



November 2024



Monday	Tuesday	Wednesday	Thursday	Friday																																																										
		<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>	<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>1</p> <table border="0"> <tr><td>Salsbury Steak</td><td>381</td></tr> <tr><td>with Gravy</td><td>105</td></tr> <tr><td>Vegetable Rice</td><td>107</td></tr> <tr><td>Broccoli</td><td>12</td></tr> <tr><td>White Bread</td><td>120</td></tr> <tr><td>Pears</td><td>4</td></tr> </table> <p>Total Sodium: 855 Calories: 669 Carbs: 61</p>	Salsbury Steak	381	with Gravy	105	Vegetable Rice	107	Broccoli	12	White Bread	120	Pears	4																																														
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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.