



February 2026



Monday	Tuesday	Wednesday	Thursday	Friday
2 Spaghetti & Meatballs 244 Tomato Sauce 55 Broccoli 12 Scali Bread 310 Mixed Fruit 10 Total Sodium: 758 Calories: 728 Carbs: 95	3 Veggie Fried Rice 452 Japanese Blend Veg 26 Multigrain Bread 190 Mandarin Oranges 6 Total Sodium: 800 Calories: 663 Carbs: 103	4 Baked Stuffed Cod 337 Couscous 36 Green Beans 3 Dinner Roll 210 Fresh Apple 2 Total Sodium: 713 Calories: 771 Carbs: 101	5 Beef Stew 265 Mashed Potatoes 49 Cornbread 280 Brownies 132 MOD: Graham Wafers 85 Total Sodium: 804 Calories: 835 Carbs: 103	6 Sodium (mg): Na ⁺ Herbed Baked Chicken 320 Baked Potato 59 Italian Blend Veg 26 WW Roll 160 Applesauce 20 Total Sodium: 710 Calories: 544 Carbs: 71
9 Sloppy Joes 222 Bowtie Pasta 1 Corn 1 WW Hamburger Bun 230 Pineapples 1 Total Sodium: 580 Calories: 699 Carbs: 103	10 *High Sodium Day BBQ Hamburger 374 Swiss Cheese 381 Tater Tots 132 Mixed Veg 41 Hamburger Bun 230 Apple Slices 10 Total Sodium: 1292 Calories: 784 Carbs: 90	11 Honey Mustard Chicken 352 White Rice 31 Chick Pea Blend Veg 52 Multigrain Bread 190 Pears 4 Total Sodium: 754 Calories: 754 Carbs: 74	12 Pot Roast w/ Gravy 334 Parsley Mash Potato 50 Cabbage & Carrots 47 Oatmeal Roll 121 Vanilla Pudding 101 Total Sodium: 777 Calories: 769 Carbs: 90	13 Tuna Salad 408 Pasta Salad 56 Coleslaw 81 Sub Roll 162 Clementine 0 Total Sodium: 832 Calories: 600 Carbs: 74
16  <i>Presidents Day</i> NO MEALS SERVED	17 Greek Meatballs 357 Confetti Rice 38 Genoa Blend Veg 40 Snowflake Roll 260 Peaches 5 Total Sodium: 825 Calories: 716 Carbs: 88	18 Mac & Cheese* 588 Florentine Tomatoes 121 Fruit Loaf 160 Mixed Fruit 10 Total Sodium: 1004 Calories: 769 Carbs: 103	19 Chicken Piccata 330 Rotini Pasta 1 Broccoli 12 Scali bread 310 Cheesecake 280 MOD: Lorna Doone 55 Total Sodium: 833 Calories: 756 Carbs: 88	20 Roast Turkey w/ 90 Gravy 65 Mash Potatoes 49 Winter Squash 11 WW Roll 160 Applesauce 20 Total Sodium: 520 Calories: 679 Carbs: 100
23 Breaded Pollock 337 Tartar Suace 261 Roasted Potatoes 28 Green Beans 3 Multigrain Bread 190 Fruit Cocktail 10 Total Sodium: 954 Calories: 823 Carbs: 93	24 Stuffed Shells 400 Alfredo Sauce 120 Italian Blend Veg 26 Italian Bread 210 Pears 4 Total Sodium: 885 Calories: 670 Carbs: 81	25 *High Sodium Day Hot Dog* 540 Ketchup 82 Mac n Cheese 187 Carrots 77 Hot Dog Bun 210 Fresh Apple 2 Total Sodium: 1223 Calories: 869 Carbs: 102	26 Chicken Stir Fry 246 Lo Mein Noodles 11 Oriental Blend Veg 26 Oatmeal Roll 209 Birthday Cake 125 Total Sodium: 617 Calories: 698 Carbs: 104	27 Meatloaf w/ 131 Brown Gravy 105 Cheesy Mash Potatoes 77 Mixed Veg 41 Wheat Roll 115 Pineapples 1 Total Sodium: 594 Calories: 704 Carbs: 97
All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	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.			

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