


|  | | HOME DELIVERED MEALS MARCH 2024 | | |
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| MONDAY | PUREE TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| | | | | <div>1</div> <div>Chicken Diane, Buttered Seasoned Orzo, Broccoli Pears</div> <div>Calories 992, Sodium 824mg</div> |
| <div>4</div> <div>Baked Ziti, Tomato Sauce, Broccoli, Peaches</div> <div>Calories 910, Sodium 1118mg</div> | <div>5</div> <div>Mixed Bean & Vegetable Stew, Green Beans, Tropical Fruit</div> <div>Calories 759, Sodium 904mg</div> | <div>6</div> <div>Alaskan Breaded Pollock, Scarpariello Sauce, Whipped Butternut Squash, Spinach, Applesauce</div> <div>Calories 809, Sodium 582mg</div> | <div>7</div> <div>Beef Meatloaf, Brown Gravy, Roasted Root Vegetable, Mashed Potatoes, Vanilla Pudding w/ Topping</div> <div>Calories 1185, Sodium 707mg</div> | <div>8</div> <div>Chicken Cacciatore, Noodles w/ Margarine, Zucchini, Diced Pears</div> <div>Calories 843, Sodium 942mg</div> |
| <div>11</div> <div>Turkey w/ Gravy, Roasted Root Vegetables, Mashed Potatoes, Mixed Fruit</div> <div>Calories 833/Sodium 1026mg</div> | <div>12</div> <div>Pot Roast Burgundy, Mashed Potatoes, Spinach, Jell-O w/ Topping</div> <div>Calories 945/Sodium 753mg</div> | <div>13</div> <div>Chicken Souvlaki, Mashed Potatoes, Italian Blend Vegetables, Applesauce</div> <div>Calories 864/Sodium 793mg</div> | <div>14</div> <div>Stuffed Shells, Tomato Sauce, Green Beans, Peaches</div> <div>Calories 855, Sodium 978mg</div> | <div>15</div> <div>Salmon w/ Lemon Dill Sauce, Roasted Potatoes, Spring/Summer Blend Vegetables, Chocolate Pudding w/ Topping</div> <div>Calories 956/Sodium 848mg</div> |
| <div>18</div> <div>Macaroni & Cheese, Zucchini & Cauliflower, Gelatin w/ Topping</div> <div>Calories 981, Sodium 895mg</div> | <div>19</div> <div>Alaskan Breaded Pollock, Lemon Sauce, Carrots, Mashed Potatoes, Mixed Fruit</div> <div>Calories 913/Sodium 649mg</div> | <div>20</div> <div>Chicken Stir Fry, Mashed Potatoes, Applesauce</div> <div>Calories 848, Sodium 807mg</div> | <div>21</div> <div>White Bean & Spinach Stew, Fiesta Blend, Peaches</div> <div>Calories 768, Sodium 941mg</div> | <div>22</div> <div>Shepherd's Pie, Spinach, Pears</div> <div>Calories 870, Sodium 627mg</div> |
| <div>25</div> <div>Lentil Stew, Whipped Sweet Potatoes, Zucchini, Mixed Fruit</div> <div>Calories 924, Sodium 782mg</div> | <div>26</div> <div>Cheese Lasagna, Tomato Sauce, Chicken Meatball, Green Beans, Gelatin w/ Topping</div> <div>Calories 843/Sodium 971</div> | <div>27</div> <div>Pot Roast, Brown Gravy, Mashed Potatoes, Carrots, Chocolate Pudding w/ Topping</div> <div>Calories 873, Sodium 531mg</div> | <div>28</div> <div>Alaskan Breaded Pollock, Lemon Pepper Sauce, Butternut Squash, Roman Blend Vegetables, Applesauce</div> <div>Calories 784, Sodium 572mg</div> | <div>29</div> <div>Chicken Diane, Buttered Seasoned Orzo, Broccoli Pears</div> <div>Calories 992, Sodium 824mg</div> |
| <div>MENU SUBJECT TO CHANGE</div> <div>All meals include 4oz Sysco Shake, 1% Milk & Margarine.</div> <div><div>· \$3.00 Suggested donation per meal.</div><div>· Menu subject to change</div><div>· YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU</div></div> <div>AT WWW.SPRINGWELL.COM</div> <div>To cancel a meal, please call (617) 972-5700 by 11am</div> <div>two business days in advance</div> | | <div>Chilled Meal Re-Heating Instructions</div> <div>Conventional oven</div> <div><div>o Eat or refrigerate immediately.</div><div>o Reheat in oven at 350 degrees for 10-20 minutes.</div></div> <div>Microwave oven</div> <div><div>o Reheat in microwave on high for 2 to 3 minutes.</div><div>o Peel back corner to vent.</div></div> <div>Do not reheat in toaster oven.</div> | | |
| | | <div>FOOD ALLERGIES</div> <div>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.</div> | | |