

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
All meals include 4oz Sysco Shake, 1% Milk & Margarine. • \$2.50 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				Chilled Meal Re-Heating Instructions Conventional oven ○ Eat or refrigerate immediately. ○ Reheat in oven at 350 degrees for 10-20 minutes. Microwave oven ○ Reheat in microwave on high for 2 to 3 minutes ○ Peel back corner to vent, Do not reheat in toaster oven.						
1	Turkey Marsala, Roasted Root Vegetable, Mashed Potatoes, Mixed Fruit 720 Calories /963 mg Sodium	2	Pot Roast Burgundy, Whipped Sweet Potatoes, Beets, Jell-O w/Topping 857 Calories/663 mg Sodium	3	Chicken Scallopini, Mashed Potatoes, Zucchini, Applesauce 785 Calories/603 mg Sodium	4	Sweet and Sour Chicken Meatballs, White Rice, Whipped Butternut Squash, Oriental Vegetable Blend, Tropical Fruit 812 Calories/764 mg Sodium	5	Fish Flounder w/Low Sodium Broccoli Cheese Sauce, Mashed Potatoes, Tuscan Vegetables, Chocolate Pudding w/Topping 829 Calories/1046 mg Sodium	
8	Meatloaf, Low Sodium Brown Gravy, Boiled Buttered Potatoes, Zucchini, Tropical Fruit 868 Calories/440 mg Sodium	9	Spinach White Bean Stew, Mashed Potatoes, Green Beans, Gelatin w/Topping 860 Calories/819 mg Sodium	10	Chicken w/Sautéed Vegetables, Mashed Potatoes, Applesauce 750 Calories/624mg Sodium	11	HOLIDAY NO MEAL DELIVERY		12	Alaskan Breaded Pollock, Lemon Pepper Sauce, Carrots, Mashed Potatoes, Mixed Fruit 990 Calories/809 mg Sodium
15	Chicken Stew, Broccoli, Chocolate Pudding w/Topping 868 Calories/830 mg Sodium	16	Vegetable Lasagna w/Tomato Chicken Meatball, Italian Blend Vegetables, Pureed Pears 751 Calories/969 mg Sodium	17	Pot Roast Stroganoff Mashed Potatoes, Carrots, Tropical Fruit 874 Calories /557 mg Sodium	18	Fish Flounder w/Lemon Pepper Sauce, Butternut Squash, Zucchini & Red Peppers, Applesauce 743 Calories/438 mg Sodium	19	Ground Roast Turkey w/Low Sodium Chicken Gravy, Green Beans, Mashed Sweet Potato, Cranberry Sauce, Gelatin w/Topping 752 Calories /979 mg Sodium	
22	American Chop Suey, Green Beans, Peaches 1105 Calories/730 mg Sodium	23	Chicken Diane, Mashed Potatoes, California Vegetable Blend, Mixed Fruit 832 Calories/671 mg Sodium	24	Alaskan Breaded Pollock w/Florentine Sauce, Whipped Butternut Squash, Fiesta Mix, Applesauce 828 Calories/582 mg Sodium	25	HOLIDAY NO MEAL DELIVERY		26	No Meal Delivery Today. A frozen meal will be delivered on Wednesday, November 24th Please call us to let us know if you will not be home.
29	Turkey Marsala, Roasted Root Vegetable, Mashed Potatoes, Mixed Fruit 720 Calories /963 mg Sodium	30	Pot Roast Burgundy, Whipped Sweet Potatoes, Beets, Jell-O w/Topping 857 Calories/663 mg Sodium							