

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p align="center">Lasagna w/ Tomato Sauce (557)* Chicken Meatball (70) Tuscany Blend Vegetables (47) Wheat Multi Oat Top Bread (230) Cupcake w/ Sprinkles (170) Calories 814/Sodium 1096mg</p>	<p>4</p> <p align="center">Italian Garden Vegetable Soup (200) Salmon Loin w/ Dill Sauce (421) Italian Roasted Potatoes (4) Fresh Zucchini & Summer Squash Low Sodium Wheat Bread (65) Fresh Fruit Pear Calories 733/Sodium 866mg</p>	<p>5</p> <p align="center">Broccoli Mushroom Frittata (181) Sweet Potatoes (27) Green Beans (3) Blueberry Snack Loaf (160) Chocolate Pudding w/ Topping (195) Calories 795/Sodium 797mg</p>	<p>6</p> <p align="center">Pot Roast w/ Gravy (120) Mashed Potatoes (68) Spinach & Mushrooms Wheat Dinner Roll (180) Apple Raisin Compote w/ Topping(3) Calories 750/Sodium 668mg</p>	<p>7</p> <p align="center">Chicken Souvlaki (456) Over Seasoned Orzo (38) Brussel Sprouts (17) Low Sodium Multigrain Bread (135) Pineapple Calories 832/Sodium 793mg</p>
<p>10</p> <p align="center">COLUMBUS DAY HOLIDAY</p> <p align="center">NO MEAL DELIVERY</p>	<p>11</p> <p align="center">Potato Crunch Fish (300) Tartar Sauce (261) Italian Roasted Potatoes (4) Mixed Vegetables (56) Low Sodium Wheat Bread (65) Pears (4) Calories 846/Sodium 674mg</p>	<p>12</p> <p align="center">Crumb Topped Macaroni & Cheese (548) Fresh Broccoli (12) Low Sodium Multigrain Bread (135) Fruited Gelatin w/ Topping (11) Calories 884/Sodium 845mg</p>	<p>13 * AUTUMN SPECIAL</p> <p align="center">Mushroom Barley Soup w/ Crackers (211), Chicken w/ Apple Bread Stuffing, Gravy (712) Whipped Butternut Squash (32) Country Blend Vegetables Low Sodium Wheat Bread (65) Pumpkin Pudding w/ Topping (167) Calories 1072/Sodium 1379mg</p>	<p>14</p> <p align="center">Meatloaf (116) Mushroom Gravy (122) Mashed Potatoes (68) Green Beans (3) Low Sodium Wheat Bread (65) Fresh Fruit Calories 907/Sodium 511mg</p>
<p>17</p> <p align="center">Spinach & Red Pepper Quiche (320), Ratatouille (116) Italian Roasted Potatoes (4) Snack n Loaf Muffin (160) Tropical Fruit Calories 753/Sodium 737mg</p>	<p>18</p> <p align="center">Vegetable Soup w/ Crackers (264) Unstuffed Pepper Casserole (224) Italian Blend Vegetables (19) Tossed Garden Salad (168) Wheat Dinner Roll (180) Fresh Fruit Calories 809/Sodium 993mg</p>	<p>19</p> <p align="center">Breaded Fish Sandwich (190) Cheddar Cheese (185) Tartar Sauce (261) Sweet Potato Tots (121) Tuscany Blend Vegetables (47) Hamburger Roll (80) Fig Bar (99) Calories 784/Sodium 1030mg</p>	<p>20</p> <p align="center">Chicken w/ Sauté Vegetables(347) Jasmine Coconut Rice (9) Wheat Multi Oat Top Bread (230) Pears (4) Calories 693/Sodium 612mg</p>	<p>21</p> <p align="center">Pot Roast Stroganoff (179) Over Noodles (40) Summer/Spring Blend Low Sodium Wheat Bread (65) Tapioca Pudding w/ Topping (183) Calories 860/Sodium 671mg</p>
<p>24</p> <p align="center">Chicken Caribbean Stew (180) Spinach (145) Wheat Dinner Roll (180) Tapioca Pudding w/ Topping (183) Calories 661/Sodium 824mg</p>	<p>25</p> <p align="center">Baked Ziti w/ Tomato Sauce (744)* Chicken Meatball (70) Fresh Broccoli (12) Low Sodium Wheat Bread (65) Pears (4) Calories 771/Sodium 1033mg</p>	<p>26 *</p> <p align="center">Hot Dog Kayem (550)* Coleslaw (45) Baked Beans (140) Low Sodium Hot Dog Roll Ketchup, Mustard, Relish (218) Peaches (8) Calories 753/Sodium 1278mg</p>	<p>27</p> <p align="center">Cream of Pumpkin Soup w/ Crackers (383) Pot Roast w/ Burgundy Sauce (170) Cheddar Mashed Potato (99) Honey Glazed Carrots (77) Cornbread Loaf (211) Fresh Fruit Calories 1010/Sodium 1077mg</p>	<p>28</p> <p align="center">Breaded Alaskan Pollock (190) Lemon Wedge Whipped Sweet Potatoes (27) Green Beans (3) Low Sodium Wheat Bread (65) Fudge Brownie (297) Calories 746/Sodium 654mg</p>
<p>31</p> <p align="center">Chicken a l'Orange (273) Rice Pilaf (99) Brussel Sprouts (17) Multigrain Bread (135) Oreo Cookies (85) Calories 765/Sodium 746mg</p>				

• Milk contributes an additional 100 mg sodium.
 • Baked Goods contribute an average of 150 mg sodium, Pudding contributes an average of 175mg sodium,
 Fruit contributes an average of 0 mg sodium, Butter contributes an additional 45 mg sodium,
 Crackers (with soup) contribute an additional 55 mg sodium.
 • Calorie and sodium information at the bottom of the menu is for entire meal including milk, butter, crackers if served.
 (V) = Vegetarian | All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.
 ***Denotes Higher Sodium \$2.50 Suggested donation per meal All soups served with crackers

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Egg Salad (130) Summer Potato Salad (65) Squash Zucchini Red Onion Salad (6) Multigrain Bread (270) Mandarin Oranges Calories 769/Sodium 585mg	4 Turkey, (435) Swiss Cheese (35) Mayonnaise (64) Lettuce Leaf, Potato Salad (100) Beet Salad (143) Wheat Bread (130) Diet Vanilla Pudding w/ Topping (195) Calories 871/Sodium 1096mg	5 Roast Beef (233),Provolone(116) Lite Mayonnaise (4) Lettuce Leaf Spinach Mandarin Orange (206) Macaroni Salad (138), Low Sodium Multigrain Bread(135) Fresh Fruit Orange Calories 995/Sodium 1074mg	6 Curry Chicken Salad (72) Lettuce Leaf Orzo Vegetable Salad (13) Cole Slaw (45) Wheat Multi Oat Top Bread (230) Mixed Fruit Calories 843/Sodium 471mg	7 Tuna Salad (241) Over Tossed Garden Salad w/ Italian Dressing (168) Italian Pasta Salad (138) Snack n Loaf Muffin (160) Vanilla Wafers (69) Calories 795/Sodium 1040mg
10 COLUMBUS DAY HOLIDAY NO MEAL DELIVERY	11 Egg Salad (130) Root Vegetable Salad (86) Macaroni Salad (138) Wheat Multi Oat Top Bread (230) Lorna Doones (100) Calories 980/Sodium 791mg	12 Tuna Salad (241) Lettuce Leaf Sweet Potato Salad (60) Tossed Garden Salad w/ Lite Italian Dressing (168) Low Sodium Wheat Bread(130) Fresh Fruit Orange Calories 708/Sodium 863mg	13 Roast Beef (233) Swiss Cheese(35), Mustard (55) Lettuce Leaf Balsamic Pasta Salad (14) Cole Slaw (45) Multigrain Bread (270) Pineapple (9) Calories 833/Sodium 769mg	14 Turkey(435), Swiss Cheese (35) Lite Mayonnaise (4) Lettuce Leaf Spinach Mandarin Orange (206) Summer Potato Salad (65) Low Sodium Wheat Bread(130) Peaches (6) Calories 787/Sodium 991mg
17 California Chicken Salad (70) Root Vegetable Salad (86) Potato Salad (100) Low Sodium Wheat Bread (130) Mixed Fruit Calories 829/Sodium 497mg	18 Tuna Salad (241) Lettuce Leaf English Pea Salad (156) Zucchini Salad (64) Low Sodium Multigrain Bread(135) Diet Chocolate Pudding w/ Topping (142) Calories 690/Sodium 981mg	19 Egg Salad (130) Lettuce Leaf Spinach Mandarin Salad (206) Balsamic Vinaigrette Pasta Salad (14) Low Sodium Wheat Bread (130) Peaches (6) Calories 773/Sodium 596mg	20 Roast Beef (233),Provolone (116) Mayonnaise (64) Lettuce Leaf Potato Salad (100) Broccoli Slaw (145) Low Sodium Wheat Bread(130) Lorna Doones (100) Calories 988/Sodium 936mg	21 Turkey(435), Swiss Cheese (35) Mayonnaise (64) Lettuce Leaf Beet Salad (143) Italian Pasta Salad (138) Wheat Multi Oat Top Bread (230) Fresh Fruit Calories 962/Sodium 1092mg
24 Egg Salad (130) Garden Shell Pasta Salad (201) Cauliflower Carrot Salad Low Sodium Wheat Bread (130) Tropical Fruit Calories 904/Sodium 664mg	25 Tuna Salad (241) Lettuce Leaf Spinach Mandarin Orange Salad w/ Dressing (206) Macaroni Salad (138) Low Sodium Multigrain Bread(135) Vanilla Wafers (69) Calories 876/Sodium 1032mg	26 Chicken Salad (75) Tossed Garden Salad w/ Italian Dressing (168) Potato Salad (100) Snack n Loaf Muffin (160) Diet Vanilla Pudding w/ Topping (195) Calories 761/Sodium 783mg	27 Turkey(435), Swiss Cheese (35) Mayonnaise (64) Lettuce Leaf Broccoli Slaw (145) Balsamic Pasta Salad (14) Wheat Multi Oat Top Bread (230) Pineapple (9) Calories 868/Sodium 981mg	28 Roast Beef (233), Provolone (116) Lite Mayonnaise(4), Lettuce Leaf Quinoa Tabbouleh Salad (28) Tossed Garden Salad w/ Lite Italian Dressing (168) Low Sodium Multigrain Bread(135) Fresh Fruit Calories 809/Sodium 927mg
31 Turkey(435), Swiss Cheese (35) Mayonnaise (64) Carrot Raisin Salad (137) Orzo Vegetable Salad (13) Low Sodium Wheat Bread (130) Mixed Fruit Calories 986/Sodium 865mg				
<ul style="list-style-type: none"> Milk contributes an additional 100 mg sodium. Baked Goods contribute an average of 150 mg sodium, Pudding contributes an average of 175mg sodium, Fruit contributes an average of 0 mg sodium, Butter contributes an additional 45 mg sodium, Crackers (with soup) contribute an additional 55 mg sodium. Calorie and sodium information at the bottom of the menu is for entire meal including milk, butter, crackers if served. (V) = Vegetarian All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers. ***Denotes Higher Sodium \$2.50 Suggested donation per meal All soups served with crackers			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.	