

springwell		RENAL DIALYSIS		HOME DELIVERED MEALS APRIL 2024	
MONDAY		TUESDAY		WEDNESDAY	
1 Chicken Meatballs w/ Brown Gravy, Margarine Ziti Pasta, Broccoli, Wheat Bread, Peaches, Apple Juice Cal:633 Na:435 K:531		2 Mixed Bean & Vegetable Stew, Green Beans, Wheat Bread, Tropical Fruit, Apple Juice Cal: 580 Na:638 K:870		3 Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Spinach, Multigrain Bread, Applesauce, Apple Juice Cal:587 Na:582 K:983	
8 Turkey w/ Gravy, Roasted Root Vegetables, Brown Rice, Low Sodium Wheat Bread, Mixed Fruit, Apple Juice Cal: 616 Na: 891 K:945		9 Pot Roast Burgundy over Buttered Noodles, Green Beans, Low Sodium Wheat Bread, Mandarin Oranges, Apple Juice Cal: 704 Na:375 K:775		10 Chicken Souvlaki, Seasoned Orzo, Italian Blend Vegetables, Applesauce, Low Sodium Wheat Bread, Apple Juice Cal:743 Na:642 K:666	
15 PATRIOTS' DAY HOLIDAY NO MEAL DELIVERY		16 Alaskan Breaded Pollock, Lemon Wedge, Carrots, Peas, Low Sodium Wheat Bread, Lorna Doones, Apple Juice Cal: 674 Na:607 K:656		17 Chicken Stir Fry, Seasoned Orzo, Applesauce, Low Sodium Wheat Bread, Apple Juice Cal:631 Na:652 K:725	
22 Lentil Stew, White Rice, Zucchini, Low Sodium Wheat Bread, Mixed Fruit, Apple Juice Cal:753 Na:654 K:1147		23 Chicken Meatballs w/ Brown Gravy over Margarine Ziti, Green Beans, Low Sodium Wheat Bread, Diet Gelatin w/ Topping Apple Juice Cal:621 Na:428 K:523		24 Pot Roast, Brown Gravy over Buttered Noodles, Carrots, Tropical Fruit, Low Sodium Wheat Bread, Apple Juice Cal:683 Na:392 K:768	
29 Chicken Meatballs w/ Brown Gravy, Margarine Ziti Pasta, Broccoli, Wheat Bread, Peaches, Apple Juice Cal:633 Na:435 K:531		30 Mixed Bean & Vegetable Stew, Green Beans, Wheat Bread, Tropical Fruit, Apple Juice Cal: 580 Na:638 K:870		Cal: Calories Na: Sodium K: Potassium	
MENU SUBJECT TO CHANGE 4oz Whole Milk & 2 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				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.	