

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>2</p> <p align="center">LABOR DAY HOLIDAY</p> <p align="center">NO MEAL DELIVERY</p>	<p>3</p> <p align="center">Chicken Meatballs (70) Rotini w/ Tomato Sauce(355) Tuscany Blend Vegetables (47) Low Sodium Wheat Bread (65) Pears(5)</p> <p align="center">Calories 666/Sodium 747mg</p>	<p>4</p> <p align="center">*Black Bean & Barley Chili (614) Brussels Sprouts (17) Low Sodium Wheat Bread (65) Applesauce(15)</p> <p align="center">Calories 783/Sodium 1136mg</p>	<p>5</p> <p align="center">LABOR DAY SPECIAL</p> <p align="center">Broccoli & Cheese Stuffed Chicken(410) Side of Macaroni and Cheese(267) Fresh Zucchini(5) Dinner Roll (132) Cupcake (170)</p> <p align="center">Calories 972/Sodium 1140mg</p>	<p>6</p> <p align="center">Italian Garden Vegetable Soup(142), Baked Fish Marsala (493), Garlic Mashed Potatoes(48), Broccoli & Cauliflower(14), Low Sodium Multigrain Bread(135),Fruit</p> <p align="center">Calories 773/Sodium 989mg</p>	
<p>9</p> <p align="center">Chicken Souvlaki (456) Over Buttered Orzo(32) Spinach (105) Low Sodium Wheat Bread (65) Applesauce(15)</p> <p align="center">Calories 780/Sodium 845mg</p>	<p>10</p> <p align="center">Lentil Spinach Soup (139) Pollock Loin w/ Lemon Dill Sauce (251), White Rice(84) Broccoli & Cauliflower (14) Low Sodium Multigrain Bread(135), Tapioca Pudding w/Topping (183) Calories 772/Sodium 1017mg</p>	<p>11</p> <p align="center">Pot Roast Beef Burgundy(177) Sour Cream & Chive Mashed Potatoes(48) Green Beans (3) Wheat Dinner Roll (180) Mixed Fruit(3)</p> <p align="center">Calories 736/Sodium 519mg</p>	<p>12</p> <p align="center">Chicken & Rice Bake (369) Carrots (59) Low Sodium Wheat Bread (65) Fresh Fruit</p> <p align="center">Calories 520/Sodium 603</p>	<p>13</p> <p align="center">Broccoli Egg Bake (475) Italian Roasted Red Bliss Potatoes (16) Stewed Tomatoes (251) Low Sodium Multigrain Bread (135) Brownie (294) Calories 981/Sodium 1194mg</p>	
<p>16</p> <p align="center">American Chop Suey (450) Tuscany Blend Vegetables (47) Dinner Roll (180) Peaches(8)</p> <p align="center">Calories 943/Sodium 839mg</p>	<p>17</p> <p align="center">Spinach Red Pepper Frittata (175) Home Fries(30) Brussels Sprouts (17) Low Sodium Wheat Bread (65) Chocolate Pudding w/ Topping (195)</p> <p align="center">Calories 739/Sodium 661mg</p>	<p>18</p> <p align="center">Chicken w/ Sauté Vegetables(336) Jasmine Coconut Rice (9) Spinach (146) Low Sodium Wheat Bread (90) Fresh Fruit</p> <p align="center">Calories 717/Sodium 734mg</p>	<p>19</p> <p align="center">Cream of Tomato Soup (243) w/ Crackers, Pot Roast w/Gravy (120) Mashed Potatoes (68) Peas & Carrots (82), Low Sodium Multigrain Bread (135) Chocolate Chip Cookie (60)</p> <p align="center">Calories 878/Sodium 948mg</p>	<p>20</p> <p align="center">Potato Crunch Pollock (337) Lemon Wedge Quinoa Pilaf (56) Scandinavian Vegetables (41) Low Sodium Wheat Bread (90) Mandarin Oranges (7)</p> <p align="center">Calories 728/Sodium 679mg</p>	
<p>23</p> <p align="center">Chicken Scallopini Over Buttered Noodles (329) Green Beans (3) Low Sodium Wheat Bread (65) Chocolate Pudding w/ Topping (195)</p> <p align="center">Calories 831/Sodium 772mg</p>	<p>24</p> <p align="center">Vegetable Soup w/ Chicken (81) Stuffed Pepper Casserole(224) Spinach (146) Low Sodium Wheat Bread (90) Pears (5)</p> <p align="center">Calories 803/Sodium 661mg</p>	<p>25</p> <p align="center">*Macaroni & Cheese (548) Broccoli & Cauliflower (14) Low Sodium Wheat Bread (90) Oatmeal Raisin Cookie(75)</p> <p align="center">Calories 763/Sodium 1111mg</p>	<p>26</p> <p align="center">*Quinoa White Bean Casserole(638) Brussels Sprouts (17) Low Sodium Multigrain Bread (135) Applesauce(15)</p> <p align="center">Calories 741/Sodium 960mg</p>	<p>27</p> <p align="center">*Roast Turkey w/ Gravy (616) Mashed Potatoes (68) Carrots (59) Dinner Roll (180) Fresh Fruit</p> <p align="center">Calories 628/Sodium 1015mg</p>	
<p>30</p> <p align="center">Mixed Bean & Vegetable Stew (486) Cauliflower Florets (17) Multigrain Bread (135) Pears (5)</p> <p align="center">Calories 607/Sodium 735mg</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 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>					