

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Roast Beef (233), Provolone (116) Lettuce Leaf, Lite Mayonnaise (4) English Pea Salad (156) Tossed Garden Salad Lite Italian Dressing (168) Low Sodium Wheat Bread (130) Fresh Fruit Calories 775/Sodium 984mg
4 LABOR DAY HOLIDAY NO MEAL DELIVERY	5 Turkey, (435) Swiss Cheese (35) Lettuce Leaf Lite Mayonnaise (4) Macaroni Salad (138) Riviera Salad (92) Multigrain Bread (270) Mixed Fruit (3) Calories 886/Sodium 1147mg	6 Egg Salad (130) Garden Shell Pasta Salad Broccoli, Feta, Orzo Salad(221) Low Sodium Wheat Bread (130) Fresh Fruit Calories 929/Sodium 860mg	7 Tuna Salad (241) Lettuce Leaf Cole Slaw (45) Potato Salad (100) Multigrain Bread (270) Lorna Doones (100) Calories 768/Sodium 911mg	8 Chicken Salad (75) Lettuce Leaf Summer Squash Salad (42) Italian Pasta Salad (138) Low Sodium Wheat Bread (130) Diet Chocolate Pudding w/ Topping (142) Calories 900/Sodium 702mg
11 Turkey, (435) Swiss Cheese (35) Lite Mayonnaise (4) Macaroni Salad (138) Riviera Salad (92) Multigrain Bread (270) Pears(5) Calories 872/Sodium 1151mg	12 Chicken Salad (75) Lettuce Leaf Quinoa Tabbouleh Salad (28) Carrot Raisin Salad (137) Multigrain Bread (270) Fresh Orange Calories 762/Sodium 666mg	13 Egg Salad (130) Lettuce Leaf Italian Pasta Salad (138) Summer Squash Salad (42) Low Sodium Wheat Bread (130) Diet Vanilla Pudding w/ Topping (195) Calories 880/Sodium 756mg	14 Roast Beef (233),Provolone (116) Lettuce Leaf Lite Mayonnaise (4) Orzo Vegetable Salad (13) Cole Slaw (45), Low Sodium Multigrain Bread(135) Mixed Fruit (3) Calories 797/Sodium 839mg	15 Tuna Salad (241) Over Tossed Garden Salad Lite Italian Dressing (168) Garden Shell Pasta Salad Low Sodium Wheat Bread (130) Lorna Doones (100) Calories 957/Sodium 1131mg
18 Egg Salad (130) Carrot Raisin Salad (137) Potato Salad (100) Low Sodium Wheat Bread (130) Fresh Orange Calories 869/Sodium 672mg	19 *Vegetarian Chef Salad (555) Lite Italian Dressing (156) Italian Pasta Salad (138) Dinner Roll (180) Tropical Fruit Calories 791/Sodium 1028mg	20 Roast Beef (233),Provolone (116) Lettuce Leaf, Lite Mayonnaise (4) Broccoli Slaw(145) Macaroni Salad (138) Low Sodium Wheat Bread (130) Diet Chocolate Pudding w/ Topping (142) Calories 1083/Sodium 1185mg	21 California Chicken Salad (70) Lettuce Leaf Orzo Vegetable Salad (13) Carrot Pineapple Salad (97) Multigrain Bread (270) Mandarin Oranges (7) Calories 757/Sodium 612mg	22 Turkey, (435) Swiss Cheese (35) Lite Mayonnaise (4) Lettuce Leaf Balsamic Pasta Salad (14) Cole Slaw (45) Low Sodium Wheat Bread (130) Lorna Doones (100) Calories 905/Sodium 939mg
25 Egg Salad (130) Sweet Potato Salad (60) Broccoli, Feta, Orzo Salad(221) Low Sodium Multigrain Bread (135), Applesauce Calories 726/Sodium 829mg	26 Chef Salad w/ Turkey Lite Italian Dressing (156) Balsamic Pasta Salad (14) Multigrain Bread (270) Tropical Fruit Calories 729/Sodium 769mg	27 Tuna Salad (241) Lettuce Leaf Potato Salad (100) Cole Slaw (45) Multigrain Bread (270) Fig Bar (99) Calories 771/Sodium 960mg	28 Chicken Salad (75) Lettuce Leaf Macaroni Salad (138) Squash, Zucchini, Red Onion Salad (6), Low Sodium Wheat Bread(130), Diet Vanilla Pudding w/ Topping (195) Calories 875/Sodium 666mg	29 Roast Beef (233), Provolone (116) Lettuce Leaf, Mayonnaise (64) Beet Salad English Pea Salad (156) Low Sodium Wheat Bread (130) Mandarin Oranges (7) Calories 759/Sodium 963mg

MENU SUBJECT TO CHANGE

All meals include 1% Milk & Margarine.

· \$3.00 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.