



# March 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<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>	<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><b>1</b></p> <p>Beef Stir Fry 342 Jasmine Rice 36 Oatmeal Roll 121 Banana 1</p>	<p><b>2</b></p> <p>California Chick. Salad 337 Kosher Pickles 210 Pasta Salad 56 WW Pita 135 Fresh Orange 0</p>	<p><b>3</b> <b>High Sodium Meal</b></p> <p>Filet O Fish Sandwich 436 Potato Wedges 27 Carrots 77 Hamburger Roll 230 Mixed Fruit 10 Tartar Sauce 261</p>
		<p>Total Sodium: 672 Calories: 585 Carbs: 76</p>	<p>Total Sodium: 910 Calories: 637 Carbs: 85</p>	<p>Total Sodium: 1213 Calories: 876 Carbs: 97</p>
<p><b>6</b></p> <p>Turkey Divan 321 Penne Pasta 1 WW Roll 160 Iced Banana Cake 260 Diet: Sugar Cookie 55</p>	<p><b>7</b></p> <p>Beef Burgundy 241 Garlic Mashed 53 Peas 82 Scali Bread 310 Fresh Apple 2</p>	<p><b>8</b></p> <p>BBQ Pulled Pork* 653 Yellow Rice 22 <b>Cabbage &amp; Carrots</b> 47 Oatmeal Roll 121 Peaches 5</p>	<p><b>9</b></p> <p>Roast Chicken w/ 320 Apricot Sauce 39 Red Bliss Potatoes 4 Cauliflower/Broccoli 15 Multigrain Bread 190 Chocolate Chunk Cookie 171 Diet: Graham Wafer 85</p>	<p><b>10</b></p> <p>Mini Ravioli 400 Green Beans 3 Dinner Roll 210 Mixed Fruit 10</p>
<p>Total Sodium: 914 Calories: 947 Carbs: 76</p>	<p>Total Sodium: 860 Calories: 894 Carbs: 117</p>	<p>Total Sodium: 1020 Calories: 529 Carbs: 66</p>	<p>Total Sodium: 911 Calories: 817 Carbs: 79</p>	<p>Total Sodium: 795 Calories: 610 Carbs: 77</p>
<p><b>13</b></p> <p>Beef Taco 190 Spanish Rice 59 Corn 92 6" Tortilla 236 Pears 4</p>	<p><b>14</b></p> <p>Egg Salad 373 Cole Slaw 81 Pasta Salad 56 WW Bread 160 Fresh Orange 0</p>	<p><b>15</b></p> <p>Meatball Sub 244 Rotini 1 Peas 15 Sub Roll 162 Banana 1</p>	<p><b>16</b> <b>High Sodium Meal</b></p> <p><b>Sliced Corned Beef*</b> 775 Boiled Potatoes 51 <b>Cabbage &amp; Carrots</b> 47 Raisin Bread 160 Leprechaun Cake 209 <b>Diet: Low Sugar Cake</b> 187</p>	<p><b>17</b></p> <p>Lentil Chili 213 White/Brown Rice 36 WW Roll 160 Peaches 5</p>
<p>Total Sodium: 635 Calories: 633 Carbs: 75</p>	<p>Total Sodium: 842 Calories: 636 Carbs: 81</p>	<p>Total Sodium: 596 Calories: 725 Carbs: 88</p>	<p>Total Sodium: 1227 Calories: 879 Carbs: 82</p>	<p>Total Sodium: 586 Calories: 612 Carbs: 98</p>
<p><b>20</b></p> <p>Teriyaki Chicken 201 Lo Mein 28 Oriental Blend Veg 26 Multigrain Bread 190 Fortune Cookie 2</p>	<p><b>21</b></p> <p>Pasta Bolognese 162 Green Beans 39 Multigrain Roll 190 Fresh Orange 0</p>	<p><b>22</b></p> <p><b>Portuguese Chicken</b> 360 Tomato Rice 36 Mixed Veg 41 Crusty Dinner Roll 210 Banana 1</p>	<p><b>23</b></p> <p>Turkey w/ Gravy 350 Mashed Potatoes 52 Winter Squash 11 Oatmeal Bread 121 Vanilla Pudding 174 Diet: SF Pudding 100</p>	<p><b>24</b></p> <p>Baked Cod 220 Herb Sauce 76 <b>Delmonico Potatoes</b> 142 Beets 27 Snowflake Roll 260 Pineapple 1</p>
<p>Total Sodium: 620 Calories: 685 Carbs: 94</p>	<p>Total Sodium: 565 Calories: 758 Carbs: 92</p>	<p>Total Sodium: 820 Calories: 631 Carbs: 89</p>	<p>Total Sodium: 904 Calories: 759 Carbs: 92</p>	<p>Total Sodium: 899 Calories: 604 Carbs: 84</p>
<p><b>27</b></p> <p>Hot Dog* 550 Mustard 55 Baked Beans 36 Peas &amp; Carrots 80 HD Roll 210 Cinnamon Applesauce 20</p>	<p><b>28</b></p> <p><b>Chicken Cacciatore</b> 196 Penne Pasta 1 Brussel Sprouts 12 Scali Bread 310 Mixed Fruit 10</p>	<p><b>29</b></p> <p>Shepherd's Pie 271 Green Beans 3 Dinner Roll 210 Mandarin Oranges 6</p>	<p><b>30</b></p> <p><b>Pork w/ Apple Gravy</b> 172 Parsley Mashed 53 <b>Peas &amp; Mushrooms</b> 133 WW Bread 160 Birthday Cake 209 <b>Diet: Low Sugar Cake</b> 187</p>	<p><b>31</b></p> <p>Florentine Omelet 351 Hash Browns 136 Pepper &amp; Onions 3 Fruit Loaf 160 Fresh Pear 4</p>
<p>Total Sodium: 1123 Calories: 762 Carbs: 86</p>	<p>Total Sodium: 701 Calories: 881 Carbs: 117</p>	<p>Total Sodium: 663 Calories: 747 Carbs: 99</p>	<p>Total Sodium: 908 Calories: 877 Carbs: 78</p>	<p>Total Sodium: 654 Calories: 608 Carbs: 80</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.