

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Cheese Ravioli 400 Pesto Cream Sauce 65 Tahitian Blend Veg 38 Multigrain Roll 190 Pears 4	Cheeseburger 387 Potato Wedges 27 Chuckwagon Blend 2 Hamburger Bun 230 Pineapple 1	Beef Stew w/Veggies 277 Boiled Potatoes 51 Oatmeal Roll 121 Mixed Fruit 10	Grilled Chicken Parm 426 Fettuccini 1 Broccoli 12 Scali Bread 310 Fresh Apple 2	Sweet n Sour Meatballs* 500 Fluffy Rice 36 Green Beans 3 WW Bread 160 Pound Cake 110 MOD: SF Cupcake 210
Sodium: 869 Calories: 642 Carbs: 81	Sodium: 819 Calories: 880 Carbs: 96	Sodium: 631 Calories: 724 Carbs: 79	Sodium: 923 Calories: 677 Carbs: 99	Sodium: 982 Calories: 708 Carbs: 80
10	11	12	13	14
Cheese Omelet 312 Salsa 35 Hash Browns 136 Zucchini & Summer Squash 3 Fruit Loaf 160 Orange Juice 5	BBQ Pork Patty 250 Baked Beans 36 Hot German Slaw 81 Corn Bread 280 Peaches 5	Buttermilk Chicken 459 Parsley Mashed Potato 53 Tuscany Blend 56 Multigrain Bread 190 Chocolate Chip Cookie 171 MOD: SF Cookie 130	Tuna Sandwich 408 Pasta Salad 56 Beet Salad 173 Sub Roll 162 Pineapple 1	Roast Turkey 303 Gravy 70 Sour Cream & Chive 80 Mashed Potatoes Winter Squash 11 Wheat Roll 160 Banana 1
Sodium: 823 Calories: 711 Carbs: 81	Sodium: 824 Calories: 726 Carbs: 91	Sodium: 1101 Calories: 884 Carbs: 112	Sodium: 972 Calories: 615 Carbs: 79	Sodium: 798 Calories: 719 Carbs: 114
17 NO MEALS SERVED	18	19	20	21
 MARTIN LUTHER KING DAY	Ziti w/ Meat Sauce 124 Peas 82 Oatmeal Roll 121 Pears 4	Salmon 67 Florentine Sauce 50 Whipped Sweet Potato 33 Chickpea Blend 52 Honey Wheat Bread 135 Mandarin Oranges 6	Chicken Cantonese 154 Pineapple Rice 35 Multigrain Roll 190 Chocolate Brownie 160 MOD: SF Cookie 130	Meatloaf 131 Onion Gravy 110 Cheesy Mashed Potato 80 Glazed Carrots 83 Potato Bread 120 Mixed Fruit 10
	Sodium: 503 Calories: 667 Carbs: 82	Sodium: 515 Calories: 543 Carbs: 75	Sodium: 711 Calories: 838 Carbs: 86	Sodium: 705 Calories: 743 Carbs: 99
24	25	26	27	28
Crustless Chicken* 598 Pot Pie Oven Browned Potatoes 33 Biscuit 340 Flavored Applesauce 15	Mac & Cheese 404 Escalloped Tomatoes 143 Dinner Roll 210 Fresh Orange 0	Grilled Chicken 320 Greek Sauce 118 Orzo Rice Pilaf 173 Green Beans & Red Peppers 3 WW Bread 160 Peaches 5	American Chop Suey 211 Trio Blend 56 Onion Bread 120 Birthday Cake 209 MOD: SF Cupcake 210	Pork Tenderloin w/ 126 Apple Cranberry Sauce Garlic Mashed 53 Peas & Carrots 80 Oatmeal Bread 121 Pears 4
Sodium: 1158 Calories: 1067 Carbs: 111	Sodium: 929 Calories: 750 Carbs: 95	Sodium: 952 Calories: 690 Carbs: 86	Sodium: 767 Calories: 663 Carbs: 92	Sodium: 554 Calories: 768 Carbs: 102
31		*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
Fish Nuggets 302 Tarter Sauce 261 Potato Wedges 27 Beans Bananza 39 Multigrain Roll 190 Pineapple 1				
Sodium: 992 Calories: 843 Carbs: 88				

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.