springwell

PUREE

HOME DELIVERED MEALS MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Diane, Buttered Seasoned Orzo, Broccoli Pears Calories 992, Sodium 824mg
4 Baked Ziti, Tomato Sauce, Broccoli, Peaches Calories 910, Sodium 1118mg	5 Mixed Bean & Vegetable Stew, Green Beans, Tropical Fruit Calories 759, Sodium 904mg	6 Alaskan Breaded Pollock, Scarpariello Sauce, Whipped Butternut Squash, Spinach, Applesauce Calories 809, Sodium 582mg	7 Beef Meatloaf, Brown Gravy, Roasted Root Vegetable, Mashed Potatoes, Vanilla Pudding w/ Topping Calories 1185, Sodium 707mg	8 Chicken Cacciatore, Noodles w/ Margarine, Zucchini, Diced Pears Calories 843, Sodium 942mg
11 Turkey w/ Gravy, Roasted Root Vegetables, Mashed Potatoes, Mixed Fruit Calories 833/Sodium 1026mg	12 Pot Roast Burgundy, Mashed Potatoes, Spinach, Jell-O w/ Topping Calories 945/Sodium 753mg	13 Chicken Souvlaki, Mashed Potatoes, Italian Blend Vegetables, Applesauce Calories 864/Sodium 793mg	14 Stuffed Shells, Tomato Sauce, Green Beans, Peaches Calories 855, Sodium 978mg	15 Salmon w/ Lemon Dill Sauce, Roasted Potatoes, Spring/Summer Blend Vegetables, Chocolate Pudding w/ Topping Calories 956/Sodium 848mg
18 Macaroni & Cheese, Zucchini & Cauliflower, Gelatin w/ Topping Calories 981, Sodium 895mg	19 Alaskan Breaded Pollock, Lemon Sauce, Carrots, Mashed Potatoes, Mixed Fruit Calories 913/Sodium 649mg	20 Chicken Stir Fry, Mashed Potatoes, Applesauce Calories 848, Sodium 807mg	21 White Bean & Spinach Stew, Fiesta Blend, Peaches Calories 768, Sodium 941mg	22 Shepherd's Pie, Spinach, Pears Calories 870, Sodium 627mg
25 Lentil Stew, Whipped Sweet Potatoes, Zucchini, Mixed Fruit Calories 924, Sodium 782mg	26 Cheese Lasagna, Tomato Sauce, Chicken Meatball, Green Beans, Gelatin w/ Topping Calories 843/Sodium 971	27 Pot Roast, Brown Gravy, Mashed Potatoes, Carrots, Chocolate Pudding w/ Topping Calories 873, Sodium 531mg	28 Alaskan Breaded Pollock, Lemon Pepper Sauce, Butternut Squash, Roman Blend Vegetables, Applesauce Calories 784, Sodium 572mg	29 Chicken Diane, Buttered Seasoned Orzo, Broccoli Pears Calories 992, Sodium 824mg

MENU SUBJECT TO CHANGE

All meals include 4oz Sysco Shake, 1% Milk & 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

Chilled Meal Re-Heating Instructions

Conventional oven

- o Eat or refrigerate immediately.
- o Reheat in oven at 350 degrees for 10-20 minutes.

Microwave oven

- o Reheat in microwave on high for 2 to 3 minutes.
- o Peel back corner to vent.

Do not reheat in toaster oven.

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.