



Monday	Tuesday	Wednesday	Thursday	Friday
<p>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>	<p>FOR RESERVATIONS OR CANCELLATIONS CALL 781-784-4944 AT LEAST 24 HOURS IN ADVANCE.</p> <p>FOR WEATHER EMERGENCIES PLEASE CHECK WITH WCVB CHANNEL 5</p>	<p>1 Sodium (mg): Na⁺</p> <p>Caribbean Chicken 381 Pineapple Rice 35 California Blend 27 Wheat Bread> 115 Tapioca Pudding# 130 Diet: Low Sugar Pudd 100</p> <p>Total Sodium: 788 Calories: 506 Carbs: 69</p>	<p>2 Sodium (mg): Na⁺</p> <p>Hot Dog *550 Mustard 55 Baked Beans 36 Hot German Slaw 81 Hot Dog Roll 210 Peaches 5</p> <p>Total Sodium: 937 Calories: 593 Carbs: 69</p>	<p>3 Sodium (mg): Na⁺</p> <p>Fish Nuggets 360 Tartar Sauce 261 Confetti Rice 43 Green Beans 3 Snowflake Roll 260 Mandarin Oranges 7</p> <p>Total Sodium: 932 Calories: 640 Carbs: 84</p>
<p>6</p> <p>Chicken Cacciatore 446 Italian Penne 1 Genoa Blend 40 Multigrain Bread> 190 Pineapple 1</p> <p>Total Sodium: 679 Calories: 531 Carbs: 78</p>	<p>7</p> <p>Beef Chili 176 Fluffy Rice 36 Corn Bread 280 Fresh Clementine 0</p> <p>Total Sodium: 492 Calorie: 526 Carbs: 78</p>	<p>8</p> <p>Pork w/ Rosemary Gravy 190 Au Gratin Potatoes 154 Winter Blend Veg 15 Oatmeal Bread> 121 Prepackaged Cookie# 171 SF Cookie</p> <p>Total Sodium: 651 Calories: 764 Carbs: 80</p>	<p>9</p> <p>Swedish Chicken Meatballs 341 Egg Noodles 35 Mixed Veg 41 WW Bread> 160 Mandarin Oranges 7</p> <p>Total Sodium: 583 Calories: 583 Carbs: 74</p>	<p>10</p> <p>Crustless Chicken Pot Pie 273 Garlic Mash. Potatoes 53 Biscuit 340 Pears 4</p> <p>Total Sodium: 670 Calories: 560 Carbs: 72</p>
<p>13</p> <p>American Chop Suey 211 Broccoli 9 WW Roll> 160 Mixed Fruit 10</p> <p>Total Sodium: 390 Calories: 416 Carbs: 60</p>	<p>14</p> <p>Braised Beef 254 Whipped Sweet Potato 33 Brussel Sprouts 12 Oatmeal Bread> 121 Fresh Apple 2</p> <p>Total Sodium: 421 Calorie: 571 Carbs: 74</p>	<p>15</p> <p>Chicken Marsala 439 Florentine Rice 112 Tuscany Blend 56 Scali Bread 310 Peaches 5</p> <p>Total Sodium: 922 Calories: 482 Carbs: 66</p>	<p>16</p> <p>Baked Ham w/ *931 Honey Glaze 37 Red Bliss Potatoes 4 Carrots & Turnips 29 Honey Wheat Bread 121 Chocolate Fudge Brownie# 160 Diet: SF Dessert</p> <p>Total Sodium: *1283 Calories: 714 Carbs: 104</p>	<p>17</p> <p>"Catch of the Day" 250 Lemon Dill Sauce 111 Rice Pilaf 134 Peas 58 Multigrain Bread> 190 Pears 5</p> <p>Total Sodium: 749 Calories: 446 Carbs: 65</p>
<p>20</p> <p>Chicken Alfredo 435 Bowtie Pasta 1 Italian Blend Veg 36 WW Roll> 160 Pineapple 1</p> <p>Total Sodium: 633 Calories: 489 Carbs: 71</p>	<p>21</p> <p>Spinach & Cheese Omelet 393 Potato Wedges 27 Peppers & Onions 3 Fruit Loaf> 170 Orange Juice Cup 5</p> <p>Total Sodium: 598 Calorie: 692 Carbs: 90</p>	<p>22</p> <p>Cheeseburger 387 Ketchup 82 O'Brien Potatoes 117 Green Beans 3 HB Roll 230 Banana 1</p> <p>Total Sodium: 819 Calories: 628 Carbs: 66</p>	<p>23</p> <p>Mac n' Cheese 404 Escalloped Tomatoes 143 Multigrain Roll> 190 Flavored Applesauce 15</p> <p>Total Sodium: 752 Calories: 592 Carbs: 79</p>	
<p>27</p> <p>BBQ Pork Rib 280 Scalloped Potatoes 185 Beans Bonanza 39 Potato Bread 120 Mandarin Oranges 7</p> <p>Total Sodium: 631 Calories: 388 Carbs: 56</p>	<p>28</p> <p>Turkey Stew *587 White Rice 4 WW Roll> 210 Pineapple 1</p> <p>Total Sodium: 803 Calorie: 449 Carbs: 71</p>	<p>29</p> <p>Beef & Cabbage 300 Casserole Mashed Potatoes 52 Oatmeal Roll> 121 Birthday Cake# 209 Diet: Low Sugar Cake 210</p> <p>Total Sodium: 682 Calories: 618 Carbs: 100</p>	<p>30</p> <p>Mini Ravioli w/ 400 Pesto Sauce 65 Tahitian Blend 38 Multigrain Roll> 190 Pears 4</p> <p>Total Sodium: 697 Calories: 496 Carbs: 68</p>	

* Indicates food more than 500 mg sodium, # high sugar content, > high fiber bread Please inform HESSCO if you have any food allergies.
Consumers should anticipate frequent menu substitutions in the near future due to supply chain shortages.

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