HESSCO ELDER SERVICES
Care. Support. Solutions.

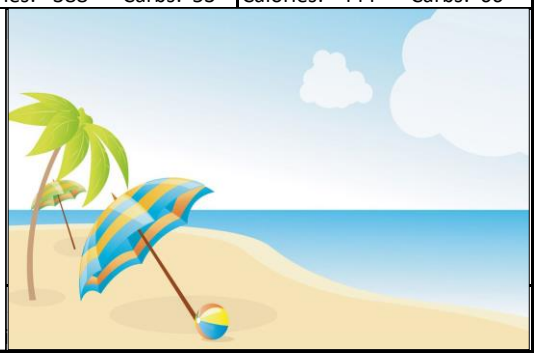
August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sodium (mg): Na+	**4** Na+	**5**	**6** Na+	**7** Na+
LS Hot Dog* 550	Grilled Chicken 320	Beef Picadillo 251	Turkey Divan 321	Fiesta Omelet 382
Mustard 55	with Supreme Sauce 111	Fluffy Rice 36	Mashed Potato 62	Hash Browns 136
Baked Beans 36	Red Bliss Potatoes 4	Scandinavian Blend 42	>Multigrain Bread 190	Tomato Florentine 121
Cabbage & Carrots 47	Carrots 77	Vegetables	#Hermit Cookie 108	>Fruit Loaf 240
Hot Dog Roll 210	>Oatmeal Roll 121	>WW Bread 160	Diet: Graham Wafer	Mandarin Oranges 6
Applesauce 15	Orange 0	Pineapple Chunks 1		
Total Sodium: 913	Total Sodium: 633	Total Sodium: 490	Total Sodium: 681	Total Sodium: 886
Calories: 589 Carbs: 70	Calories: 425 Carbs: 62	Calories: 440 Carbs: 64	Calories: 617 Carbs: 76	Calories: 553 Carbs: 73
10 Na*	**11** Na*	**12** Na*	**13** Na*	**14** Na*
Cheeseburger 387	Chicken Chow 253	American Chop Suey 211	Roasted Turkey 360	Potato Pollock Filet 150
Ketchup* 82	Mein	Spring and Summer 57	with Gravy 70	Tartar Sauce 261
Roasted Potatoes 33	Asian Rice 92	Vegetables	Cranberry Sauce 16	Lyonnaise Potatoes 112
Glazed Carrots 83	>WW Bread 160	Scali Bread 190	Mashed Potato 62	Wax & Green Beans 3
Hamburger Roll 230	Pineapple Chunks 1	Peaches 5	Winter Squash 13	>WW Roll 160
Orange 0			>Oatmeal Bread 121	Applesauce 15
			#Tapioca Pudding 130	
Total Sodium: 814	Total Sodium: 507	Total Sodium: 463	Total Sodium: 772	Total Sodium: 701
Calories: 658 Carbs: 73	Calories: 418 Carbs: 56	Calories: 433 Carbs: 63	Calories: 637 Carbs: 107	Calories: 543 Carbs: 73
17 Na+	**18** Na*	**19** Na*	**20** Na*	**21** Na*
Lasagna Roll Ups 370	Beef Stroganoff 278	Chicken Bruschetta 394	Macaroni & Cheese 403	Beef Chili 176
Italian Blend 26	Egg Noodles 35	Whipped Sweet 33	Escalloped Tomato 143	Fluffy Rice 36
Vegetables	Broccoli 12	Potato	>Fruit Loaf 160	Roman Blend 26
Snowflake Roll 180	>Multigrain Bread 190	Tahitian Blend 38	Mandarin Oranges 6	Vegetables
Peaches 5	Pears 4	Vegetables		>WW Roll 160
		>Oatmeal Bread 121		Cantaloupe 7
		#Brownie 132		
Total Sodium: 581	Total Sodium: 519	Total Sodium: 717	Total Sodium: 712	Total Sodium: 405
Calories: 385 Carbs: 69	Calories: 677 Carbs: 66	Calories: 528 Carbs: 72	Calories: 670 Carbs: 87	Calories: 418 Carbs: 57
24 Na*	**25** Na*	**26** Na*	**27**	**28** Na*
Greek Meatballs 354	Catch of the Day 302	Meatloaf with 131	Chicken Teriyaki 478	Turkey Stew with 571
Mashed Potato 62	Lemon Dill Sauce 111	Rosemary Gravy 124	Asian Rice 92	Vegetables
Country Blend 32	Rice Florentine 112	Mashed Potato 62	Oriental Blend 26	Penne Pasta 1
Vegetables	Malibu Blend 59	Brussel Sprouts 12	Vegetables	Dinner Roll 160
>Wheat Bread 115	Vegetables	>Multigrain Bread 190	>Oatmeal Bread 121	Mandarin Oranges 6
Apple 2	>WW Roll 160	#Birthday Cake 209	Pears 5	
	Mixed Fruit 10	LS Cake		
Total Sodium: 566	Total Sodium: 754	Total Sodium: 727	Total Sodium: 722	Total Sodium: 738
Calories: 604 Carbs: 86	Calories: 586 Carbs: 68	Calories: 701 Carbs: 103	Calories: 388 Carbs: 53	Calories: 444 Carbs: 66
31 Na*				
Sausage, Peppers and Onions 520				
Pasta Alfredo 116				
Sub Roll 162				
Peaches 5				
Total Sodium: 803				
Calories: 496 Carbs: 69				

All Meals Include:
Milk:
110 Calories
125mg Sodium
13g Carbs

Margarine:
36 Calories
47mg Sodium

FOR RESERVATIONS OR CANCELLATIONS CALL 781-784-4944 AT LEAST 24 HOURS IN ADVANCE. FOR WEATHER EMERGENCIES PLEASE CHECK WITH WCVB CHANNEL 5
A $3.00 SUGGESTED VOLUNTARY DONATION IS REQUESTED PER MEAL.



Meals are based on a No-Added Salt (3-4 gm/day) Diet for Healthy Older Adults : * Indicates a food with more than 500mg sodium
# Indicates a food is high in sugar, > Indicates a food is high in fiber

Your voluntary $3 donation today, provides more meals tomorrow.