



December 2021


Monday	Tuesday	Wednesday	Thursday	Friday
<p><small>*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.</small></p> <p><b>High sodium days (&gt;1200mg) are bold</b></p>	<p>All Meals include: Milk: 110 Calories 125mg Sodium 12g Carbs</p> <p>Margarine: 36 Calories 47mg Sodium</p>	<p><b>1</b></p> <p>Chicken L'Orange 391 Brussels Sprouts 12 Scalloped Potatoes 185 Multigrain Roll 190 Pears 4</p> <p>Sodium: 954 Calories: 605      Carbs: 76</p>	<p><b>2</b></p> <p>Caribbean Chicken 375 Hawaiian Rice 35 California Blend 27 WW Bread 160 Tapioca Pudding 130 MOD: SF Pudding 112</p> <p>Sodium: 900 Calories: 623      Carbs: 81</p>	<p><b>3</b></p> <p>Hot Dog* 550 Mustard 55 Baked Beans 36 Hot German Slaw 81 Hot Dog Bun 210 Peaches 5</p> <p>Sodium: 1109 Calories: 738      Carbs: 82</p>
<p><b>6</b></p> <p>Potato Pollock 150 Tarter Sauce 261 Confetti Rice 43 Green Beans 3 Snowflake Roll 260 Mandarin Oranges 6</p> <p>Sodium: 895 Calories: 752      Carbs: 93</p>	<p><b>7</b></p> <p>Chicken Cacciatore 446 Genoa Blend 40 Italian Penne 1 Multigrain Bread 190 Pineapple 1</p> <p>Sodium: 851 Calories: 677      Carbs: 91</p>	<p><b>8</b></p> <p>Beef Chili 176 Fluffy Rice 36 Cornbread 280 Fresh Orange 0</p> <p>Sodium: 664 Calories: 672      Carbs: 91</p>	<p><b>9</b></p> <p>Pork 71 Rosemary Gravy 124 Winter Blend Veggie 15 Au Gratin Potatoes 154 Oatmeal Bread 121 Pumpkin Pie 385 MOD: SF Cupcake 210</p> <p>Sodium: 1041 Calories: 856      Carbs: 87</p>	<p><b>10</b></p> <p>Swedish Meatballs 358 Mixed Vegetable 41 Egg Noodles 35 WW Bread 160 Clementine 6</p> <p>Sodium: 772 Calories: 706      Carbs: 85</p>
<p><b>13</b></p> <p>Crustless Chicken* 598 Pot Pie Garlic Mashed Potatoes 53 Biscuit 340 Pears 4</p> <p>Sodium: 1166 Calories: 1117      Carbs: 122</p>	<p><b>14</b></p> <p>American Chop Suey 211 Broccoli 12 WW Roll 160 Mixed Fruit 10</p> <p>Sodium: 565 Calories: 572      Carbs: 75</p>	<p><b>15</b></p> <p>Braised Beef 254 Brussels Sprouts 12 Whipped Sweet Potat 33 Oatmeal Bread 121 Fresh Apple 2</p> <p>Sodium: 593 Calories: 717      Carbs: 87</p>	<p><b>16</b></p> <p>Chicken Marsala 439 Tuscany Blend 56 Florentine Rice 112 Scali Bread 310 Peaches 5</p> <p>Sodium: 1094 Calories: 628      Carbs: 79</p>	<p><b>17</b></p> <p>Baked Ham 294 Honey Glaze 73 Carrots &amp; Turnips 29 Red Bliss Potato 4 Honey Wheat Bread 135 Iced Chocolate Brownie 160 MOD: Chocolate Cream P 130</p> <p>Sodium: 865 Calories: 668      Carbs: 107</p>
<p><b>20</b></p> <p>Scallops 176 Lemon Dill 111 Rice Pilaf 134 Asparagus 6 Multigrain Bread 190 Pears 4</p> <p>Sodium: 794 Calories: 523      Carbs: 70</p>	<p><b>21</b></p> <p>Chicken Alfredo 435 Italian Blend 26 Bowties 1 WW Roll 160 Pineapple 1</p> <p>Sodium: 795 Calories: 648      Carbs: 86</p>	<p><b>22</b></p> <p>Spinach &amp; Cheese 393 Omelette Peppers &amp; Onions 3 Potato Wedges 27 Fruit Loaf 160 Orange Juice Cup 0</p> <p>Sodium: 755 Calories: 786      Carbs: 93</p>	<p><b>23</b></p> <p>Cheeseburger 387 Ketchup 82 Green Beans 3 Potato O'Brian 117 Hamburger Roll 230 Banana 1</p> <p>Sodium: 992 Calories: 835      Carbs: 94</p>	<p><b>24 NO MEALS SERVED</b></p> <div style="text-align: center;">  </div>
<p><b>27</b></p> <p>Mac n Cheese 404 Escalloped Tomatoes 143 Multigrain Roll 190 Flavored Applesauce 20</p> <p>Sodium: 929 Calories: 739      Carbs: 93</p>	<p><b>28</b></p> <p>BBQ Pork Rib 280 Beans Bananza 39 Scalloped Potatoes 185 Potato Bread 120 Mandarin Oranges 6</p> <p>Sodium: 802 Calories: 532      Carbs: 68</p>	<p><b>29</b></p> <p>Chicken Paella 187 White Rice 36 WW Roll 160 Birthday Cake 209 MOD: LS Cake 180</p> <p>Sodium: 764 Calories: 1037      Carbs: 164</p>	<p><b>30</b></p> <p>Beef &amp; Cabbage 300 Casserole Mashed Potatoes 52 Oatmeal Roll 121 Pineapple 1</p> <p>Sodium: 647 Calories: 665      Carbs: 96</p>	<p><b>31 NO MEALS SERVED</b></p> <p>For cancellations of home delivered meals, call the Nutrition Office at <b>1-508-324-4619</b>. If you want to cancel a meal, call no later than 10:30 a.m. on the day.</p>

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.**

**Consumers should anticipate frequent menu substitutions in the near future due to supply chain shortages.**