

September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<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:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>	<p>Bristol has been able to make some up-grades to the menu using fresh produce and other items. Up-grades to the menu are available due to current funding. The items are highlighted in yellow.</p>	<p>1</p> <p>Pot Roast w/ Gravy 351 Mashed Potatoes 227 Italian Blend Veg 19 Multigrain Bread 99 Mini Red Velvet Cake 230 Diet: Low Sugar Cake 210</p> <p>Total Sodium: 1191 Calories: 873 Carbs: 84</p>	<p>2</p> <p>Macaroni & Cheese 404 Green beans 3 Oatmeal Roll 121 Fresh Pear 2</p> <p>Total Sodium: 702 Calories: 753 Carbs:98</p>
<p>5</p> <div style="text-align: center;">  <p>© Can Stock Photo</p> </div>	<p>6</p> <p>Chicken Teriyaki 519 Pineapple Rice 35 Oriental Veg. Blend 9 Snowflake Roll 260 Mixed Fruit 10</p> <p>Total Sodium: 1005 Calories: 686 Carbs:101</p>	<p>7</p> <p>Cod 329 Herb Sauce 26 Orzo 187 Riviera Veg Blend 0 Wheat Bread 115 Iced Brownie 150 Diet: Lorna Donne Cookie 147</p> <p>Total Sodium: 990 Calories: 830 Carbs:113</p>	<p>8</p> <p>Omelet w/ Broccoli 388 Cheese Sauce Scalloped Tomatoes 143 Hash Browns 136 Fruit Loaf 160 Pears 2</p> <p>Total Sodium: 1000 Calories: 181 Carbs:99</p>	<p>9</p> <p>Roast Turkey w/ Gravy 303 Mashed Potato 52 Winter Squash 11 Oatmeal Bread 121 Banana 1</p> <p>Total Sodium: 731 Calories: 705 Carbs:111</p>
<p>12</p> <p>Sausage w/ Peppers & Onions 520 Pasta Alfredo 83 Sub Roll 162 Fig Newton 20</p> <p>Total Sodium: 960 Calories: 640 Carbs:88</p>	<p>13</p> <p>BBQ Pork Ribs 403 Whipped Sweet Potato 33 Corn 0 Oatmeal Bread 121 Orange 0</p> <p>Total Sodium: 730 Calories: 636 Carbs:93</p>	<p>14</p> <p>Chicken Fajita 275 Pepper and onions 3 Refried beans 327 Tortilla 236 Peaches 0</p> <p>Total Sodium: 1013 Calories: 556 Carbs:66</p>	<p>15</p> <p>American Chop Suey 211 Broccoli 12 Whole Wheat Roll 160 Cupcake 280 Diet: Graham Wafers 130</p> <p>Total Sodium: 835 Calories: 752 Carbs:91g</p>	<p>16</p> <p>Baked Salmon w/ Lemon Dill 67 Confetti Rice 43 Zucchini/Summer Squash 3 Multigrain Bread 190 Pineapples 1</p> <p>Total Sodium: 588 Calories: 598 Carbs:75</p>
<p>19</p> <p>Cheeseburger 384 Ketchup 82 Potato Wedges 27 Jardinière Veg. Blend 39 Hamburger Roll 230 Mandarin Oranges 6</p> <p>Total Sodium: 939 Calories: 879 Carbs: 81</p>	<p>20</p> <p>Turkey a La King w/ Pasta 215 Broccoli/Cauliflower 15 Dinner Roll 210 Fresh Peach 4</p> <p>Total Sodium: 616 Calories: 609 Carbs: 72</p>	<p>21</p> <p>Portuguese Chicken 380 Tomato Rice 112 Mixed Vegetables 41 Whole Wheat Bread 160 Mixed Fruit 47</p> <p>Total Sodium: 854 Calories: 572 Carbs:76</p>	<p>22</p> <p>Roast Pork 71 Apple Gravy 111 Red Bliss Potatoes 4 Brussels Sprouts 12 Multigrain Bread 190 Birthday Cake 209 Diet: Low-Sugar Cake 170</p> <p>Total Sodium: 768 Calories: 787 Carbs: 96</p>	<p>23</p> <p>Meatloaf 131 Mushroom Gravy 148 Egg Noodles 35 Oatmeal Bread 260 Country Vegetables 32 Fresh Pear 6</p> <p>Total Sodium: 645 Calories: 691 Carbs:81</p>
<p>26</p> <p>Hot Dog 550 Baked Beans 38 Cabbage & Carrots 47 Mustard 0 Hot Dog Roll 210 Pears 2</p> <p>Total Sodium: 1072 Calories: 771 Carbs: 93</p>	<p>27</p> <p>Cheese Lasagna 359 Roman Veg. Blend 28 Whole Wheat Roll 160 Fresh Apple 2</p> <p>Total Sodium: 718 Calories: 502 Carbs:75</p>	<p>28</p> <p>Spanish Shrimp Stew 569 Yellow Rice 22 Italian Veg. Blend 28 Oatmeal Bread 121 Peaches 2</p> <p>Total Sodium: 912 Calories: 581 Carbs: 77</p>	<p>29</p> <p>Swedish Meatballs 131 Egg Noodles 35 California Vegetables 27 Multigrain Roll 190 Chocolate Pudding 191 Diet: Diet Pudding 110</p> <p>Total Sodium: 746 Calories: 606 Carbs: 85</p>	<p>30</p> <p>White Bean 121 Chicken Chili White/Brown Rice 36 Snowflake Roll 260 Mandarin Oranges 6</p> <p>Total Sodium: 595 Calories: 519 Carbs: 73</p>

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

For cancellation of home delivered meals, call the Nutrition Office at 1-508-324-4619. If you want to cancel a meal, call before 10:30 the day before.

Menu is subject to change without notice.

