



# February 2023

<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>			Wednesday	Thursday	Friday		
		<b>1</b>		Chicken & Rice Paella 326 Green Beans 3 WW Roll 160 Mixed Fruit 10  Total Sodium: 671 Calories: 852 Carbs: 139	<b>2</b>	Meatloaf w/ 131 Onion Mushroom Gravy 148 Parsley Mash 53 Peas 82 Oatmeal Roll 121 Mixed Fruit 10  Total Sodium: 716 Calories: 748 Carbs: 96	<b>3</b>
	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>		
	Shrimp Mozambique 434 Red Bliss Potatoes 4 Green Beans 3 Dinner Roll 210 Mandarin Oranges 6  Total Sodium: 830 Calories: 854 Carbs: 74	Chicken Fajitas 275 Rice and Beans 35 Peppers & Onions 3 6" Tortilla 236 Applesauce 20  Total Sodium: 742 Calories: 590 Carbs: 73	German Beef Stew 277 With Vegetables 1 Roasted Potatoes 33 Multigrain Roll 190 Fresh Orange 0  Total Sodium: 672 Calories: 725 Carbs: 81	Roast Turkey w/ 303 Cranberry Sauce Gravy 3 Mashed Potato 52 Winter Squash 11 WW Bread 160 Red Velvet Cupcake 230 Diet: Graham Wafers 85  Total Sodium: 932 Calories: 991 Carbs: 124	Three Bean Chili 213 Ditalini Pasta 39 Oatmeal Roll 121 Peaches 5  Total Sodium: 551 Calories: 618 Carbs: 100		
	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>		
	Chicken Cordon Blue* 550 Mashed Potatoes 52 Mixed Vegetables 41 Dinner Roll 210 Pineapple 1  Total Sodium: 1026 Calories: 772 Carbs: 101	Stuffed Shells w/ 299 Tomato Sauce 55 California Vegetables 27 Oatmeal Roll 121 Valentines Cake 187  Total Sodium: 883 Calories: 625 Carbs: 78	Swedish Meatballs 317 Egg Noodles 35 Broccoli with 12 Cheese Sauce 104 Oatmeal Roll 121 Pears 4  Total Sodium: 765 Calories: 989 Carbs: 79	Grilled Chicken 320 W/ Peach Salsa 45 Red Bliss Potatoes 4 WW Roll 160 Mandarin Oranges 6  Total Sodium: 708 Calories: 496 Carbs: 62	Beef and Cabbage 300 w/ Vegetables 41 White Rice 36 Snowflake Roll 260 Apricots 10  Total Sodium: 819 Calories: 743 Carbs: 105		
	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>		
	<b>No Meals Served</b>	BBQ Chicken Nuggets* 620 Potato Wedges 27 Chuck Wagon Corn 2 WW Roll 160 Fresh Orange 0  Total Sodium: 1157 Calories: 837 Carbs: 109	"Catch of the Day" 40 Lemon Dill Sauce 111 Florentine Rice 112 Brussel Sprouts 12 Multigrain Bread 190 Mixed Fruit 47  Total Sodium: 647 Calories: 629 Carbs: 69	American Chop Suey 211 Roman Vegetables 28 Dinner Roll 210 Strawberry & Cream Pie 265 MOD: Low sugar cake 187  Total Sodium: 884 Calories: 941 Carbs: 87	Hot Dog* 550 Mustard & Relish 136 Baked Beans 36 Hot German Slaw 81 HD Roll 210 Banana 1  Total Sodium: 1187 Calories: 802 Carbs: 98		
	<b>27</b>	<b>28</b>	<p>For cancellations of home delivered meals, call the Nutrition Office at <b>1-508-324-4619</b>. If you want to cancel a meal, call no later than 10:30 a.m. on the day before.</p>		All Meals include:  <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs  <u>Margarine:</u> 36 Calories	We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.  The total carbohydrates reflect the lower sugar dessert items.	
	Spanish Omelette 874 Hash Browns 136 Peppers & Onions 3 Fruit Muffin 160 Applesauce 20  Total Sodium: 874 Calories: 711 Carbs: 91	Curry Chicken 375 Bowtie Pasta 1 Beets 162 WW Bread 160 Mandarin Oranges 6  Total Sodium: 876 Calories: 562 Carbs: 75					

**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.