

| 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 ○ 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. | | | | | | | |
| 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 | Turkey Provolone Cheese Lite Mayo Potato Salad Broccoli Slaw Low Sodium Wheat Bread Lorna Doone Cookies Calories 977/Sodium 1139mg | 2 | Egg Salad Lettuce Leaf Balsamic Pasta Salad Carrot Raisin Salad Low Sodium Multigrain Bread Tropical Mix Fruit Calories 929/Sodium 658mg | 3 | Roast Beef Swiss Cheese Lite Mayo, Lettuce Leaf Quinoa Salad Spinach/Mandarin Salad Cracked Wheat Multi Oat Top Bread Fresh Fruit Calories 801/Sodium 957mg | 4 | Chef Salad w/Tuna, Egg, Cheese Lite Italian Dressing Macaroni Salad Margarine ½ Pita Pocket Mandarin Oranges Calories 762/Sodium 960mg | 5 | Chicken Salad Lettuce Leaf Riviera Salad Italian Pasta Salad Cracked Wheat Multi Oat Top Bread Diet Tapioca Pudding w/Topping Calories 911/Sodium 784mg | | |
| 8 | Egg Salad German Potato Salad Broccoli, Feta, Orzo Salad Low Sodium Multigrain Bread Peaches Calories 870/Sodium 751mg | 9 | California Chicken Salad Lettuce leaf Three Bean Salad Cole Slaw Low Sodium Wheat Bread Vanilla Wafers Calories 818/Sodium 483mg | 10 | Turkey Provolone Cheese Lite Mayo, Lettuce Leaf Root Vegetable Salad Barley Raisin Salad Cracked Wheat Multi Oat Top Bread Fruit Mix Calories 818/Sodium 1107mg | 11 | HOLIDAY NO MEAL DELIVERY | | 12 | Tuna Salad Lettuce Leaf Macaroni Salad Riviera Salad Multigrain Bread Diet Vanilla Pudding w/Topping Calories 853/Sodium 990mg | |
| 15 | Curry Chicken Salad Potato Salad Summer Squash Salad Low Sodium Multigrain Bread Peaches Calories 897/Sodium 598mg | 16 | Turkey w/Swiss Cheese Lite Mayo, Lettuce Leaf Low Sodium Wheat Bread English Pea Salad Beet Salad Diet Chocolate Pudding w/Topping Calories 817/Sodium 1152mg | 17 | Roast Beef w/Provolone Cheese Lite Mayo, Lettuce Leaf Tossed Garden Salad w/ Lite Italian Dressing Sweet Potato Salad Low Sodium Wheat Bread Fresh Fruit Calories 845/Sodium 818mg | 18 | Vegetarian Chef Salad Lite Italian Dressing Macaroni Salad Snack n Loaf Muffin Margarine Mandarin Oranges Calories 864/Sodium 1077mg | 19 | Tuna Salad Lettuce Leaf Spinach Mandarin Salad w/Lite Dressing Italian Pasta Salad Cracked Wheat Multi Oat Top Bread Lorna Doone Cookies Calories 923/Sodium 1023mg | | |
| 22 | Turkey Swiss Cheese Lite Mayo Barley Raisin Salad Squash Zucchini Red Onion Salad Cracked Wheat Multi Oat Top Bread Diet Vanilla Pudding w/Topping Calories 825/Sodium 1085mg | 23 | Tuna Salad Lettuce Leaf German Potato Salad Broccoli Slaw Low Sodium Wheat Bread Pears Calories 705/Sodium 644mg | 24 | Chicken Salad Lettuce Leaf Balsamic Vinaigrette Pasta Salad Beet Salad Low Sodium Multigrain Bread Fresh Fruit Orange Calories 812/Sodium 610mg | 25 | HOLIDAY NO MEAL DELIVERY | | 26 | NO MEAL DELIVERY | |
| 29 | Egg Salad Zucchini Salad Garden Shell Pasta Salad Cracked Wheat Multi Oat Top Bread Diet Fruited Gelatin w/Topping Calories 924/Sodium 742mg | 30 | Roast Beef Swiss Cheese Lite Mayo, Lettuce Leaf Quinoa Salad Carrot Raisin Salad Low Sodium Wheat Bread Fresh Fruit Orange Calories 938/Sodium 786mg | | | | | | | | |