

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Salmon w/ Lemon Dill Sauce, Roasted Potatoes, Spring/Summer Blend Vegetables, Chocolate Pudding w/ Topping Calories 956/Sodium 848mg
4 LABOR DAY HOLIDAY NO MEAL DELIVERY	5 Alaskan Breaded Pollock w/ Lemon Sauce, Carrots, Mashed Potatoes, Mixed Fruit Calories 913/Sodium 649mg	6 Chicken w/ Sautéed Vegetables, Mashed Potatoes, Applesauce Calories 808/Sodium 698mg	7 Roast Turkey, Sweet Potatoes, Fiesta Blend Vegetables, Peaches Calories 726/Sodium 954mg	8 Meatloaf w/ Low Sodium Brown Gravy, Mashed Potatoes, Beets, Tropical Fruit Calories 951/Sodium 713mg
11 Quinoa, White Bean Casserole, Zucchini, Tropical Fruit Calories 837/Sodium 903mg	12 Cheese Lasagna, Tomato Sauce, Chicken Meatball, Green Beans, Gelatin w/ Topping Calories 843/Sodium 971mg	13 Pot Roast w/ Brown Gravy, Mashed Potatoes, Carrots, Pears Calories 873/Sodium 531mg	14 Alaskan Breaded Pollock w/ Lemon Pepper Sauce, Whipped Butternut Squash, Roman Blend Vegetables, Applesauce Calories 784/Sodium 572mg	15 Chicken Scallopini Over Buttered Noodles, Broccoli, Chocolate Pudding w/ Topping Calories 990/Sodium 820mg
18 Baked Ziti, Chicken Meatball w/ Tomato Sauce, Broccoli, Peaches Calories 902/Sodium 1108mg	19 Chicken Stew, Spinach, Tropical Fruit Calories 731/Sodium 789mg	20 Alaskan Breaded Pollock w/ Scarpriello Sauce, Whipped Butternut Squash, Zucchini, Applesauce Calories 801/Sodium 572mg	21 Beef Meatloaf w/ Brown Gravy, Roasted Root Vegetables, Mashed Potatoes, Vanilla Pudding w/ Topping Calories 1185/Sodium 707mg	22 Chicken Marsala Noodles w/ Margarine, Green Beans, Pears Calories 934/Sodium 725mg
25 Turkey w/ Gravy, Roasted Root Vegetables, Mashed Potatoes, Mixed Fruit Calories 833/Sodium 1026mg	26 Pot Roast Burgundy w/ Sauce Mashed Potatoes Spinach Jell-O w/ Topping Calories 945/Sodium 753mg	27 Chicken Souvlaki, Mashed Potatoes, Italian Vegetable Blend, Applesauce Calories 864/Sodium 793mg	28 Lentil Stew, Whipped Sweet Potatoes, Green Beans, Tropical Fruit Calories 969/Sodium 786mg	29 Salmon w/ Lemon Dill Sauce, Roasted Potatoes, Spring/Summer Blend Vegetables, Chocolate Pudding w/ Topping Calories 956/Sodium 848mg
<p>MENU SUBJECT TO CHANGE</p> <p>All meals include 4oz Sysco Shake, 1% Milk & Margarine.</p> <ul style="list-style-type: none"> · \$3.00 Suggested donation per meal. · Menu subject to change · YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM <p>To cancel a meal, please call (617) 972-5700 by 11am two business days in advance</p>		<p><u>Chilled Meal Re-Heating Instructions</u></p> <p>Conventional oven</p> <ul style="list-style-type: none"> o Eat or refrigerate immediately. o Reheat in oven at 350 degrees for 10-20 minutes. <p>Microwave oven</p> <ul style="list-style-type: none"> o Reheat in microwave on high for 2 to 3 minutes. o Peel back corner to vent. <p>Do not reheat in toaster oven.</p>		<p>FOOD ALLERGIES</p> <p>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.</p>