


November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Tuna Noodle Casserole 358 Beets 162 Dinner Roll 210 Mandarin Oranges 6 Sodium: 909 Calories: 545 Carbs: 72	2 Veggie Chili 213 Fluffy rice 36 Cornbread 280 Peaches 5 Sodium: 706 Calories: 682 Carbs: 109	3 Western Omelette 393 w/ Cheese Sauce 187 Hash Browns 136 Broccoli 12 Fruit Loaf 204 Orange Juice 0 Sodium: 1105 Calories: 965 Carbs: 112	4 Pot Roast w/Gravy 192 Mashed Potatoes 52 Peas & Carrots 80 Multigrain Bread 190 Fresh Apple 2 Sodium: 687 Calories: 798 Carbs: 101	5 Honey Mustard Chicken 375 Florentine Rice 112 Italian Blend 26 WW Roll 160 Pears 4 Sodium: 849 Calories: 530 Carbs: 65
8 Catch of the Day 40 Herb Sauce 76 Roasted Potatoes 33 Brussels Sprouts 12 Honey Wheat Bread 135 Lemon Pudding 130 Diet: Diet Pudding 110 Sodium: 598 Calories: 653 Carbs: 72	9 Chicken w/Pesto Cream 385 Whipped Sweet Potato 33 Roman Blend 26 WW Bread 160 Applesauce 20 Sodium: 797 Calories: 574 Carbs: 78	10 Chili Garlic Salmon 437 Asian Rice 78 Oriental Veg 26 Dinner Roll 210 Pineapple 1 Sodium: 924 Calories: 653 Carbs: 76	11 NO MEALS SERVED 	12 Mini Raviolis 202 Tomato Sauce 55 Italian Blend 26 Garlic Bread 230 Ambrosia 209 Sodium: 894 Calories: 671 Carbs: 96
15 Turkey Tetrazini 420 Spaghetti 1 Carrot Coins 77 Multigrain Bread 190 Clementine 6 Sodium: 866 Calories: 881 Carbs: 147	16 White Chicken Chili 121 White/Brown Rice 36 Mixed Veg 41 Oatmeal Bread 121 Mandarin Oranges 6 Sodium: 496 Calories: 517 Carbs: 74	17 American Chop Suey 211 Peas 82 Dinner Roll 210 Peaches 5 Sodium: 680 Calories: 633 Carbs: 85	18 Portuguese Chicken 420 Riviera Blend 16 O'Brien Potatoes 117 WW Roll 160 Mixed Fruit Cup 10 Sodium: 895 Calories: 609 Carbs: 78	19 Turkey w/ Gravy 373 Cranberry Sauce 3 Garlic Mashed Potato 53 Butternut Squash 11 Multigrain Bread 190 Apple Pie 27 Diet: Angel Food Cake 100 Sodium: 829 Calories: 814 Carbs: 132
22 White Fish 294 Tarter Sauce 261 Potato Wedges 27 Roman Blend 26 Hamburger Bun 230 Banana 1 Sodium: 1010 Calories: 821 Carbs: 100	23 Mac & Cheese 404 Tomato Florentine 143 Oatmeal Roll 121 Mixed Fruit 10 Sodium: 850 Calories: 722 Carbs: 89	24 Chicken Bruschetta 394 Italian Pasta 1 Italian Blend 26 WW Roll 160 Fresh Orange 0 Sodium: 753 Calories: 634 Carbs: 82	25 NO MEALS SERVED 	26 Swedish Meatballs* 644 Confetti Rice 43 Broccoli 12 Multigrain Bread 190 Birthday Cake 209 Diet: LS Cake 110 Sodium: 1269 Calories: 758 Carbs: 98
29 Seafood Casserole 569 Fluffy Rice 36 Peas & Carrots 80 Oatmeal Bread 121 Peaches 5 Sodium: 983 Calories: 589 Carbs: 71	30 Shepherd's Pie 271 Green Beans 3 WW Roll 160 Cinnamon Applesauce 20 Sodium: 627 Calories: 741 Carbs: 99	*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	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. 	All Meals include: Milk: 110 Calories 125mg Sodium 12g Carbs Margarine: 36 Calories 47mg Sodium

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

Without your suggested voluntary donation of \$2.25 per meal many people would go hungry. Please give. Checks are preferred.

Menu is subject to change without notice.