● RENAL DIALYSIS HOME DELIVERED MEALS APRIL 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Meatballs w/ Brown Gravy, Margarine Ziti Pasta, Broccoli, Wheat Bread, Peaches, Apple Juice	Mixed Bean & Vegetable Stew, Green Beans, Wheat Bread, Tropical Fruit, Apple Juice	Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Spinach, Multigrain Bread, Applesauce, Apple Juice	Beef Meatloaf w/ Brown Gravy, Roasted Root Vegetables, Peas, White Bread, Lorna Doones, Apple Juice	Chicken Cacciatore, White Rice, Zucchini, Wheat Bread, Pears, Apple Juice
Cal:633 Na:435 K:531	Cal: 580 Na:638 K:870	Cal:587 Na:582 K:983	Cal:802 Na:625 K:800	Cal:554 Na:813 K:839
Turkey w/ Gravy, Roasted Root Vegetables, Brown Rice, Low Sodium Wheat Bread, Mixed Fruit, Apple Juice	Pot Roast Burgundy over Buttered Noodles, Green Beans, Low Sodium Wheat Bread, Mandarin Oranges, Apple Juice	10 Chicken Souvlaki, Seasoned Orzo, Italian Blend Vegetables, Applesauce, Low Sodium Wheat Bread, Apple Juice	11 Chicken Meatballs, Brown Gravy over Ziti, Green Beans, Peaches, Cranberry Juice	Salmon w/ Lemon Dill Sauce, Chuckwagon Corn, Spring/Summer Blend, Wheat Bread, Fresh Fruit, Cranberry Juice
Cal: 616 Na: 891 K:945	Cal: 704 Na:375 K:775	Cal:743 Na:642 K:666	Cal:720 Na:430 K:841	Cal:575 Na:573 K:888
PATRIOTS' DAY HOLIDAY  NO MEAL DELIVERY	16 Alaskan Breaded Pollock, Lemon Wedge, Carrots, Peas, Low Sodium Wheat Bread, Lorna Doones, Apple Juice	17 Chicken Stir Fry, Seasoned Orzo, Applesauce, Low Sodium Wheat Bread, Apple Juice	18 White Bean & Spinach Stew, Fiesta Blend Vegetables, Low Sodium Wheat Bread, Peaches, Apple Juice	19 Pot Roast Burgundy White Rice, Spinach, Wheat Dinner Roll, Tropical Fruit Apple Juice
	Cal: 674 Na:607 K:656	Cal:631 Na:652 K:725	Cal:613 Na:733 K:765	Cal:625 Na:565 K:801
Lentil Stew, White Rice, Zucchini, Low Sodium Wheat Bread, Mixed Fruit, Apple Juice	Chicken Meatballs w/ Brown Gravy over Margarine Ziti, Green Beans, Low Sodium Wheat Bread, Diet Gelatin w/ Topping Apple Juice	Pot Roast, Brown Gravy over Buttered Noodles, Carrots, Tropical Fruit, Low Sodium Wheat Bread, Apple Juice	Alaskan Breaded Polluck, Lemon Wedge, White Rice, Roman Blend Vegetables, Applesauce, Apple Juice	26 Chicken Diane over Buttered Seasoned Orzo, Green Beans, Low Sodium Wheat Bread, Pears, Apple Juice
Cal:753 Na:654 K:1147	Cal:621 Na:428 K:523	Cal:683 Na:392 K:768	Cal: 578 Na: 397 K:532	Cal:633 Na:503 K:619
29 Chicken Meatballs w/ Brown Gravy, Margarine Ziti Pasta, Broccoli, Wheat Bread, Peaches, Apple Juice	30 Mixed Bean & Vegetable Stew, Green Beans, Wheat Bread, Tropical Fruit, Apple Juice	Cal: Calories Na: Sodium K: Potassium		
Cal:633 Na:435 K:531	Cal: 580 Na:638 K:870			
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.	