



December 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<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>We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.</p> <p>The total carbohydrates reflect the lower sugar dessert items.</p> 	<p>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.</p>	<p>1 Sodium (mg): Na⁺</p> <p>Honey Mustard Chicken 272 Whipped Sweet Potato 33 Green Beans 3 Oatmeal Bread 121 Mini Key Lime Pie 130 Diet LS Jello Cake 230</p> <p>Total Sodium: 915 Calories: 1058 Carbs: 94</p>	<p>2 Sodium (mg): Na⁺</p> <p>Roast Pork 71 Rosemary Gravy 124 Garlic Mashed Potato 53 Genoa Blend Veg 40 Multigrain Bread 190 Applesauce 14</p> <p>Total Sodium: 664 Calories: 747 Carbs: 88</p>
<p>5</p> <p>"Catch of the Day" 442 Lemon Dill Sauce Rice Pilaf 134 Roman Blend Veg 26 Oatmeal Roll 121 Pears 4</p> <p>Total Sodium: 899 Calories: 649 Carbs: 70</p>	<p>6</p> <p>Chicken Piccata* 536 Bowtie Pasta 1 Broccoli 12 WW Roll 160 Banana  1</p> <p>Total Sodium: 883 Calories: 682 Carbs: 92</p>	<p>7</p> <p>Sloppy Joes 221 Potato Wedges 27 Carrots 77 Hamburger Roll 230 Apricots 10</p> <p>Total Sodium: 737 Calories: 690 Carbs: 88</p>	<p>8</p> <p>Turkey a La King 215 Rice 36 Genoa Blend 40 Snowflake Roll 260 Fresh Orange</p> <p>Total Sodium: 723 Calories: 692 Carbs: 86</p>	<p>9</p> <p>Ham w/ Honey Glaze 366 Red Bliss Potatoes 4 Green Beans & Peppers 3 Dinner roll 210 Iced Brownie 160 MOD: Lorna Doones  56</p> <p>Total Sodium: 916 Calories: 769 Carbs: 87</p>
<p>12</p> <p>Fish Nuggets 180 Tartar Sauce 261 Potato Wedges 27 Peas and Mushrooms 133 Peaches 5 Multigrain roll 190</p> <p>Total Sodium: 967 Calories: 672 Carbs: 81</p>	<p>13</p> <p>Chicken Fajitas 320 Rice and Beans 35 Peppers & Onions 3 6" Tortilla 236 Apricots 10</p> <p>Total Sodium: 776 Calories: 586 Carbs: 73</p>	<p>14</p> <p>Beef Burgundy 241 Egg Noodles 35 California Blend Veg 27 Multigrain Bread 190 Fresh Apple 2</p> <p>Total Sodium: 667 Calories: 775 Carbs: 88</p>	<p>15</p> <p>Broccoli & Cheese E 335 Bake Hash Browns 136 Fruit Loaf 160 Orange Juice 2</p> <p>Total Sodium: 803 Calories: 818 Carbs: 91</p>	<p>16</p> <p>Meatloaf w/ 131 Mushroom Gravy 148 Mashed Potato 52 Beets 162 Oatmeal Bread 121 Pineapple Whip 87</p> <p>Total Sodium: 872 Calories: 741 Carbs: 98</p>
<p>19</p> <p>Mac n' Cheese 403 Tomato Florentine 121 Snowflake roll 260 Mandarin Oranges 6 </p> <p>Total Sodium: 964 Calories: 766 Carbs: 95</p>	<p>20</p> <p>Hot Dog* 550 Baked Beans 36 Cabbage & Carrots 47 Hot Dog Roll 210 Pears 4</p> <p>Total Sodium: 1019 Calories: 730 Carbs: 81</p>	<p>21</p> <p>Chicken Bruschetta 394 Mixed Vegetables 41 White Rice 36 WW Roll 160 Banana 2</p> <p>Total Sodium: 804 Calories: 614 Carbs: 86</p>	<p>22</p> <p>Sweet & Sour Meatballs 214 Penne Pasta 36 Jardiniere Blend 39 Oatmeal Bread 139 Mixed Fruit</p> <p>Total Sodium: 556 Calories: 644 Carbs: 83</p>	<p>23</p> <p>American Chop Suey 394 Winter Blend Veg 15 Multigrain Roll 190 Apple Caramel Pie* 500 MOD: Cinnamon Apples  4</p> <p>Total Sodium: 1227 Calories: 1005 Carbs: 80</p>
<p>26</p> <p>No Meals Served</p> <p></p>	<p>27</p> <p>Egg Salad 373 Pasta Salad 220 Cole Slaw 81 WW Roll 160 Peaches 5</p> <p>Total Sodium: 1011 Calories: 672 Carbs: 83</p>	<p>28</p> <p>Salmon with 67 Cream Sauce 60 Rice Pilaf 134 Peas 82 Scali Bread 310 Fresh Orange 0</p> <p>Total Sodium: 826 Calories: 778 Carbs: 95</p>	<p>29</p> <p>Buttermilk Chicken* 510 Parsley Mashed Potato 53 Green Beans 3 Oatmeal Bread 121 Birthday Cake 223 Diet: Low Sugar Cake 210</p> <p>Total Sodium: 1082 Calories: 697 Carbs: 96</p>	<p>30</p> <p>Roast Turkey 373 with gravy Au Gratin Potatoes 154 Winter Squash 11 Multigrain Bread 190 Applesauce 14</p> <p>Total Sodium: 915 Calories: 653 Carbs: 90</p>

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

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.