

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>2</p> <p>Alaskan Breaded Pollock (190) Lemon Wedge Herbed Rice(84) Ratatouille (116) Wheat Dinner Roll (180) Orange</p> <p>Calories 588/Sodium 725mg</p>	<p>3</p> <p>Minestrone Soup(239) w/ Crackers(56), Greek Chicken Over Orzo (511) Butternut Squash(32) Wheat Dinner Roll (180) Mandarin Oranges(7)</p> <p>Calories 863/Sodium 1112mg</p>	<p>4</p> <p>Beef Stew (346) Fiesta Blend Vegetables(24) Low Sodium Wheat Bread (90) Fig Bar (149)</p> <p>Calories 822/Sodium 763mg</p>	<p>5</p> <p>Chicken & Pasta Alfredo(481) Zucchini & Tomatoes(64) Low Sodium Wheat Bread (90) Mixed Fruit(3)</p> <p>Calories 566/Sodium 793mg</p>	<p>6</p> <p>Mixed Bean & Vegetable Stew (486) Cauliflower Florets (17) Multigrain Bread (135) Chocolate Pudding w/ Topping (195)</p> <p>Calories 716/Sodium 923mg</p>	
<p>9</p> <p>Wild Rice Soup w/Chicken (85) Tuna Noodle Casserole(374) Roman Blend Vegetable(33) Low Sodium Oatmeal Bread (140) Pumpkin Cookie (114)</p> <p>Calories 836/Sodium 957mg</p>	<p>10</p> <p>Shepherd’s Pie (208) Harvard Beets(238) Multigrain Bread (135) Apple Slices (9)</p> <p>Calories 716/Sodium 760mg</p>	<p>11</p> <p>Lasagna Roll (330) Tomato Sauce(236) Chicken Meatballs (70) Brussels Sprouts (17) Low Sodium Wheat Bread (90) Mixed Fruit(3)</p> <p>Calories 777/Sodium 1159mg</p>	<p>12</p> <p>WINTER SPECIAL Beef Pot Roast w/ Gravy (131) Italian Roasted Red Bliss Potatoes(16), Honey Glazed Carrots & Parsnips(42) Snowflake Dinner Roll (132) Boston Cream Cup(309)</p> <p>Calories 875/Sodium 831mg</p>	<p>13</p> <p>Chicken Fajitas(281) Rice & Beans(69) Spinach (146) Wheat Tortilla (17) Pineapple(9)</p> <p>Calories 858/Sodium 829mg</p>	
<p>16</p> <p>Beef Chili (404), Brown Rice(5) California Blend Vegetables(30) Wheat Dinner Roll (180) Applesauce(14)</p> <p>Calories 596/Sodium 788mg</p>	<p>17</p> <p>Cream of Butternut Squash(103) Chicken Marsala (399) Over Buttered Noodles (35) Ratatouille (116) Low Sodium Wheat Bread (90) Orange</p> <p>Calories 901/Sodium 955mg</p>	<p>18</p> <p>Broccoli Egg Bake (475) Roasted Potatoes w/ Red Peppers & Onions (19) Stewed Tomatoes (251) Low Sodium Wheat Bread (90) Pears (5)</p> <p>Calories 711/Sodium 955mg</p>	<p>19</p> <p>*Roast Turkey w/ Gravy (616) Butternut Squash (32) Brussels Sprouts (17) Low Sodium Wheat Bread (90) Oatmeal Raisin Cookie(75)</p> <p>Calories 553/Sodium 985mg</p>	<p>20</p> <p>Salisbury Steak Meatloaf w/ Low Sodium Beef Gravy (168) Mashed Potatoes (68) Scandinavian Vegetables(41) Wheat Dinner Roll (180) Vanilla Pudding w/Topping (174)</p> <p>Calories 1005/Sodium 786mg</p>	
<p>23</p> <p>*Macaroni & Cheese (777) Brussels Sprouts (17) Low Sodium Wheat Bread (90) Mandarin Oranges(7)</p> <p>Calories 770/Sodium 1046mg</p>	<p>24</p> <p>Pot Roast Stroganoff (177) Over Buttered Noodles (40) Root Vegetables (34) Multigrain Bread (135) Tapioca Pudding w/Topping(183)</p> <p>Calories 794/Sodium 760mg</p>	<p>25</p> <p align="center">CHRISTMAS DAY HOLIDAY</p> <p align="center">NO MEAL DELIVERY</p>	<p>26</p> <p>Italian Garden Vegetable Soup(142) Chicken A L’Orange (273) Over Herbed Brown Rice (85) Green Beans & Red Peppers(4) Low Sodium Oatmeal Bread (140) Apple Raisin Compote (9)</p> <p>Calories 900/Sodium 866mg</p>	<p>27</p> <p>*Turkey Vegetable Casserole(665) Mashed Sweet Potatoes (28) Low Sodium Wheat Bread (90) Mixed Fruit(3)</p> <p>Calories 575/Sodium 941mg</p>	
<p>30</p> <p>*Chicken Cacciatore(644) Over Seasoned Orzo (32) Jardinière Blend Veq (32) Low Sodium Wheat Bread (90) Fresh Fruit</p> <p>Calories 702/Sodium 954mg</p>	<p>31</p> <p>Cheese Omelet (210), Sausage(165) Italian Roasted Red Potatoes (16) Red Peppers, Mushrooms, & onions(79) Low Sodium Wheat Bread (90) Applesauce(14)</p> <p>Calories 567/Sodium 729mg</p>				
<p>MENU SUBJECT TO CHANGE</p> <p>All meals include 1% Milk & Margarine. · \$3.00 Suggested donation per meal. *Item contains more than 500 mg sodium and is considered high sodium MONTHLY MENU AVAILABLE AT WWW.SPRINGWELL.COM</p> <p>To cancel a meal, please call (617) 972-5700 by 11am, TWO BUSINESS DAYS IN ADVANCE. Thank you!</p>		<p align="center"><u>Chilled Meal Re-Heating Instructions</u></p> <p>Conventional oven</p> <ul style="list-style-type: none"> o Eat or refrigerate immediately. o Reheat in oven at 350 degrees for 10-20 minutes. <p>Microwave oven</p> <ul style="list-style-type: none"> o Reheat in microwave on high for 2 to 3 minutes. o Peel back corner to vent. o Do not reheat in toaster oven. 	<p align="center">FOOD ALLERGIES</p> <p>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.</p>		
<p>***Denotes Higher Sodium \$2.50 Suggested donation per meal All soups served with crackers</p>					