



December 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 S	3	4	5 S
Big Mac Burger 282 w/ American Cheese 381 Potato Wedges 27 Chuckwagon Veg Blend 2 WW Hamburger Bun> 230 Fresh Apple 2	Chicken Corn stew 307 Broccoli 12 Oatmeal Bread> 121 Mixed Fruit 10 	Korean Meatballs ## Egg Noodles 30 Mixed Veg, 41 Snowflake Roll ## Pineapple Tidbits 1	Pork Roast 243 Rosemary Gravy 117 Yukon Gold Potatoes 59 Glazed Carrots 83 Dinner Roll 121 Fruit Cocktail 10	Macaroni & Cheese* 588 Escalloped Tomatoes 143 Snack N Loaf> 160 Tropical Fruit 10 
Total Sodium: 923 Calories: 706 Cart 91	Total Sodium: 450 Calories: 371 Carbs 48	Total Sodium: 553 Calories: 583 Carbs 86	Total Sodium: 632 Calories: 577 Carl 71	Total Sodium: 901 Calories: 653 Car 94
8	9	10 S	11 S	12 S
Chicken Breast 320 w/ Gravy 65 Au Gratin Potatoes 172 Glazed Carrots 43 Whole Grain Roll> 115 Mandarin Oranges 7	Beef Lo Mein 254 Asian Veg Blend 21 Wheat Roll> 160 Mixed Fruit 10 	Cheese Lasagna Roll ## Alfredo Sauce ## Green Beans 3 Dinner Roll ## Diced Pears 5	Shepherd's Pie 261 Mixed Vegetables 41 Wheat Roll> 160 Chocolate Cake# 180 Mod:LS Choclae Pudding	Lentil Bolognese 214 Bow Tie Pasta 1 Peas and Mushrooms 133 Scali Bread 121 Diced Peaches  5
Total Sodium: 722 Calories: 402 Cart 53	Total Sodium: 445 Calories: 552 Carbs 80	Total Sodium: 702 Calories: 421 Carbs 63	Total Sodium: 642 Calories: 802 Carl 116	Total Sodium: 473 Calories: 554 Car 103
S S	16 S	17 R/S	18	19 R
Meatloaf 230 w/ Gravy 105 Cheesey Mashed Potatoes 77 Brussels Sprouts 12 Multi Grain Bread> 190 Fresh Orange 0	Chicken Pot Pie 307 Garlic Mashed Potatoes 49 Biscuit 310 Pineapple Tidbits 1 	Hebed Pollock ## w/ Newburg Sauce 62 Yellow Rice 32 Green Beans 3 Wheat Roll> ## Fresh Banana 1 https://hesscoes.sharepoint.com	Holiday Ham* 677 w/ Pineapple Glaze 98 Mashed Potatoes 49 Glazed Carrots 83 Dinner Roll 210 Cherry Pie # 90 Mod: Sugar Cookie	Veggie Fried Rice 38 Broccoli 12 Wheat Bread> 115 Mandarin Oranges 7 
Total Sodium: 613 Calories: 485 Cart 81	Total Sodium: 668 Calories: 529 Carbs 78	Total Sodium: 447 Calories: 439 Carbs 77	Total Sodium: 1206 Calories: 675 Carl 100	Total Sodium: 182 Calories: 475 Car 96
22	23	24 S	25	26 R
Pork Rib Patty 280 Red Bliss Potatoes 15 Mixed Veg Blend 2 Wheat Roll> 160 Pears 	All Beef Hot Dog 540 Baked Beans 37 Whole Kernel Corn 1 Hot Dog Roll 210 Mandarin Oranges 7 Mustard 55	Egg Salad ## Bowtie Pasta Salad ## Broccoli Salad ## Sub Roll ## Peaches 5	No Meals Served 	Teriyaki Chicken 469 Asian Rice 73 Oriental Veg Blend 21 Oatmeal Roll> 121 Mixed Fruit 10
Total Sodium: 462 Calories: 408 Cart 69	Total Sodium: 850 Calories: 642 Carbs 82	Total Sodium: 903 Calories: 548 Carbs 72		Total Sodium: 704 Calories: 388 Car 54
29 S	30	31 R	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.	
Cannellini Bean Cacciatore 260 Egg Noodle 30 Sliced Carrots 77 Snowflake Roll 260 Pineapple Tidbits 1	Crunchy Fish Filet 150 Potato Wedges 27 Green Bean/Red Peppers 68 WW Roll> 160 Diced Peaches 5	Orange Chicken ## Jasmine Rice 31 Asian Veg Blend 26 Multi Grain Bread> ## Birthday Cake ##		
Total Sodium: 628 Calories: 692 Cart 130	Total Sodium: 409 Calories: 515 Carbs 75	Total Sodium: 905 Calories: 524 Carbs 71	All Meals include: Milk: 110 Calories 125mg Sodium 13g Carbs Margarine: 36 Calories 47mg Sodium	

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, Menu Subject to change without notice

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