

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Salmon w/ Lemon Pepper Sauce, Chuckwagon Corn, Spring/Summer Blend, White Bread, Fresh Fruit, Cranberry Juice Cal: 507 Na: 611 K:837
4 LABOR DAY HOLIDAY NO MEAL DELIVERY	5 Alaskan Breaded Pollock, Lemon Wedge, Carrots, Peas, White Bread, Lorna Doones, Apple Juice Cal: 674 Na: 697 K: 622	6 Chicken w/ Sautéed Vegetables, Seasoned Orzo, Applesauce, White Bread, Apple Juice Cal: 598 Na: 643 K: 505	7 Roast Turkey w/ Gravy, White Rice, Fiesta Blend, Low Sodium Wheat Bread, Peaches, Apple Juice Cal: 433 Na: 718 K: 445	8 Meatloaf, Low Sodium/Low Fat Brown Gravy, White Rice, Beets, White Bread, Tropical Fruit, Apple Juice Cal: 655 Na: 603 K: 729
11 Quinoa, White Bean Casserole, Zucchini, Low Sodium Wheat Bread, Tropical Fruit, Apple Juice Cal: 690 Na: 797 K: 881	12 Chicken Meatballs w/ Brown Gravy over Margarine Ziti, Green Beans, White Bread, Gelatin w/ Topping, Apple Juice Cal: 599 Na: 518 K: 490	13 Pot Roast w/ Brown Gravy, Buttered Noodles, Carrots, White Bread, Pears, Apple Juice Cal: 670 Na: 486 K: 790	14 Alaskan Breaded Pollock w/ Lemon Wedge, White Rice Roman Blend Vegetables, White Bread, Applesauce, Apple Juice Cal: 578 Na: 487 K: 499	15 Chicken Scallopini, Over Buttered Noodles, Green Beans, White Bread, Lorna Doones Cookies Apple Juice Cal: 689 Na: 595 K: 546
18 Chicken Meatballs w/ Brown Gravy, Margarine Ziti Pasta, Broccoli, White Bread, Peaches, Apple Juice Cal: 635 Na: 525 K: 498	19 Chicken Stew, Spinach, White Bread, Tropical Fruit, Apple Juice Cal: 559 Na:751 K: 947	20 Alaskan Breaded Pollock, Lemon Wedge, Whipped Butternut Squash, Zucchini, White Bread, Applesauce, Apple Juice Cal: 577 Na: 485 K:906	21 Beef Meatloaf w/ Brown Gravy, Roasted Root Vegetables, Peas, White Bread, Lorna Doones, Apple Juice Cal: 802 Na: 625 K:800	22 Chicken Marsala White Rice, Green Beans, Snack Loaf Muffin, Pineapple, Apple Juice Cal:778 Na:639 K:846
25 Turkey w/ Gravy, Roasted Root Vegetable, White Rice, Low Sodium Wheat Bread, Mixed Fruit, Apple Juice Cal: 616 Na: 891 K:945	26 Pot Roast Burgundy w/ Sauce, Buttered Noodles, Green Beans, White Bread, Apple Juice Diet Jell-O w/ Topping Cal: 739 Na:509 K:655	27 Chicken Souvlaki Over Seasoned Orzo, Italian Blend Vegetables, White Bread, Applesauce, Apple Juice Cal: 743 Na:772 K: 633	28 Lentil Stew, White Rice, Green Beans, White Bread, Tropical Fruit, Cranberry Juice Cal: 801 Na:737 K:890	29 Salmon w/ Lemon Pepper Sauce, Chuckwagon Corn, Spring/Summer Blend, White Bread, Fresh Fruit, Cranberry Juice Cal: 507 Na:611 K:837
MENU SUBJECT TO CHANGE 4oz Whole Milk & 2 Margarine. · \$3.00 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		<u>Chilled Meal Re-Heating Instructions</u> 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.	