



# October 2024



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>	<b>1</b> Gold Fever Chicken 494 Roasted Potatoes 28 Mixed Veg 41 Dinner Roll 210 Applesauce 15	<b>2</b> Korean Meatballs 244 Lo Mein 30 Asian Blend Veg 26 Oatmeal Roll 121 Fresh Orange 0	<b>3</b> Filet Fish Sandwich 252 Tartar Sauce 261 Hashbrowns 132 Hot Slaw 81 Hamburger Roll 230 Peaches 5	<b>4</b> Chicken Cacciatore 196 Penne Pasta 1 Italian Blend 26 WW Roll 160 Lorna Doones 85
	Total Sodium: 913 Calories: 595 Carbs: 82	Total Sodium: 546 Calories: 657 Carbs: 77	Total Sodium: 1085 Calories: 718 Carbs: 93	Total Sodium: 592 Calories: 848 Carbs: 107
<b>7</b> Beef Taco 200 Rice and Beans 31 Onions and Peppers 3 Tortilla 236 Fresh Apple 2	<b>8</b> White Bean 121 Chicken Chili Florentine Rice 107 Corn Muffin 280 Tropical Fruit 10	<b>9</b> Meatloaf with Gravy 236 Baked Potato 59 Brussel Sprouts 12 Multigrain Bread 190 Banana 1	<b>10</b> Teriyaki Chicken 479 Pineapple Rice 73 Green Beans 3 WW Roll 160 Poundcake 240	<b>11</b> Roast Turkey 303 Parsley Mashed 50 Winter Squash 11 Dinner Roll 210 Pineapple 1
Total Sodium: 596 Calories: 650 Carbs: 76	Total Sodium: 643 Calories: 557 Carbs: 78	Total Sodium: 622 Calories: 700 Carbs: 93	Total Sodium: 1080 Calories: 643 Carbs: 82	Total Sodium: 700 Calories: 631 Carbs: 102
<b>14</b> <span style="color: red; font-weight: bold;">NO MEALS SERVED</span>	<b>15</b> Spinach Omelet 400 Escalloped Tomatoes 143 Hash Browns 132 Fruit Loaf 160 Orange Juice 0	<b>16</b> Turkey Pot Pie 210 Cheesey Mashed 77 Potato Biscuit 310 Mandarin Oranges 6	<b>17</b> Catch of the day 220 Margherita Sauce 50 Confetti Rice 38 Scandanavian Blend 42 WW Roll 160 Fig Newtons 65	<b>18</b> American Chop Suey 211 Green Beans 3 Multigrain Bread 190 Peaches 5
 <b>Columbus Day</b>	Total Sodium: 960 Calories: 727 Carbs: 90	Total Sodium: 728 Calories: 669 Carbs: 84	Total Sodium: 699 Calories: 542 Carbs: 77	Total Sodium: 535 Calories: 599 Carbs: 79
<b>21</b> Honey Mustard Chicken 475 Mashed Potatoes 49 Peas & Carrots 80 Oatmeal Bread 121 Sliced Apples 10	<b>22</b> <span style="font-weight: bold;">Na*</span> BBQ Burgers 200 Potato wedges 27 Chuckwagon Corn 2 BBQ Sauce 174 Hamburger Bun 230 Pink Lady Apple 2	<b>23</b> Chicken & Corn Stew 307 Broccoli 12 Whole Wheat Bread 160 Mixed Fruit 10	<b>24</b> Hawiian Meatballs 300 Egg Noodles 30 Mixed Veg 41 Snowflake Roll 260 Birthday Cake 240	<b>25</b> Roast Pork 71 Apple Gravy 105 Yukon Potato 59 Peas and Carrots 80 Oatmeal Bread 121 Pineapple 1
Total Sodium: 859 Calories: 622 Carbs: 97	Total Sodium: 759 Calories: 814 Carbs: 105	Total Sodium: 614 Calories: 535 Carbs: 65	Total Sodium: 996 Calories: 909 Carbs: 122	Total Sodium: 562 Calories: 683 Carbs: 79
<b>28</b> Chicken and Gravy 385 Augutin Potatoes 172 Glazed Carrots 83 Multigrain Roll 190 Fresh Plum 0	<b>29</b> Mac n Cheese 588 Escalloped Tomatoes 143 Fruit Loaf 160 Mixed Fruit 10	<b>30</b> Pork Lo Mein 254 Mixed Veg 41 Oatmeal Bread 121 Applesauce 20	<b>31</b> Spooky Shepards Pie 261 Peas & Eyeballs 133 Dinner Roll 210 Halloween Cake 240	All Meals include:  <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs  <u>Margarine:</u> 36 Calories 47mg Sodium
Total Sodium: 955 Calories: 605 Carbs: 76	Total Sodium: 1026 Calories: 779 Carbs: 106	Total Sodium: 560 Calories: 703 Carbs: 94	Total Sodium: 969 Calories: 872 Carbs: 118	

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.