

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For cancellations of home delivered meals, call the Nutrition Office at 1-508-324-4619. If you want to cancel a meal, call no later than 10:30 a.m. on the day before.</p> 	<p>*Indicates a food with more than 500mg of sodium. The sodium (mg) content of each item is next to it. The daily totals are listed below each day. Milk and margarine are included in the daily totals but are not listed daily. High sodium days (>1200mg) are bold</p>	<p>1 Sodium (mg): Na+</p> <p>Chicken Bruschetta 394 Florentine Rice 112 Carrots & Green Beans 38 Oatmeal Bread 121 Pineapple 1</p> <p>Sodium: 837 Fat: 23 % Calories: 547 Carbs: 70</p>	<p>2 Sodium (mg): Na+</p> <p>Seafood Newburg* 569 White/Brown Rice 36 Italian Vegetable 26 Oatmeal Bread 121 Mandarin Oranges 6</p> <p>Sodium: 931 Fat: 25% Calories: 567 Carbs: 68</p>	<p>3 Sodium (mg): Na+</p> <p>Turkey Tetrizzini* 542 Chopped Broccoli 12 WW Roll 160 Oatmeal Creme Pie 171 SF Cookie 85</p> <p>Sodium: 1057 Fat: 34% Calories: 872 Carbs: 106</p>
<p>6 No Meals Served Today</p> 	<p>7</p> <p>Salisbury Steak 386 Onion Gravy 110 Roasted Potato 33 Riviera Vegetable 16 Snowflake Roll 260 Mixed Fruit 10</p> <p>Sodium: 987 Fat: 39% Calories: 825 Carbs: 86</p>	<p>8</p> <p>Chicken Teriyaki 478 Fried Rice 36 Oriental Vegetable 26 Wheat Roll 160 Pineapple 1</p> <p>Sodium: 873 Fat: 21% Calories: 558 Carbs: 74</p>	<p>9</p> <p>Fish Nuggets 125 Tarter Sauce 261 Mac n Cheese 404 Green Beans 3 Fruit Loaf 160 Banana 1</p> <p>Sodium: 1282 Fat: 39% Calories: 1193 Carbs: 140</p>	<p>10</p> <p>Roast Turkey 303 Turkey Gravy 70 Cranberry Sauce 3 Mashed Potato 52 Winter Squash 11 Oatmeal Bread 121 Pears 4</p> <p>Sodium: 737 Fat: 22% Calories: 739 Carbs: 120</p>
<p>13</p> <p>Sausage with * 520 Peppers & Onions Pasta Alfredo 116 Sub Roll 162 Applesauce 20</p> <p>Sodium: 991 Fat: 28% Calories: 637 Carbs: 81</p>	<p>14</p> <p>BBQ Pork Ribs 410 Baked Beans 36 Carrots and Turnips 29 Corn Bread 280 Peaches 5</p> <p>Sodium: 932 Fat: 22% Calories: 728 Carbs: 100</p>	<p>15</p> <p>Cajun Chicken 377 Rice & Beans 35 Mexicali Corn 6 WW Bread 160 Fresh Orange 0</p> <p>Sodium: 751 Fat: 21% Calories: 623 Carbs: 86</p>	<p>16</p> <p>American Chop Suey 211 Broccoli 12 Snowflake Roll 260 Chocolate Chip Cookie 171 SF Graham Wafer 85</p> <p>Sodium: 826 Fat: 32% Calories: 866 Carbs: 109</p>	<p>17</p> <p>White Fish 294 Tarter Sauce 261 Whipped Sweet Potato 33 Zucchini and 3 Summer Squash Multigrain Bread 190 Pineapple 1</p> <p>Sodium: 954 Fat: 37% Calories: 720 Carbs: 93</p>
<p>20</p> <p>Cheeseburger 387 Ketchup 82 Mustard 55 Potato Wedges 27 Jardiniere Vegetable 39 Hamburger Roll 230 Mandarin Oranges 6</p> <p>Sodium: 998 Fat: 39% Calories: 832 Carbs: 81</p>	<p>21</p> <p>Turkey A La King 215 Confetti Rice 43 Broccoli & Cauliflower 15 Dinner Roll 210 Peaches 5</p> <p>Sodium: 659 Fat: 25% Calories: 609 Carbs: 71</p>	<p>22</p> <p>Chicken Marsala 439 Penne Pasta 1 Peas & Pimento 82 WW Bread 160 Pineapple 1</p> <p>Sodium: 855 Fat: 19% Calories: 675 Carbs: 92</p>	<p>23</p> <p>Roast Pork 71 Apple Gravy 111 Red Bliss Potatoes 4 Brussels Sprouts 12 Multigrain Bread 190 Brownie 132 SF Cupcake 210</p> <p>Sodium: 691 Fat: 36% Calories: 778 Carbs: 83</p>	<p>24</p> <p>Meatloaf 240 Mushroom Gravy 148 Mashed Potato 52 Country Vegetable 32 Oatmeal Bread 121 Fresh Apple 2</p> <p>Sodium: 767 Fat: 27% Calories: 672 Carbs: 100</p>
<p>27</p> <p>Hot Dog* 550 Mustard 55 Baked Beans 36 Glazed Carrots 83 Hot Dog Roll 210 Pears 4</p> <p>Sodium: 1110 Fat: 38% Calories: 753 Carbs: 87</p>	<p>28</p> <p>Stuffed Shells 390 Tomato Sauce 55 Roman Veg Blend 26 Whole Wheat Roll 160 Applesauce 20</p> <p>Sodium: 823 Fat: 23% Calories: 544 Carbs: 80</p>	<p>29</p> <p>Swedish Meatballs 375 Egg Noodles 35 California Vegetable 27 Multigrain Roll 190 Banana 1</p> <p>Sodium: 801 Fat: 34% Calories: 733 Carbs: 91</p>	<p>30</p> <p>Chicken Picatta 324 Parsley Mashed Potato 53 Peas 82 Scali Bread 310 Birthday Cake 209</p> <p>Sodium: 1150 Fat: 17% Calories: 825 Carbs: 125</p>	<p>All Meals include: Milk: 110 Calories 125mg Sodium 12g Carbs</p> <p>Margarine: 36 Calories 47mg Sodium</p>

Please inform Bristol Elder Services if you have any food allergies.

Without your suggested voluntary donation of \$2.50 per meal many people would go hungry. Please give. Checks are preferred.

Menu is subject to change without notice.