

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p align="center">1</p> <p align="center">*Hot Dog (550) Coleslaw (45) Baked Beans (140) Low Sodium Hot Dog Roll (165) Ketchup, Mustard, Relish Peaches (8)</p> <p align="center">Calories 827/Sodium 1033mg</p>
<p align="center">4</p> <p align="center">Chicken Stir Fry (453) Jasmine Coconut Rice (9) Snack n Loaf Muffin (160) Mixed Fruit (3)</p> <p align="center">Calories 776/Sodium 786mg</p>	<p align="center">5</p> <p align="center">Stuffed Shells w/ Tomato Sauce (626)* Chicken Meatball (70) Tuscany Blend Vegetables (47) Multigrain Bread (150) Vanilla Pudding w/ Topping (174)</p> <p align="center">Calories 705/Sodium 1157mg</p>	<p align="center">6</p> <p align="center">Salmon Loin (67) Honey Mustard Sauce (187) Roasted Potatoes w/Peppers & Onions (10), Broccoli (12) Low Sodium Wheat Bread (65) Brownie (297)</p> <p align="center">Calories 808/Sodium 818mg</p>	<p align="center">7</p> <p align="center">Bean & Vegetable Stew (600) Green Beans (3) Low Sodium Wheat Bread (65) Fresh Orange</p> <p align="center">Calories 719/Sodium 886mg</p>	<p align="center">8</p> <p align="center">Vegetable Soup w/ Crackers(264) Pot Roast Burgundy Sour Cream & Chive Mashed Potatoes (53) Jardinière Blend Vegetables (32) Low Sodium Wheat Bread (65) Tropical Fruit</p> <p align="center">Calories 858/Sodium 763mg</p>
<p align="center">11</p> <p align="center">Chicken Vegetable Soup w/ Crackers Lasagna w/ Tomato Sauce (557) Chicken Meatball (70) Zucchini & Cauliflower (6) Whole Wheat Dinner Roll (180) Tropical Fruit (5)</p> <p align="center">Calories 731/Sodium 1164mg</p>	<p align="center">12</p> <p align="center">Shepherd’s Pie (197) Spinach (146) Multigrain Bread (150) Fig Bar (99)</p> <p align="center">Calories 782/Sodium 796mg</p>	<p align="center">13</p> <p align="center">Fish w/ Mediterranean Sauce (418), Herbed Rice (95) Broccoli (12) Low Sodium Wheat Bread (65) Peaches (8)</p> <p align="center">Calories 534/Sodium 781mg</p>	<p align="center">14</p> <p align="center">HOLIDAY SPECIAL Chicken Stuffed w/ Broccoli & Cheese (410) Buttered Seasoned Orzo (38) California Vegetables Wheat Roll (180) Boston Cream Cup (309)</p> <p align="center">Calories 864 /Sodium 1092mg</p>	<p align="center">15</p> <p align="center">Roast Turkey w/ Gravy (370) Mashed Potatoes (68) Peas & Carrots(82) Low Sodium Wheat Bread (65) Pineapple (9)</p> <p align="center">Calories 775/Sodium 961mg</p>
<p align="center">18</p> <p align="center">Lentil Stew (486) Green Beans (3) Wheat Roll (180) Oatmeal Raisin Cookie (75)</p> <p align="center">Calories 773/Sodium 904mg</p>	<p align="center">19</p> <p align="center">Escarole Bean Soup w/ Crackers (201) Potato Crunch Fish (337) Lemon Wedge, Italian Roasted Red Bliss Potatoes (8), Broccoli & Cauliflower, Low Sodium Wheat Bread (65), Peaches(8)</p> <p align="center">Calories 731/Sodium 743mg</p>	<p align="center">20</p> <p align="center">Raviolis w/ Tomato Sauce (544)* Chicken Meatball (70) Brussel Sprouts (17) Snack n Loaf Muffin (160) Pears (5)</p> <p align="center">Calories 675/Sodium 793mg</p>	<p align="center">21</p> <p align="center">Unstuffed Pepper Casserole (224) Carrots (59) Wheat Roll (180) Fresh Orange</p> <p align="center">Calories 706/Sodium 636mg</p>	<p align="center">22</p> <p align="center">Chicken & Rice Bake (429) Butternut Squash (32) Wheat Roll (180) Vanilla Pudding w/ Topping(174)</p> <p align="center">Calories 819/Sodium 970mg</p>
<p align="center">25</p> <p align="center">CHRISTMAS DAY HOLIDAY</p> <p align="center">NO MEAL DELIVERY</p>	<p align="center">26</p> <p align="center">Chicken w/ Sauté Vegetables(347) Spinach (146) Jasmine Coconut Rice (9) Wheat Roll (180) Pineapple (9)</p> <p align="center">Calories 719/Sodium 844mg</p>	<p align="center">27</p> <p align="center">Macaroni & Cheese (199) Broccoli (12) Low Sodium Multigrain Bread (135) Yogurt (75)</p> <p align="center">Calories 797/Sodium 941mg</p>	<p align="center">28</p> <p align="center">Chicken Meatballs (70) Rotini w/ Tomato Sauce Tuscany Blend Vegetables (47) Low Sodium Wheat Bread (65) Chocolate Chip Cookie (60)</p> <p align="center">Calories 684/Sodium 801mg</p>	<p align="center">29</p> <p align="center">Lentil Spinach Soup (139) Alaskan Breaded Fish (190) Herbed Rice (95) Ratatouille (116) Wheat Roll (180) Fresh Orange</p> <p align="center">Calories 708/Sodium 934mg</p>

• Milk contributes an additional 100 mg sodium.
 • Baked Goods contribute an average of 150 mg sodium, Pudding contributes an average of 175mg sodium,
 Fruit contributes an average of 0 mg sodium, Butter contributes an additional 45 mg sodium,
 Crackers (with soup) contribute an additional 55 mg sodium.
 • Calorie and sodium information at the bottom of the menu is for entire meal including milk, butter, crackers if served.
 (V) = Vegetarian | All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.
 ***Denotes Higher Sodium \$2.50 Suggested donation per meal All soups served with crackers

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.