




April 2025



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Stuffed Chicken* 550 Rice Pilaf 130 Mixed Veggies 41 Dinner Roll 210 Pineapple 1	Corned Beef* 560 Red Bliss Potatoes 15 Brussels Sprouts 12 Oatmeal Bread 121 Diced Peaches 5	American Chop Suey 211 Italian Blend Veg 26 Snowflake Roll 260 Applesauce 20	Krab Salad 228 Bowtie Pasta Salad 1 Beet Salad 162 Diced Peaches 5 Dinner Roll 210
	Total Sodium: 1056 Calories: 708 Carbs: 87	Total Sodium: 838 Calories: 505 Carbs: 60	Total Sodium: 642 Calories: 641 Carbs: 87	Total Sodium: 731 Calories: 832 Carbs: 136
7	8	9	10	11
Meatballs 210 BBQ Sauce 174 Roasted Potatoes 28 Glazed Carrots 83 WW Sub Roll 162 Fresh Orange 0	Grilled Chicken Strips 320 Black Beans and Rice 31 Fajita Blend Veggies 41 Flour Tortilla 236 Diced Peaches 5	Sloppy Joe 222 Sliced Carrots 77 German Potato Salad 85 Hamburger Roll 230 Pineapple Tidbits 10	Chicken Breast 320 Bourbon Sauce 174 Rice 31 Broccoli 12 Wheat Bread 115 Sugar Cookie 109	Catch of the day 97 Chili Garlic Sauce 72 Rice Pilaf 130 Green Beans 3 Applesauce 15 Whole Wheat Bread 160
Total Sodium: 782 Calories: 658 Carbs: 88	Total Sodium: 757 Calories: 566 Carbs: 72	Total Sodium: 749 Calories: 612 Carbs: 85	Total Sodium: 887 Calories: 597 Carbs: 70	Total Sodium: 602 Calories: 544 Carbs: 70
14	15	16	17	18
Pork Lo Mein 254 Asian Blend Veggies 36 Snowflake Roll 260 Seasonal Fruit 10	Beef Burgandy 230 Egg Noodles 157 Green Peas 82 Whole Wheat Bread 160 Diced Pears 4	Chicken Breast 320 Jardiniere Sauce 32 Rice Pilaf 130 Broccoli 12 Wheat Roll 160	Pineapple Glazed Ham 392 Parsley Mash 50 Carrot Coins 77 Oatmeal Roll 121 Oatmeal Cream Pie 150 MOD: Diet Pudding 101	Fish Sandwich 252 Potato Wedges 27 Sweet Sour Coleslaw 81 Hamburger Roll 230 Diced Peaches 5
Total Sodium: 675 Calories: 751 Carbs: 103	Total Sodium: 758 Calories: 865 Carbs: 106	Total Sodium: 779 Calories: 514 Carbs: 61	Total Sodium: 865 Calories: 552 Carbs: 79	Total Sodium: 719 Calories: 674 Carbs: 94
21	22	23	24	Na 25
 <p>HAPPY PATRIOT'S DAY</p>	Turkey Pot Pie 210 Whipped Potatoes 49 Biscuit 310 Mandarin Oranges 6	Chicken Jambalaya 310 Peas and Mushrooms 133 Confetti Rice 38 Snowflake Roll 260 Fresh Orange 0	Beef Bolognese 387 Spaghetti Noodles 30 Brussels Sprouts 12 Wheat Roll 160 Tropical Fruit 10	Mac & Cheese* 588 Escalloped Tomatoes 143 Snack N Loaf 115 Fresh Banana 1
NO MEALS SERVED	Total Sodium: 700 Calories: 663 Carbs: 85	Total Sodium: 866 Calories: 715 Carbs: 92	Total Sodium: 724 Calories: 785 Carbs: 88	Total Sodium: 972 Calories: 804 Carbs: 118
28	29	30	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.	
Meatloaf 131 Onion Gravy 105 Oven Roasted Potatoes 28 Scand Blend Veg 42 Pineapple 1 Oatmeal Bread 121	Turkey Breast 90 Rosemary Gravy 117 Whipped Potatoes 49 Butternut Squash 11 WG Dinner Roll 190 Vanilla Pudding 174 SF Pudding 173	Salmon 67 Newburg Sauce 62 Bowtie Pasta 1 Green Beans 3 Wheat Roll 190 Birthday Cake 209		
Total Sodium: 552 Calories: 652 Carbs: 84	Total Sodium: 929 Calories: 880 Carbs: 126	Total Sodium: 657 Calories: 717 Carbs: 102	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.