



October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Salisbury Steak 340 Mushroom Gravy 100 Garlic Mashed Potato 101 Asian Blend 9 Vegetables Whole Wheat Bread 110 Mixed Fruit 6	Macaroni & Cheese 498 Carrots 77 Snowflake Roll 260 Orange 0	Portuguese Chicken 167 Roasted Potatoes 33 Garlic Green Beans 3 Dinner Roll 210 Apple Sauce 14	Greek Meatballs 496 Orzo 173 Country Blend 32 Vegetables WW Roll 160 Brownie 132 MOD: Waffle Cookie 65	Roasted Turkey 90 w/ Gravy 70 Mashed Potatoes 52 Winter Squash 11 Multigrain Bread 190 Peaches 5
Total Sodium: 844 Calories: 733 Carbs: 79	Total Sodium: 1007 Calories: 841 Carbs: 99	Total Sodium: 599 Calories: 890 Carbs: 78	Total Sodium: 1161 Calories: 823 Carbs: 97	Total Sodium: 591 Calories: 727 Carbs: 104
10	11	12	13	14
 HAPPY COLUMBUS DAY	Hotdog 550 Mustard 55 Baked Beans 36 Cabbage & Carrots 47 Hotdog Roll 212 Pears 4	Fiesta Omelet 382 Potato Wedges 27 Chick Pea Blend 52 Vegetables White Bread 120 Pineapple 1	Hawaiian Chicken 492 Confetti Rice 43 Fall/Winter Blend 15 WW Bread 110 Apple Sauce 15	Potato Pollock 150 Tarter sauce 261 Au Gratin Potatoes 396 Green Beans 3 Oatmeal Roll 121 Peaches 5
	Total Sodium: 1074 Calories: 733 Carbs: 82	Total Sodium: 754 Calories: 572 Carbs: 75	Total Sodium: 846 Calories: 525 Carbs: 65	Total Sodium: 1107 Calories: 845 Carbs: 89
17	18	19	20	21
BBQ Pork Rib 280 Mashed Sweet 96 Potatoes Hot German Slaw 17 Hamburger Roll 230 Mixed fruit 10	Portuguese 197 Braised Beef 33 Roasted Potatoes 33 Mixed Vegetables 41 Multigrain Bread 190 Pineapple 1	Cheese Lasagna 359 Tomato Basil Sauce 55 Italian Blend Veg 26 Snowflake Roll 260 Banana 1	Crustless Chicken 273 Pot Pie with Vegetables 41 Mashed Potato 52 Biscuit 340 Chocolate Pudding 191 Diet Pudding	Catch of the Day 329 Salsa Tropical 44 Confetti Rice 43 California Blend 27 Vegetables WW Bread 160 Peaches 5
Total Sodium: 806 Calories: 749 Carbs: 98	Total Sodium: 606 Calories: 907 Carbs: 94	Total Sodium: 872 Calories: 572 Carbs: 84	Total Sodium: 1096 Calories: 853 Carbs: 108	Total Sodium: 780 Calories: 523 Carbs: 69
24	25	26	27	28
Meatloaf 131 Mushroom Gravy 148 Red Bliss Potatoes 6 Tahitian Blend 38 Vegetables Oatmeal Bread 121 Peaches 14	Turkey Stew 587 with Vegetables Penne Pasta 1 WW Roll 160 Granny Smith Apple: 2	Roast Pork 71 Rosemary gravy 124 Garlic Mashed 8 Potatoes Genoa Blend 40 WW Bread 160 Apple Sauce 14	Chicken la Orange 151 Scallop Potatoes 205 Brussel Sprouts 12 Multigrain Bread 190 Birthday Cake 223 MOD: LS cake 210	American Chop Suey 449 Broccoli 12 Dinner Roll 210 Applesauce 15
Total Sodium: 619 Calories: 643 Carbs: 81	Total Sodium: 921 Calories: 619 Carbs: 89	Total Sodium: 589 Calories: 708 Carbs: 79	Total Sodium: 953 Calories: 938 Carbs: 101	Total Sodium: 858 Calories: 940 Carbs: 130
31	 HAPPY HALLOWEEN			
Spooky Halloween 630 Chili Brown Rice 18 Oatmeal Roll 121 Pineapple 1	*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.
Total Sodium: 942 Calories: 662 Carbs: 83	All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories			

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

Meals are based on a No-Added Salt (3-4 gm/day) Diet for Healthy Older Adults : * Indicates a food with more than 500mg sodium

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.