

HOME DELIVERED MEALS MARCH 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Cal: Calories Na: Sodium K: Potassium	¹ Chicken Diane over Buttered Seasoned Orzo, Green Beans, Low Sodium Wheat Bread, Pears, Apple Juice Cal:633 Na:503 K:619
⁴ Chicken Meatballs w/ Brown Gravy, Margarine Ziti Pasta, Broccoli, Wheat Bread, Peaches, Apple Juice Cal:633 Na:435 K:531	⁵ Mixed Bean & Vegetable Stew, Green Beans, Wheat Bread, Tropical Fruit, Apple Juice Cal: 580 Na:638 K:870	⁶ Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Spinach, Multigrain Bread, Applesauce, Apple Juice Cal:587 Na:582 K:983	⁷ Beef Meatloaf w/ Brown Gravy, Roasted Root Vegetables, Peas, White Bread, Lorna Doones, Apple Juice Cal:802 Na:625 K:800	⁸ Chicken Cacciatore, White Rice, Zucchini, Wheat Bread, Pears, Apple Juice Cal:554 Na:813 K:839
¹¹ Turkey w/ Gravy, Roasted Root Vegetables, Brown Rice, Low Sodium Wheat Bread, Mixed Fruit, Apple Juice Cal: 616 Na: 891 K:945	¹² Pot Roast Burgundy over Buttered Noodles, Green Beans, Low Sodium Wheat Bread, Mandarin Oranges, Apple Juice Cal: 704 Na:375 K:775	¹³ Chicken Souvlaki, Seasoned Orzo, Italian Blend Vegetables, Applesauce, Low Sodium Wheat Bread, Apple Juice Cal:743 Na:642 K:666	¹⁴ Chicken Meatballs, Brown Gravy over Ziti, Green Beans, Peaches, Cranberry Juice Cal:720 Na:430 K:841	¹⁵ Salmon w/ Lemon Dill Sauce, Chuckwagon Corn, Spring/Summer Blend, Wheat Bread, Fresh Fruit, Cranberry Juice Cal:575 Na:573 K:888
¹⁸ Macaroni & Cheese, Zucchini & Cauliflower, Low Sodium Wheat Bread, Diet Getlatin w/ Topping, Apple Juice Cal:724 Na:719 K:643	¹⁹ Alaskan Breaded Pollock, Lemon Wedge, Carrots, Peas, Low Sodium Wheat Bread, Lorna Doones, Apple Juice Cal: 674 Na:607 K:656	²⁰ Chicken Stir Fry, Seasoned Orzo, Applesauce, Low Sodium Wheat Bread, Apple Juice Cal:631 Na:652 K:725	²¹ White Bean & Spinach Stew, Fiesta Blend Vegetables, Low Sodium Wheat Bread, Peaches, Apple Juice Cal:613 Na:733 K:765	²² Pot Roast Burgundy White Rice, Spinach, Wheat Dinner Roll, Tropical Fruit Apple Juice Cal:625 Na:565 K:801
²⁵ Lentil Stew, White Rice, Zucchini, Low Sodium Wheat Bread, Mixed Fruit, Apple Juice Cal:753 Na:654 K:1147	²⁶ 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	²⁷ Pot Roast, Brown Gravy over Buttered Noodles, Carrots, Tropical Fruit, Low Sodium Wheat Bread, Apple Juice Cal:683 Na:392 K:768	²⁸ Alaskan Breaded Polluck, Lemon Wedge, White Rice, Roman Blend Vegetables, Applesauce, Apple Juice Cal: 578 Na: 397 K:532	²⁹ Chicken Diane over Buttered Seasoned Orzo, Green Beans, Low Sodium Wheat Bread, Pears, Apple Juice Cal:633 Na:503 K:619
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.	