

November 2025

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Monday		Tuesday		Wednesday		Thursday		Friday	
3	Na+	4	Na+	5	Na+	6	Na+	7	
Mac n Cheese*	588	Herb Pollock	220	Roasted Chicken	320	Tofu Fried Rice*	630	Beef Rib Patty	
Escalloped Tomatoes	143	Newburg Sauce	62	Vegetable Gravy	117	Broccoli	2	BBQ Sauce	
Fruit Loaf	160	Yellow Rice	32	Egg Noodles	30	Wheat Bread	115	Red Bliss Potatoes	
Mixed Fruit	10	Green Beans	3	Glazed Carrots	83	Mandarin Oranges	6	Chuckwagon Corn	
		Wheat Roll	115	Multigrain Bread	190			Hamburger Bun	
		Vanilla SF Pudding	101	Applesauce	20			Oatmeal Raisin Cookie	
Total Sodium: 1026		Total Sodium: 659		Total Sodium: 885		Total Sodium: 876		Total Sodium: 1073	
Calories: 779 Carbs: 106		Calories: 525		Calories: 634		Calories: 629 Carbs: 70		Calories: 736 Carbs: 106	
10	Na+	11		12	Na+	13	Na+	14	
All Beef Hot Dog*	540			Chicken Salad	286	Beef Stroganoff	281	Cannellini Bean Cacciatore	
Ketchup	82			Bowtie Pasta Salad	1	Egg Noodles	30	Rice	
Baked Beans	37			Coleslaw	81	Green Peas	82	Sliced Carrots	
Whole Kernel Corn	1			Sub Roll	162	Snowflake Roll	260	Oatmeal Roll	
Hot Dog Bun	210			Mixed Fruit	10	Pears	4	Pineapple Tidbits	
Mandarin Oranges	6								
Total Sodium: 1001		NO MEALS SERVED		Total Sodium: 664		Total Sodium: 783		Total Sodium: 674	
Calories: 791 Carbs: 97				Calories: 621		Calories: 886 Carbs: 95		Calories: 516 Carbs: 97	
17	Na+	18	Na+	19	Na+	20	Na+	21	
Breaded Pollock Square	252	Meatloaf	131	Chicken Bruscetta	366	Turkey Breast	90	Spanish Omelet	
Lemon Couscous	36	Onion Gravy	105	Confetti Rice	38	Rosemary Gravy	117	Hashbrown Patty	
Green Bean/Red Pepper	3	Baked Potato	59	Green Beans	3	Parsley Mashed Potato	50	Escalloped Tomatoes	
WW Bread	160	Brussels Sprouts	12	WW Roll	160	Butternut Squash	15	Snack N Loaf	
Diced Peaches	5	Multi Grain Bread	190	Diced Pears	4	Dinner Roll	210	Orange Juice	
		Fresh Apple	2			Apple Caramel Pie	390		
						SF Pumpkin Pudding	173		
Total Sodium: 582		Total Sodium: 623		Total Sodium: 696		Total Sodium: 996		Total Sodium: 935	
Calories: 607 Carbs: 89		Calories: 687		Calories: 540		Calories: 915 Carbs: 116		Calories: 696 Carbs: 93	
24	Na+	25	Na+	26	Na+				
Glazed Salmon	67	Chicken Pot Pie*	631	American Chop Suey	211				
Parmesan Risotto	130	Whipped Potatoes	49	Broccoli	12				
Peas & Carrots	80	Biscuit	310	Multi Grain Bread	190				
Oatmeal Bread	121	Mandarin Oranges	6	Fig Newton	65				
Apples Slices	10								
Total Sodium: 532		Total Sodium: 1121		Total Sodium: 604					
Calories: 530 Carbs: 65		Calories: 1093		Calories: 632					
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.		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 Aging and Wellness 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.

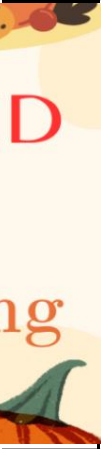
Heating Instructions: Peel corners of cover or cut small holes, microwave 3-5 minutes or heat in oven at 350F on cookie sheet for 15-20 minutes. For safety, heat meals to 165F. DO NOT USE TOASTER OVEN

Na+
403
174
215
2
230
124

101
Na+
318
31
77
121
1

83
Na+
376
132
143
160
0

90



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