




December 2024



Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Cordon Bleu* 550 Yukon Potatoes 59 Mixed Veg 41 Multigrain Roll 190 Apple Slices 10 Total Sodium: 974 Calories: 709 Carbs: 84	3 Herb Chicken 320 Mashed Sweet potato 5 Green Beans 3 WW Roll 160 Peaches 5 Total Sodium: 646 Calories: 546 Carbs: 36	4 Mac n Cheese* 588 Escalloped Tomato 143 Fruit Loaf 160 Fresh Orange 0 Total Sodium: 1016 Calories: 789 Carbs: 109	5 Chicken Jambalaya 310 Mixed Veg 41 Dinner Roll 210 Mixed Fruit 10 Total Sodium: 696 Calories: 561 Carbs: 65	6 Pot Roast 265 Yukon Potatoes 59 Carrots 77 Snowflake Roll 260 Oreos 85 Total Sodium: 871 Calories: 809 Carbs: 96
9 Catch of the Day 67 Lemon Dill Sauce 106 Rice Pilaf 130 Peas & Mushrooms 133 Multigrain Bread 190 Pears 4 Total Sodium: 754 Calories: 606 Carbs: 78	10 BBQ Burgers 374 Tater Tots 27 Brussel Sprouts 12 Hamburger Bun 230 Fresh Orange 0 Total Sodium: 767 Calories: 745 Carbs: 85	11 Ranch Chicken 320 Roasted Potatoes 28 Corn 1 Biscuit 310 Pineapple 1 Total Sodium: 786 Calories: 626 Carbs: 87	12 American Chop Suey 211 Green Beans 3 WW Roll 160 Fresh Banana 1 Total Sodium: 501 Calories: 629 Carbs: 89	13 Roast Turkey 303 Mashed Potatoes 49 Winter Squash 11 Oatmeal bread 121 Pound Cake 240 Total Sodium: 849 Calories: 698 Carbs: 105
16 Tuna Noodle Casserole 351 Carrots 77 Multigrain Bread 190 Mixed Fruit 10 Total Sodium: 753 Calories: 557 Carbs: 78	17 Beef Stew 265 Mashed Potatoes 49 Snowflake Roll 260 Mandarin Oranges 6 Total Sodium: 705 Calories: 755 Carbs: 95	18 Chicken Stir Fry 246 Asian Rice 73 Oriental Blend Veg 26 Oatmeal Bread 121 Pineapple 1 Total Sodium: 592 Calories: 555 Carbs: 74	19 Sliced Ham 294 Rosemary Potatoes 28 Green Been Casserole 3 WW Roll 160 Apple Pie 360 MOD: Chocolate Pudding 191 Total Sodium: 801 Calories: 545 Carbs: 78	20 Lasagna* 625 With Meat sauce Italian Vegetables 26 Scali Bread 310 Peaches 5 Total Sodium: 1093 Calories: 780 Carbs: 98
23 Seafood Salad* 507 Pasta Salad 56 Three Bean Salad 50 Multigrain Roll 190 Fresh Pear 4 Total Sodium: 932 Calories: 645 Carbs: 88	24 Na* Beef Chili 176 Rice 31 Corn Muffin 280 Mandarin Oranges 6 Total Sodium: 619 Calories: 635 Carbs: 86	25  NO MEALS SERVED	26 Sweet & Sour 249 Meatballs Egg Noodles 30 Mixed Vegetables 41 Pineapple 1 Multigrain Bread 190 Total Sodium: 636 Calories: 738 Carbs: 96	27 Hot Dog* 540 Mustard 155 Baked Beans 37 Carrots 77 Hot Dog Roll 210 Mixed Fruit 10 Total Sodium: 1155 Calories: 778 Carbs: 101
30 Spanish Omelet 376 Hash Browns 132 Onions & Peppers 3 Fruit Loaf 160 Orange Juice 0 Total Sodium: 796 Calories: 704 Carbs: 93	31 Salisbury Steak 381 Mashed Potatoes 49 Peas 82 White Bread 120 Graham Cracker 85 Total Sodium: 842 Calories: 821 Carbs: 91	<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>	All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	

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.