

# September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>NO MEALS SERVED</b>   <b>Happy LABOR DAY</b>	<b>3</b> <b>Na</b> Stuffed Chicken 410 Egg Noodles 30 Carrots 77 Multigrain Roll 190 Apple Slices 10 Total Sodium: 842 Calories: 689 Carbs: 84	<b>4</b> <b>Na</b> BBQ Chicken 494 Hot German 85 Potato Salad Corn 1 Corn Muffin 280 Mandarin Oranges 6 Total Sodium: 992 Calories: 682 Carbs: 100	<b>5</b> <b>Na</b> Lentil Bolognese 260 Rotini Pasta 1 Italian Blend Veg 26 WW Roll 160 Tropical Fruit 10 Total Sodium: 582 Calories: 791 Carbs: 133	<b>6</b> <b>Na</b> Mini Ravioli 400 Tomato Sauce 55 Roman Veg 26 Dinner Roll 210 Green Apple 2 Total Sodium: 818 Calories: 641 Carbs: 86
<b>9</b> <b>Na</b> Hot Dog* 540 Mustard 55 Mac and Cheese 187 Cabbage and Carrots 47 Hot Dog Roll 210 Mixed Fruit 10 Total Sodium: 1174 Calories: 833 Carbs: 91	<b>10</b> <b>Na</b> Chicken A La Orange 386 Asian Rice 73 Oriental Veg 26 WW Roll 160 Pineapple 1 Total Sodium: 771 Calories: 570 Carbs: 76	<b>11</b> <b>Na</b> Cranberry Chicken 337 Salad Rainbow Pasta Salad 56 Carrot Raisin Slaw 83 Hamburger Bun 230 Tropical Fruit 10 Total Sodium: 840 Calories: 691 Carbs: 96	<b>12</b> <b>Na</b> Shepards Pie 261 Peas and carrots 80 WW Roll 160 Butterscotch Pudding 339 MOD: Diet Pudding 101 Total Sodium: 727 Calories: 748 Carbs: 98	<b>13</b> <b>Na</b> Roast Turkey 303 Rosemary Gravy 117 Parsley Mash 49 Winter Squash 11 Oatmeal Bread 121 Peaches 5 Total Sodium: 731 Calories: 633 Carbs: 97
<b>16</b> <b>Na</b> Catch of the Day 67 Dijon Maple Sauce 155 Rice Pilaf 130 Green and Wax Beans 3 Oatmeal Roll 121 Mixed Fruit 10 Total Sodium: 611 Calories: 549 Carbs: 80	<b>17</b> <b>Na</b> Meatloaf 131 BBQ Gravy 105 Yukon Gold Potatoes 59 Peas & Mushrooms 133 WW Bread 160 Mixed Fruit 10 Total Sodium: 722 Calories: 692 Carbs: 87	<b>18</b> <b>Na</b> Southwest Lime 366 Chicken Rice & Beans 31 Peppers and Onions 3 Honey Wheat Bread 135 Pears 4 Total Sodium: 664 Calories: 547 Carbs: 72	<b>19</b> <b>Na</b> Broccoli & Cheese 395 Omelette Hashbrowns 132 Stewed Tomatoes 143 Fruit Loaf 160 Apple Juice 5 Total Sodium: 960 Calories: 729 Carbs: 89	<b>20</b> <b>Na</b> Pork Lo Mein 254 Oriental Blend Veg 26 Snowflake Roll 260 Pound Cake 240 Total Sodium: 905 Calories: 851 Carbs: 113
<b>23</b> <b>Na</b> Potato Pollock 150 Tartar Sauce 261 Confetti Rice 38 Glazed Carrots 83 Oatmeal Bread 121 Mandarin Oranges 6 Total Sodium: 783 Calories: 685 Carbs: 84	<b>24</b> <b>Na</b> Chicken Parmesan 426 Spaghetti 1 Brussel Sprouts 12 Whole Wheat Roll 160 Pears 4 Total Sodium: 727 Calories: 569 Carbs: 75	<b>25</b> <b>Na</b> Luau Meatballs 249 Herby Rice 107 Broccoli 12 Dinner Roll 210 Peaches 5 Total Sodium: 708 Calories: 622 Carbs: 73	<b>26</b> <b>Na</b> American Chop Suey 211 Green Beans 3 Oatmeal Roll 121 Cinnamon Apples 10 Total Sodium: 470 Calories: 570 Carbs: 72	<b>27</b> <b>Na</b> Teriyaki Chicken 479 Pineapple Rice 166 Oriental Blend 26 Wheat Bread 160 Fig Newtons 65 Total Sodium: 1021 Calories: 675 Carbs: 88
<b>30</b> <b>Na</b> Baked Cod 220 Lemon Dill Sauce 106 Garlic Mash 49 Vegetable Blend 41 Honey Wheat Bread 135 Fresh Orange 0 Total Sodium: 676 Calories: 614 Carbs: 95	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.	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.