



# January 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>No Meals Served</b> 	<b>3</b> Hamburger Steak 200 With Gravy 110 Penne Pasta 1 Chickpea Salad 52 WW Roll 160 Fresh Orange 0 Total Sodium: 695 Calories: 709 Carbs: 76	<b>4</b> Chicken Stew 273 w/ Vegetables Mashed Potatoes 52 Biscuit 340 Mixed Fruit 10 Total Sodium: 848 Calories: 717 Carbs: 87	<b>5</b> Hot Dog* 550 Mustard 55 Baked Beans 36 Cabbage and Carrots 47 HD Roll Apricots 10 Total Sodium: 1080 Calories: 764 Carbs: 88	<b>6</b> Shepherd's Pie 271 Peas & Mushrooms 133 Oatmeal Roll 121 Fresh Apple 2  Total Sodium: 699 Calories: 806 Carbs: 111
<b>9</b> "Catch of the Day" 442 Lemon Dill Sauce Orzo 173 Tuscan Vegetables 56 WW Bread 160 Banana 1 Total Sodium: 1004 Calories: 815 Carbs: 101	<b>10</b> Chicken Teriyaki 478 Asian Rice 78 Oriental Vegetables 26 Oatmeal Bread 121 Peaches 5 Total Sodium: 880 Calories: 534 Carbs: 66	<b>11</b> Carne Asada 279 Glazed Carrots 83 Roasted Potatoes 33 Multigrain Bread 190 Applesauce 20 Total Sodium: 751 Calories: 726 Carbs: 83	<b>12</b> American Chop Suey 211 Italian Vegetables 26 Oatmeal Roll 121 Choc. Chip Cookie 171 Diet: Graham Wafers 69 Total Sodium: 701 Calories: 818 Carbs: 71	<b>13</b> Roast Turkey w/ 303 Cranberry Gravy 70 Mashed Potato 52 Winter Squash 11 WW Bread 160 Mixed Fruit 10 Total Sodium: 779 Calories: 677 Carbs: 103
<b>16</b> <b>No Meals Served</b> 	<b>17</b> Vegetarian Chili 213 White/Brown Rice 36 Snowflake Roll 260 Pears 4 Total Sodium: 685 Calories: 656 Carbs: 105	<b>18</b> Mac & Cheese 404 Green Beans & Peppers 3 Fruit Loaf 160 Mandarin Oranges 6 Total Sodium: 746 Calories: 819 Carbs: 101	<b>19</b> Chicken Parmesan 426 Italian Penne 1 Broccoli 12 Oatmeal Roll 121 Chocolate Pudding 191 Diet: Low Sugar Pudding 100 Total Sodium: 922 Calories: 643 Carbs: 68	<b>20</b> Meatloaf w/ 131 Onion Gravy 110 Cheesy Mash. Potato 80 Brussels Sprouts 12 WW Bread 17 Peaches 5 Total Sodium: 669 Calories: 714 Carbs: 91
<b>23</b> Crunchy Fish 252 Tartar Sauce 261 Confetti Rice 43 German Slaw 81 Hamburger Roll 230 Fresh Orange 0 Total Sodium: 1038 Calories: 720 Carbs: 91	<b>24</b> Cheeseburger 384 Ketchup 82 Roasted Potatoes 33 California Vegetables 27 HB Roll 230 Apricots 10 Total Sodium: 938 Calories: 778 Carbs: 80	<b>25</b> Grilled Chicken 67 Pineapple Salsa 44 Yellow Rice 22 Green Beans 3 Multigrain Bread 190 Banana 1 Total Sodium: 753 Calories: 608 Carbs: 85	<b>26</b> Spaghetti and Meatballs 266 Italian Vegetables 26 Dinner roll 210 Banana Cream Pie 224 Diet: Low Sugar Cake 187 Total Sodium: 898 Calories: 886 Carbs: 105	<b>27</b> Maple Glazed Pork 71 Whipped Sweet Potato 33 Mixed Vegetables 41 Oatmeal Bread 121 Applesauce 20 Total Sodium: 457 Calories: 632 Carbs: 76
<b>30</b> Broccoli Bake 387 Hash browns 136 Stewed Tomatoes 143 Fruit Loaf 160 Peaches 5 Total Sodium: 1003 Calories: 916 Carbs: 92	<b>31</b> Turkey Tetrazzini w/* 542 Pasta 1 Carrots 77 Multigrain Roll 190 Pears 4 Total Sodium: 985 Calories: 766 Carbs: 107	<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>*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. <b>High sodium days (&gt;1200mg) are bold</b></p>

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.