# HESSCO ELDER SERVICES

Care. Support. Solutions.

# March 2022

www.hessco.org
781-784-4944

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **FOR RESERVATIONS OR CANCELLATIONS CALL 781-784-4944 AT LEAST 24 HOURS IN ADVANCE.**<br><br>**FOR WEATHER EMERGENCIES PLEASE CHECK WITH WCVB CHANNEL 5** | **1** Sodium (mg): Na+<br>Grilled Chicken w/ Peach Salsa 365<br>Fluffy Rice 36<br>Glazed Carrots 83<br>Snowflake Roll 260<br>Banana 1<br>Total Sodium: 745<br>Calories: 538 Carbs: 83 | **2** Sodium (mg): Na+<br>Cheese Lasagna w/ Tomato Florentine 450<br>Peas & Mushrooms 133<br>Oatmeal Roll > 121<br>Pears 5<br>Total Sodium: 709<br>Calories: 498 Carbs: 69 | **3** Sodium (mg): Na+<br>Salisbury Steak w/ Onion Gravy 386<br>O'Brien Potatoes 110<br>Mixed Vegetables 117<br>WW Roll > 41<br>Pineapple 160<br>1<br>Total Sodium: 813<br>Calories: 672 Carbs: 77 | **4** Sodium (mg): Na+<br>Potato Pollock w/ Tartar Sauce 337<br>Potato Wedges 0<br>Winter Blend Veg 27<br>Honey Wheat Bread > 15<br>Mixed Fruit 135<br>10<br>Total Sodium: 784<br>Calories: 714 Carbs: 79 |
| **7**<br>California Chicken 337<br>Salad<br>Beet Salad 173<br>German Potato Salad 85<br>WG Roll> 160<br>Fresh Orange 0<br>Total Sodium: 755<br>Calories: 471 Carbs: 74 | **8**<br>LS Hot Dog *550<br>on a Roll 210<br>Baked Beans 140<br>Green Beans 3<br>Cinnamon Applesuce 14<br>Mustard Packet 55<br>Total Sodium: 973<br>Calories: 571 Carbs: 65 | **9**<br>Beef Burgundy 241<br>Whipped Sweet Potato 33<br>Peas 82<br>Honey Wheat Bread> 135<br>Fresh Apple 2<br>Total Sodium: 493<br>Calories: 643 Carbs: 87 | **10**<br>Roast Chicken w/ Apricot Sauce 320<br>White Rice 29<br>Brussel Sprouts 36<br>Multigrain Bread > 12<br>Cookie # 190<br>Diet: Graham Wafer 171<br>Total Sodium: 736<br>Calories: 686 Carbs: 90 | **11**<br>Mini Ravioli 400<br>Italian Blend Veg 26<br>WW Roll> 160<br>Peaches 5<br>Total Sodium: 591<br>Calories: 455 Carbs: 64 |
| **14**<br>Meatballs on a Sub Roll 490<br>Rotini 160<br>Broccoli and Cauliflower Blend 7<br>Pears 15<br>5<br>Total Sodium: 679<br>Calories: 469 Carbs: 69 | **15**<br>Teriyaki Chicken 215<br>Asian Rice 78<br>Oriental Blend Veg 26<br>Multigrain Bread > 190<br>Pineapple 1<br>Total Sodium: 510<br>Calories: 452 Carbs: 63 | **16**<br>Chicken Cacciatori 446<br>Italian Style Penne 1<br>Country Blend Veg 32<br>WW Bread > 160<br>Fresh Orange 0<br>Total Sodium: 640<br>Calories: 522 Carbs: 76 | **17**<br>Corned Beef Hash *775<br>Boiled Potatoes 51<br>Cabbage & Carrots 47<br>Raisin Bread 127<br>Leprachaun Cake # 209<br>Diet: Low Sugar Cake<br>Total Sodium: 1209<br>Calories: 619 Carbs: 81 | **18**<br>Veggie Chili 285<br>White Rice 36<br>WW Roll > 160<br>Peaches 5<br>Total Sodium: 486<br>Calories: 405 Carbs: 70 |
| **21**<br>Shepherd's Pie 271<br>Green Beans 44<br>Dinner Roll 210<br>Pears 4<br>Total Sodium: 529<br>Calories: 604 Carbs: 86 | **22**<br>Mac n' Cheese 404<br>Tomatoes & Spinach 121<br>Snowflake Roll 260<br>Mandarin Oranges 6<br>Total Sodium: 792<br>Calories: 620 Carbs: 82 | **23**<br>Turkey w/ Gravy 384<br>Cranberry Sauce 73<br>Mashed Potatoes 52<br>Winter Squash 11<br>Honey Wheat Bread> 135<br>Vanilla Pudding # 174<br>Diet: SF Pudding<br>Total Sodium: 829<br>Calories: 744 Carbs: 126 | **24**<br>Polish Beef & Cabbage Casserole 300<br>Beets 185<br>Oatmeal Roll > 121<br>Peaches 5<br>Total Sodium: 611<br>Calories: 392 Carbs: 57 | **25**<br>"Catch of the Day" 180<br>w/ Lemon Dill Sauce 111<br>Delmonico Potatoes 142<br>California Blend Veg 27<br>WW Bread> 160<br>Pineapple 1<br>Total Sodium: 622<br>Calories: 411 Carbs: 65 |
| **28**<br>Chicken Marsala 440<br>Rice Medley 112<br>Brussel Sprouts 12<br>Scali Bread 310<br>Mixed Fruit 10<br>Total Sodium: 884<br>Calories: 490 Carbs: 67 | **29**<br>Pasta Bolognese 164<br>Jardeneire Blend 39<br>Vegetables<br>Multigrain Roll > 190<br>Fresh Orange 0<br>Total Sodium: 392<br>Calories: 568 Carbs: 79 | **30**<br>Pork w/ Apple Gravy 177<br>Parsley Mashed 53<br>Peas & Mushrooms 133<br>WW Bread > 160<br>Birthday Cake# 209<br>Diet: Low Sugar Cake<br>Total Sodium: 732<br>Calories: 719 Carbs: 101 | **31**<br>Beef Stir Fry w/ Peppers & Onions 342<br>Brown Rice 36<br>Oatmeal Roll > 121<br>Applesauce 15<br>Total Sodium: 513<br>Calories: 383 Carbs: 48 | All Meals include:<br><br>Milk:<br>110 Calories<br>125mg Sodium<br>13g Carbs<br><br>Margarine:<br>36 Calories<br>47mg Sodium |

* Indicates food more than 500 mg sodium, # high sugar contect, > 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.**