

# HESSCO

ELDER SERVICES JULY 2016

Sodium (Na+) is listed in milligrams next to each item. All meals include Milk; 100 cal & 107mg sod. & Margarine; 36 cal & 47mg sod. Symbols >high in fiber # higher in sugar, \* high in sodium.

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For Reservations or Cancellations, call (781) 784-4944 AT LEAST 24 hours in advance. - For weather emergencies please check WBZTV CHANNEL 5 Suggested Voluntary Donation is \$3.00 - Menu subject to change.					1 <span style="float: right;">Na+</span> CHEESEBURGER *KETCHUP CABBAGE & CARROT BAKED BEANS HAMBURG ROLL #CUP CAKE Total Sodium Total Calories
4 <u>B WEEK</u> FOURTH OF JULY NO MEAL SERVED 	5 <span style="float: right;">Na+</span> CAJUN CHICKEN STEW CARROTS WW ROLL MANDARIN ORANGE	6 <span style="float: right;">Na+</span> MEATLOAF WITH GRAVY MASHED POTATO ROMAN BLEND VEG >MULTIGRAIN BREAD APPLESAUCE	7 <span style="float: right;">Na+</span> CHICKEN BRUSCHETTA ITALIAN PASTA TOSSED SALAD W/DRESSING SCALI BREAD TROPICAL FRUIT	8 <span style="float: right;">Na+</span> SEAFOOD CASSEROLE RICE FLORENTINE TAHITIAN VEG OATMEAL BREAD PEACHES	
Total Sodium	Total Sodium	Total Sodium	Total Sodium	Total Sodium	
Total Calories	Total Calories	Total Calories	Total Calories	Total Calories	
11 <u>A WEEK</u> BUTTERNUT SQUASH MAC & CHEESE ESCALLOPED TOMATO MINI.SCONE ORANGE	12 <span style="float: right;">Na+</span> BLACK BEAN SOUP GRILLED CHICKEN W/PEACH SALSA SUMMER BLEND VEGETABLES >WW TORTILLA CINNAMON APPLES	13 <span style="float: right;">Na+</span> SALISBURY STEAK WITH GRAVY SOUR CREAM & CHIVE POTATO GREEN BEANS HONEY W. BREAD LOW SUGAR CAKE	14 <span style="float: right;">Na+</span> ROAST TURKEY WITH GRAVY #CRAN. SAUCE WINTER SQUASH RED BLISS POT >WW BREAD MAND. ORANGES	15 <span style="float: right;">Na+</span> SPINACH FONTINA SAUSAGE PASTA ALFREDO BROCCOLI OATMEAL ROLL MIXED FRUIT	
Total Sodium	Total Sodium	Total Sodium	Total Sodium	Total Sodium	
Total Calories	Total Calories	Total Calories	Total Calories	Total Calories	
18 <u>B WEEK</u> <span style="float: right;">Na+</span> BEEF STROGANOFF NOODLES CARROTS & PEAS WHEAT BREAD TROPICAL FRUIT	19 <span style="float: right;">Na+</span> CHEESE LASAGNA WITH SAUCE ROMAN VEGGIES SCALI BREAD #TAPIOCA PUDDING	20 <span style="float: right;">Na+</span> ROAST CHICKEN W/PESTO SAUCE MASHED POTATO TOSSED SALAD WITH DRESSING >W.W. BREAD MIXED FRUIT	21 <span style="float: right;">Na+</span> CHEESY BEEFARONI ROAST BRUSSEL SPROUTS OATMEAL ROLL ORANGE	22 <span style="float: right;">Na+</span> SALMON WITH GINGER SAUCE COUSCOUS MIXED VEGGIES BREAD FRESH PLUM	
Total Sodium	Total Sodium	Total Sodium	Total Sodium	Total Sodium	
Total Calories	Total Calories	Total Calories	Total Calories	Total Calories	
25 <u>A WEEK</u> <span style="float: right;">Na+</span> BBQ CHICKEN WHIPPED POTATO COUNTRY BLEND VEGETABLES CORN BREAD PEACHES	26 <span style="float: right;">Na+</span> SWEDISH MEATBALLS NOODLES CABBAGE & CARROTS OATMEAL BREAD CANTALOUPE	27 <span style="float: right;">Na+</span> ROAST PORK WITH GRAVY POTATO PIEROGIES ROMAN VEGGIES >W.W. BREAD #BIRTHDAY CAKE	28 <span style="float: right;">Na+</span> BEEF & CABBAGE CASSEROLE MIXED VEGGIES >MULTIGRAIN BREAD PEARS	29 <span style="float: right;">Na+</span> WHITE BEAN & CHICKEN CHILI FLUFFY RICE CARROTS DINNER ROLL MANDARIN ORANGE	
Total Sodium	Total Sodium	Total Sodium	Total Sodium	Total Sodium:	
Total Calories	Total Calories	Total Calories	Total Calories	Total Calories	

WESTWOOD SENIOR CENTER  
 To Reserve: Call 1-781-329-6514  
 12:00 Noon – 1:00 p.m.