

**RENAL DIALYSIS****HOME DELIVERED MEALS NOVEMBER 2021**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
				<u>Chilled Meal Re-Heating Instructions</u>						
4oz Whole Milk & 2 Margarine. • \$2.50 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				<b>Conventional oven</b> ○ Eat or refrigerate immediately. ○ Reheat in oven at 350 degrees for 10-20 minutes. <b>Microwave oven</b> ○ Reheat in microwave on high for 2 to 3 minutes ○ Peel back corner to vent, Do not reheat in toaster oven.						
1	Turkey Marsala. Roasted Root Vegetable, White Rice, Low Sodium Wheat Bread, Apple Juice, Mixed Fruit Cals: 660. Sodium: 876 ma. Potassium: 952 mg	2	Pot Roast Buraundv. Rice Pilaf, Diced Beets, White Bread, Diet Jell-O w/Topping Cals: 695, Sodium: 715 mg, Potassium: 747 ma	3	Chicken Scallopini. Buttered Noodles, Zucchini, White Bread, Applesauce, Grape Juice Cals: 731. Sodium: 606 ma. Potassium: 855 mg	4	Sweet and Sour Chicken Meatballs, White Rice, Oriental Vegetable Blend, White Bread, Tropical Fruit Cals: 684. Sodium: 747 ma. Potassium: 473 mg	5	Fish Flounder Loin. Lemon Pepper Sauce. Peas, Tuscany Blend Vegetables, White Bread, Fresh Fruit Cals: 592. Sodium: 516 ma. Potassium: 1068 mg	
8	Meatloaf, Low Sodium Brown Gravy. White Rice, Zucchini, White Bread. Tropical Fruit Cals: 742, Sodium: 424, Potassium: 856 mg	9	Spinach & White Bean Stew, White Rice. Green Beans, White Bread, Diet Gelatin w/Toppina Cals: 637. Sodium: 750ma. Potassium: 747 mg	10	Chicken w/Sautéed Vegetables, Rice Pilaf Browned Orzo, White Bread, Applesauce 716 Calories. 778ma Sodium. Potassium: 457ma	11	<b>HOLIDAY</b>  <b>NO MEAL DELIVERY</b>		12	Alaskan Breaded Pollock, Lemon Wedgae, Carrots, Peas, Cracked Wheat Multiarain Bread. Vanilla Wafers Cals: 714, Sodium: 671 mg, Potassium: 701 mg
15	Chicken Stew. Broccoli, White Bread, Lorna Doones Cals: 673. Sodium: 726 ma. Potassium: 721 mg	16	Chicken Meatballs w/Brown Gravy. Rice Pilaf. Italian Blend Vegetables. White Bread. Fresh Fruit Cals: 774, Sodium: 628 mg, Potassium: 1060 mg	17	Pot Roast Stroganoff over Buttered Noodles, Carrots, White Bread. Tropical Fruit Cals: 755, Sodium: 548 mg, Potassium: 803 mg	18	Fish Flounder w/Lemon Pepper Sauce. Zucchini & Red Peppers, White Rice. White Bread. Vanilla Wafers Cals: 623, Sodium: 490 mg, Potassium: 915 ma	19	Roast Turkey w/Low Sodium Chicken Gravy, Green Beans, Buttered Noodles. Cranberry Sauce. White Bread. Apple Juice, Diet Gelatin w/Topping Cals: 657. Sodium: 928 ma. Potassium: 662 mg	
22	Chicken Meatballs w/Brown Buttered Penne Pasta, Green Beans, White Bread. Peaches, Apple Juice Cals: 752. Sodium: 529 ma. Potassium: 977 mg	23	Chicken Diane, White Rice, California Vegetable Blend, Cracked Wheat Multiarain Bread. Mixed Fruit 602 Calories. Sodium 566ma. Potassium: 606ma	24	Alaskan Breaded Pollock w/Lemon Wedgae, Whipped Butternut Squash, Fiesta Mix. White Bread, Applesauce Cals: 672. Sodium: 498ma. Potassium: 750 mg	25	<b>HOLIDAY</b>  <b>NO MEAL DELIVERY</b>		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	Turkey Marsala, Roasted Root Vegetable, White Rice, Low Sodium Wheat Bread, Apple Juice, Mixed Fruit Cals: 660, Sodium: 876 mg, Potassium: 952 mg	30	Pot Roast Burqundy, Rice Pilaf, Diced Beets, White Bread, Diet Jell-O w/Topping Cals: 695, Sodium: 715 mg, Potassium: 747 mg							