

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday																																																																										
		All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	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.	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">1</td> <td style="width: 50%; text-align: right;">Na</td> </tr> <tr> <td>Hot Dog*</td> <td style="text-align: right;">550</td> </tr> <tr> <td>Mustard</td> <td style="text-align: right;">55</td> </tr> <tr> <td>Baked Beans</td> <td style="text-align: right;">36</td> </tr> <tr> <td>Cabbage and Carrots</td> <td style="text-align: right;">47</td> </tr> <tr> <td>Hot Dog Roll</td> <td style="text-align: right;">210</td> </tr> <tr> <td>Mixed Fruit</td> <td style="text-align: right;">10</td> </tr> <tr> <td colspan="2" style="border-top: 1px solid black;"> Total Sodium: 1080 Calories: 745 Carbs: 84 </td> </tr> </table>	1	Na	Hot Dog*	550	Mustard	55	Baked Beans	36	Cabbage and Carrots	47	Hot Dog Roll	210	Mixed Fruit	10	Total Sodium: 1080 Calories: 745 Carbs: 84																																																											
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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.