



October 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</p>	<p>*Indicates a food with more than 500mg of sodium. The sodium (mg) content of each item is next to the item. 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>All Meals include: Milk: 110 Calories 125mg Sodium 12g Carbs Margarine: 36 Calories 47mg Sodium</p>	<p>We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.</p>	<p>1 Apple Cider Beef Stev 240 Boiled Potato 51 Snowflake Roll 210 Mandarin Oranges 6</p> <hr/> <p>Sodium: 680 Calories: 729 Carbs: 80</p>
<p>4 BBQ Pork Rib 410 Baked Beans 36 Country Blend Veg 32 Fruit Muffin 102 Pineapple 1</p>	<p>5 Beef & Pepper 293 Casserole Cauliflower Supreme 126 Snowflake Roll 260 Fresh Orange 0</p>	<p>6 Cheese Lasagna 359 W/ Tomato Sauce 55 Italian Green Beans 3 WW Roll 160 Applesauce 20</p>	<p>7 Meatloaf with 131 Pepper and Onion Mashed Potatoes 52 Glazed Carrots 83 Oatmeal Bread 121 Tapioca Pudding 130 Diet Pudding 100</p>	<p>8 Turkey w/ Gravy 373 Whipped Sweet Potato 33 Peas & Mushrooms 133 Multigrain Bread 190 Pineapple 1</p>
Sodium: 754 Calories: 670 Carbs: 84	Sodium: 851 Calories: 658 Carbs: 86	Sodium: 768 Calories: 494 Carbs: 71	Sodium: 689 Calories: 702 Carbs: 90	Sodium: 902 Calories: 643 Carbs: 95
<p>11 No Meals Served Today HOLIDAY</p> 	<p>12 White Fish 294 Tartar Sauce 261 Parsley Mashed Potato 53 Brussels Sprouts 12 Dinner Roll 210 Pears 4</p>	<p>13 Mac & Cheese 404 Escalloped Tomatoes 143 WW Roll 160 Mandarin Oranges 0</p>	<p>14 Chicken Fajita Skillet 299 Spanish Rice 22 Tortilla Wrap 236 Granny Smith Apple 2</p>	<p>15 Hot Dog* 550 Mustard Packet 55 Potato Wedges 27 Cabbage & Carrots 47 Hot Dog Roll 210 Peaches 5</p>
	Sodium: 1005 Calories: 739 Carbs: 91	Sodium: 889 Calories: 729 Carbs: 92	Sodium: 731 Calories: 595 Carbs: 67	Sodium: 1066 Calories: 757 Carbs: 80
<p>18 Catch of the Day 150 Lemon Dill Sauce 111 Mashed Potatoes 52 Zucchini & Red Pepper 3 Multigrain Bread 190 Chocolate Chip Cookie 171 MOD: Graham Wafer 85</p>	<p>19 Chicken Piccata 424 Florentine Rice 112 Italian Blend 26 Scali Bread 310 Flavored Applesauce 20</p>	<p>20 Seafood Salad 507 Italian Pasta Salad 56 Three Bean Salad 52 WW Bulkie Roll 230 Mixed Fruit 10</p>	<p>21 Pork Loin 71 Apple Cranberry Sauce 39 Garlic Mashed Potato 53 Butternut Squash 11 Oatmeal Bread 121 Fruited Jello 1</p>	<p>22 Meatballs 496 Italian Style Pasta 1 Tuscan Vegetables 56 Multigrain Roll 190 Banana 1</p>
Sodium: 850 Calories: 956 Carbs: 128	Sodium: 1064 Calories: 642 Carbs: 81	Sodium: 1027 Calories: 638 Carbs: 86	Sodium: 468 Calories: 733 Carbs: 93	Sodium: 916 Calories: 707 Carbs: 92
<p>25 Turkey Pot Pie 221 Mashed Potatoes 52 Biscuit 340 Pineapple 1</p>	<p>26 Frittata w/Turkey 290 Sausage & Cheese Cheese Sauce 187 Hash Brown Potatoes 136 Peppers & Onions 143 WW Roll 160 Granny Smith Apple 2</p>	<p>27 Beef & Broccoli 108 Asian Rice 78 Oatmeal Roll 121 Peaches 5</p>	<p>28 Sloppy Joe 221 Potato Wedges 27 Green Beans 3 Multigrain Roll 190 Spooky Chocolate 350 Chip Cheesecake MOD: Cake W/Sprinkles 210</p>	<p>29 Chicken Cordon Bleu* 550 Red Bliss Potato 4 California Blend 27 WW Bun 160 Pears 4</p>
Sodium: 787 Calories: 728 Carbs: 92	Sodium: 1090 Calories: 697 Carbs: 82	Sodium: 484 Calories: 675 Carbs: 67	Sodium: 963 Calories: 840 Carbs: 62	Sodium: 917 Calories: 662 Carbs: 82

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.