

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
All meals include 1% Milk & Margarine. · \$2.50 Suggested donation per meal. *Item contains more than 500 mg sodium and is considered high sodium · 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.									
1 Chicken Marsala (397) Red Bliss Potatoes (8) Spinach & Mushrooms (160) Low Sodium Multigrain Bread (135) Mandarin Oranges (7) Calories 726/Sodium 844mg		2 Cream of Butternut Squash Soup (107) w/Crackers Pot Roast w/Gravy (120) Mashed Potatoes (68) Zucchini (5) Low Sodium Multigrain Bread (65) Pumpkin Pudding w/Topping (167) Calories 928/ Sodium 725mg		3 Breaded Alaskan Pollock w/ Lemon Wedge (190) Tartar Sauce Whipped Sweet Potatoes (27) Fresh Broccoli (12) Snack n Loaf Muffin (160) Fudge Brownie (247) Calories 954/Sodium 1034mg		4 Chicken Vegetable Soup w/Crackers (97) Cheese Stuffed Rigatoni (139) Italian Meat Sauce (68) Fresh Cauliflower (17) 1 Slice Multigrain Bread (6) Peaches (6) Calories 813/Sodium 656mg		5 *Hot Dog Kayem (550) Cole Slaw (45) Baked Beans (140) Ketchup, Mustard, Relish (218) Hot Dog Roll (210) Fresh Fruit Calories 773/Sodium 1272mg	
8 Lentil Spinach Soup w/ Crackers (195) Potato Crunch Fish (337) Tartar Sauce (267) Lemon Wedge Whipped Butternut Squash (32) Mixed Vegetable (56) Snack n Loaf Muffin (160) Mandarin Oranges (7) Calories 1024/Sodium 1185mg		9 Turkey Stew (647) Chuckwagon Corn (2) 1 Slice Multigrain Bread (135) Chocolate Pudding w/Topping (195) Calories 717/Sodium 1116mg		10 Beef Burgundy (170) Green Beans (3) Mashed Potatoes (68) Cornbread Loaf (211) Cupcake (170) Calories 1013/Sodium 759mg		11 Holiday No Meal Delivery		12 *Macaroni & Cheese w/ Crumb Topped (548) Stewed Tomatoes (446) Whole Wheat Dinner Roll (180) Fresh Fruit Calories 803/Sodium 1313mg	
15 Escarole Bean Soup w/ Crackers (201) Baked Ziti with tomato sauce (423) Chicken Meatball (70) Italian Blend Vegetables (19) Whole Wheat Roll (180) Fresh Fruit Orange Calories 750/Sodium 1031mg		16 Fish Chowder w/Crackers (230) Salmon Loin (67) Lemon Pepper Sauce (33) Rice Pilaf w/Browned Orzo (99) Dill Carrots (81) Low Sodium Multigrain Bread (135) Calories 830/Sodium 777mg		17 Chicken Cacciatore (644) Butter Seasoned Noodle (40) Fresh Broccoli & Cauliflower (14) Low Sodium Wheat Bread (65) Vanilla Pudding w/Topping (174) Calories 866/Sodium 1075mg		18 *Thanksgiving Special Gravy Over Roast Turkey (617) Cornbread Stuffing (Uncle Ben's) (247) Whip Potatoes & Chives (53) Country Blend Vegetables (40) Cranberry Sauce (1) Soft Dinner Roll (132) Pumpkin Pie (398) Apple Juice (5) Calories 1161/Sodium 1631mg		19 Meatloaf (116) Gravy (34) Green Beans (3) Sweet Potatoes (27) Low Sodium Wheat Bread (65) Pears Calories 807/Sodium m388mg	
22 Chicken Vegetable Ditalini Soup w/ Crackers (136) Vegetable Lasagna (370) Tomato Sauce (236) Chicken Meatball (70) Fresh Broccoli and Cauliflower (14) Cracked Wheat Multi Oat Top Bread (115) Peaches Calories 762/Sodium 1088mg		23 Chicken w/Sauté Vegetables (347) White Rice (5) Multigrain Bread (135) Pumpkin Pudding w/Topping (167) Calories 648/Sodium 791mg		24 Breaded Alaskan Pollock (190) Tartar Sauce (261) Italian Red Potatoes (4) Tuscany Vegetable Blend (47) Low Sodium Wheat Bread (65) Apple Cranberry Crisp (129) Calories 899/Sodium 833mg		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 BBQ Pulled Pork (678) Potato Salad (100) Fiesta Blend Vegetables (23) Low Sodium Hamburger Roll (80) Vanilla Pudding w/Topping (174) Calories 924/Sodium 1163mg		30 Mixed Bean w/Chicken Soup Crackers (271) Potato Crunch Fish w/ Lemon Wedge Tartar Sauce (261) Red Bliss Potatoes (8) Green Beans (3) Snack n Loaf (3) Mixed Fruit Calories 950/Sodium 1074mg							