

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	1 Sodium (mg): Na ⁺ Chicken Paella 293 Dirty Rice 137 Chick Pea Blend 52 Rye Bread 300 Apricots 10 Total Sodium: 964 Calories: 856 Carbs: 123	2 Sodium (mg): Na ⁺ Beef Lo Mein* 764 Oriental Blend 9 Oatmeal Roll 121 Pears 4 Total Sodium: 1070 Calories: 688 Carbs: 82	3 Sodium (mg): Na ⁺ Hot Dog* 550 Mustard 55 Baked Beans 36 Cabbage & Carrots 47 HD Roll 210 Mixed Fruit 10 Total Sodium: 1080 Calories: 745 Carbs: 84	4 Sodium (mg): Na ⁺ Buttermilk Chicken 470 Red Bliss Potato 5 Broccoli 12 WW Roll 160 Peach Cup 5 Total Sodium: 824 Calories: 610 Carbs: 81
7 Seafood Casserole* 569 Florentine Rice 112 Spring Blend Veg. 57 Multigrain roll 190 Fresh Apple 1 Total Sodium: 1102 Calories: 625 Carbs: 79	8 BBQ Pork 248 Mashed Sweet Potato 91 Country Blend 32 Multigrain Bread 190 Apricots 10 Total Sodium: 743 Calories: 840 Carbs: 113	9 Chicken Marsala 397 Italian Pasta 1 Italian Blend 26 Oatmeal Bread 121 Orange Total Sodium: 717 Calories: 754 Carbs: 91	10 Roast Turkey w/ 303 Cranberry Sauce Gravy 70 Mashed Potatoes 52 Winter Squash 11 Snowflake Roll 260 Pumpkin Pie 385 Diet Pumpkin Pudding 100 Total Sodium: 1254 Calories: 895 Carbs: 106	11  <div style="border: 1px solid black; padding: 5px; display: inline-block;">NO MEAL SERVED</div>
14 Spinach & Cheese 393 Omelet Hash Browns 136 Tomatoes Florentine 121 Fruit Loaf 160 Pineapple 1 Total Sodium: 983 Calories: 760 Carbs: 92	15 Sweet & Sour Meatballs 214 Bowtie Pasta 1 Asian Blend Vegetables 26 Snowflake roll 260 Peach Cup 5 Total Sodium: 678 Calories: 688 Carbs: 93	16 Spicy Vegetable Chili 213 Dirty Rice 137 WW Roll 160 Pears 4 Total Sodium: 686 Calories: 623 Carbs: 100	17 Meatloaf w/ 131 Rosemary Gravy 124 Mashed Potatoes 146 Green Beans 3 Oatmeal Roll 121 Banana 1 Total Sodium: 698 Calories: 763 Carbs: 102	18 Chicken Piccata* 536 Au Gratin Potato 154 Roman Blend 26 Multigrain Bread 190 Ginger Snaps 105 Diet: Lorna Doone 85 Total Sodium: 1184 Calories: 695 Carbs: 79
21 Fish Sandwich 150 Tartar Sauce 261 Rice Pilaf 134 Italian Blend Veg. 26 Multigrain Bread 190 Applesauce 14 Total Sodium: 947 Calories: 722 Carbs: 87	22 Chicken Cordon Blue* 550 Red Bliss Potatoes 73 Brussel Sprouts 33 Dinner Roll 210 Pineapple 1 Total Sodium: 1039 Calories: 666 Carbs: 82	23 Lazy Man Stuffed 138 Peppers Genoa Blend Veg 40 Oatmeal Roll 121 Key Lime Pie 219 Diet: Fig Newtons 65 Total Sodium: 755 Calories: 861 Carbs: 69	24  NO MEALS SERVED	25 Mac n' Cheese 403 Escalloped Tomatoes 143 Fruit Loaf 160 Mixed Fruit 10 Total Sodium: 889 Calories: 829 Carbs: 103
28 Seafood Salad* 519 German Potato Salad 85 Cole Slaw 81 Multigrain Roll 190 Banana 1 Total Sodium: 1048 Calories: 587 Carbs: 83	29 Lasagna with 290 Meat Sauce 160 Peas and Mushrooms 133 Dinner Roll 210 Orange Total Sodium: 965 Calories: 673 Carbs: 90	30 Beef & Broccoli 156 White/Brown Rice 36 WW Roll 160 Birthday Cake 209 Diet: LS Cake 210 Total Sodium: 733 Calories: 732 Carbs: 90	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.	
*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				

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

Menu is subject to change without notice.

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