



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sodium (mg): Na ⁺ Chicken Marsala 439 w/ Penne Pasta 1 Broccoli 9 Oatmeal Roll > 121 Banana 1	2 Sodium (mg): Na ⁺ Meatloaf 240 w/Mushroom Gravy 148 Au Gratin Potato 154 Creamed Spinach 55 Multigrain Bread > 194 Oatmeal Raisin 124 Cookie #	3 Sodium (mg): Na ⁺ Salmon w/ Lemon 67 Pepper Sauce 111 Fluffy Rice 36 Riveria Blend 16 WW Bread > 7 Mandarin Oranges 160	4 Sodium (mg): Na ⁺ Mac n' Cheese 404 Escalloped Tomatoes 143 Snowflake Roll 4 Pineapple 1
	Total Sodium: 570 Calories: 423 Carbs: 58	Total Sodium: 911 Calories: 590 Carbs: 80	Total Sodium: 397 Calories: 429 Carbs: 55	Total Sodium: 553 Calories: 603 Carbs: 86
7 Chicken Strips 496 w/ Chili Lime Sauce 19 Confetti Rice 43 Mexicali Corn 6 Flour Tortilla 236 Fresh Orange 0	8 Lazy Stuffed Pepper 293 Green Beans 3 Multigrain Roll > 190 Butterscoth 251 Pudding # LS Pudding 100	9 Cheese Lasagna 359 Ratetouille 107 Oatmeal Roll > 121 Applesauce 15 	10 Italian Braised Beef 78 Garlic Mashed 53 Potatoes Peas & Mushrooms 133 WW Roll > 160 Pears 4	11 Veggie Chili 285 Fluffy Rice 4 Corn Muffin 280 Peaches 8
Total Sodium: 799 Calories: 500 Carbs: 73	Total Sodium: 837 Calories: 591 Carbs: 84	Total Sodium: 601 Calories: 324 Carbs: 49	Total Sodium: 427 Calories: 567 Carbs: 78	Total Sodium: 577 Calories: 535 Carbs: 101
14 Chicken Cordon * Blue 550 Whipped Sweet Potatoes 33 Italian Blend Veg 36 Wheat Bread > 115 Mixed Fruit 10	15 American Chop Suey 211 Mixed Vegetable 41 Pumpernickel Bread 155 Mandarin Oranges 7 	16 Chicken & Sausage 187 Paella with Rice Broccoli 12 Oatmeal Roll > 121 Banana 1	17 Roast Turkey w/ Rosemary Gravy 384 Winter Squash 124 Mashed Potato 11 Honey Wheat Bread 52 Cheesecake # 135 SF Bistro Cake 330 230	18 Tuna Noodle 229 Casserole Carrot Coins 33 Multigrain Roll > 100 Pineapple 79
Total Sodium: 744 Calories: 501 Carbs: 66	Total Sodium: 413 Calories: 434 Carbs: 63	Total Sodium: 321 Calories: 709 Carbs: 117	Total Sodium: *1037 Calories: 801 Carbs: 100	Total Sodium: 611 Calories: 440 Carbs: 69
21 Presidents Day 	22 Hot Dog * 550 w/ Hot Dog Bun 210 Baked Beans 36 Hot German Slaw 81 Peaches 8	23 Tortellini w/ Primavera Sauce 345 Italian Blend Veg 36 Scali Bread 310 Birthday Cake # 209 SF Cake 230	24 Chicken Alla Vodka w/ Penne * 518 Peas 82 WW Bread > 160 Pears 2 	25 Broccoli & Cheese Omelet 388 Hashbrowns 136 Peppers & Onions 41 Fruit loaf > 102 Orange Juice
Total Sodium: Calories: Carbs:	Total Sodium: 885 Calories: 653 Carbs: 85	Total Sodium: 899 Calories: 527 Carbs: 92	Total Sodium: 764 Calories: 455 Carbs: 65	Total Sodium: 666 Calories: 562 Carbs: 70
28 Chicken Teriyaki * 517 Pineapple Rice 35 Oriental Blend Veg 26 Honey Wheat Roll > 135 Applesauce 15	All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack. Congregate Meal participants may take home packaged bread, desserts and milk.	FOR RESERVATIONS OR CANCELLATIONS CALL 781- 784-4944 AT LEAST 24 HOURS IN ADVANCE. FOR WEATHER EMERGENCIES PLEASE CHECK WITH WCVB CHANNEL 5	
Total Sodium: 729 Calories: 416 Carbs: 67				

* 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.

