










Monday	Tuesday	Wednesday	Thursday	Friday
3 Sodium (mg): Na+ Cheeseburger 384 w/ Hamburger Bun 27 Potato Wedges 2 Chuckwagon Corn 230 Pineapple 1 Total Sodium: 644 Calories: 724 Carbs: 83	4 Sodium (mg): Na+ Beef Stew w/ Veg 277 Boiled Potatoes 51 Oatmeal Roll > 121 Mixed Fruit 10  Total Sodium: 459 Calories: 578 Carbs: 66	5 Sodium (mg): Na+ Grilled Chicken 426 Parm w/ Fettuccine 3 Broccoli 12 Scali Bread 310 Fresh Apple 2 Total Sodium: 753 Calories: 615 Carbs: 103	6 Sodium (mg): Na+ Sweet n' Sour 214 Meatballs 36 Fluffy Rice 36 Green Beans 3 WW Bread > 160 Pound Cake 240 Total Sodium: 654 Calories: 580 Carbs: 75	7 Sodium (mg): Na+ Cheese Omelet 411 w/ Salsa 136 Hashbrowns 136 Zucchini & Summer Squash Mix 3 Fruitloaf > 160 Orange Juice 0 Total Sodium: 710 Calories: 580 Carbs: 72
10 BBQ Pork Patty 280 Baked Beans 36 Hot German Slaw 81 Corn Bread 280 Peaches 5 Total Sodium: 682 Calories: 500 Carbs: 76	11 Buttermilk Chicken 459 Parsley Mashed Potatoes 56 Tuscany Vegetables 56 Multigrain Bread > 190 Cookie # 171 SF Cookie Total Sodium: 929 Calories: 738 Carbs: 99	12 Tuna Sandwich on a Sub Roll 408 Pasta Salad 56 Beet Salad 173 Pineapple 1 Total Sodium: 800 Calories: 469 Carbs: 66	13 Roast Turkey w/ Gravy 373 Sour Cream & Chive Mashed Potatoes 92 Winter Squash Mix 11 Whole Wheat Roll> 160 Banana 1 Total Sodium: 638 Calories: 584 Carbs: 93	14 Ziti w/ Meat Sauce 164 Peas 82 Oatmeal Roll > 121 Pears 4  Total Sodium: 371 Calories: 552 Carbs: 74
17  No Meal Served	18 "Catch of the Day" w/ Flortentine Sauce 180 Whipped Sweet Potatoes 109 Chickpea Blend 33 Honey Wheat Roll > 52 Mandarin Oranges 135 6 Total Sodium: 515 Calories: 380 Carbs: 61	19 Chicken Cantonese 154 Pineapple Rice 35 Multigrain Roll > 190 Chocolate Pudding# 191 SF Pudding 100 Total Sodium: 570 Calories: 538 Carbs: 71	20 Meatloaf w/ Onion Gravy 80 Cheesy Mashed Potatoes 80 Glazed Carrots 83 Potato Bread 120 Mixed Fruit 1q Total Sodium: 643 Calories: 526 Carbs: 84	21 Crustless Chicken Pot Pie w/Veggies 273 Oven Brown Potatoes 33 Buscuit 340 Flavored Applesauce 15 Total Sodium: 661 Calories: 510 Carbs: 61
24 Mac n' Cheese 404 Escalloped Tomatoes 143 Dinner Roll 210 Fresh Orange 0 	25 Grilled Chicken w/ Greek Sauce 320 Rice Pilaf 118 Green Beans & Red Peppers 173 WW Bread > 68 Peaches 160 5 Total Sodium: 694 Calories: 596 Carbs: 93	26 American Chop Suey 211 Broccoli, Onions & Mushrooms 15 Onion Roll 260 Birthday Cake # 209 SF Cake 210 Total Sodium: 694 Calories: 596 Carbs: 93	27 Turkey a La King 215 Garlic Mashed Potatc 53 Peas and Carrots 80 Oatmeal Bread > 121 Pears 4  Total Sodium: 471 Calories: 530 Carbs: 74	28 Fish Nuggets w/ Tartar Sauce 150 Potato Wedges 261 Beans Bonanza 27 Multigrain Roll > 39 Pineapple 190 1 Total Sodium: 668 Calories: 629 Carbs: 82
31 LS Hot Dog on a Roll 550* Baked Beans 210 Cabbage & Carrots 36 Mixed Fruit 47 10  Total Sodium: 853 Calories: 596 Carbs: 71	All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 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	

* 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.

