



October 2025



Monday	Tuesday	Wednesday	Thursday	Friday
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:	1	2	3
	Milk: 110 Calories 125mg Sodium 13g Carbs	Pork Lo Mein 254 Asian Veg Blend 26 Snowflake Roll 260 Pineapple 1	Fish Sandwich 252 Potato Wedges 27 Green Beans 3 WW Hamburger Bun 230 Diced Peaches 5	Meatloaf 131 Brown Gravy 105 Baked Potato 59 Brussels Sprouts 12 Multigrain Bread 190 Fresh Apple 2
	Margarine: 36 Calories 47mg Sodium	Total Sodium: 666 Calories: 766 Carbs: 107	Total Sodium: 642 Calories: 683	Total Sodium: 622 Calories: 681 Carbs: 89
6	7	8	9	10
Teriyaki Chicken 479 Pineapple Rice 31 Green Beans 3 Dinner Roll 210 Diced Pears 4	Cheese Omelet 312 Scalloped Tomatoes 143 Hashbrown Patty 132 Snack N Loaf 160 Orange Juice 0	Turkey Breast 90 Rosemary Gravy 117 Parsley Mashed Potato 50 Butternut Squash 11 Multigrain Bread 190 Pound Cake 240	Honey Mustard Chicken 320 Parmesan Risotto 155 Peas & Carrots 130 Oatmeal Bread 80 Apples Slices 121	Catch of the Day 220 Margherita Sauce 46 Confetti Rice 38 Scand Blend Veg 42 WW Dinner Roll 210 Diced Peaches 5
Total Sodium: 852 Calories: 532 Carbs: 68	Total Sodium: 871 Calories: 717 Carbs: 85	Total Sodium: 823 Calories: 810 Carbs: 115	Total Sodium: 940 Calories: 567	Total Sodium: 686 Calories: 502 Carbs: 71
13	14	15	16	17
	American Chop Suey 254 Green Beans 3 Multigrain Bread 190 Fig Newton 65	Chicken Pot Pie* 631 Whipped Potatoes 49 Biscuit 310 Garlic Green Beans 3 Mandarin Oranges 6	Vegetarian Chili 214 White Rice 31 Whole Kernel Corn 1 Oatmeal Bread 121 Fruit Cocktail 10	BBQ Cheeseburger 374 Swiss Cheese 35 Potato Wedges 27 Hot German Slaw 81 Hamburger Bun 230 Fresh Pear 0
	Total Sodium: 595 Calories: 644 Carbs: 86	Total Sodium: 1125 Calories: 1101 Carbs: 130	Total Sodium: 503 Calories: 679	Total Sodium: 872 Calories: 782 Carbs: 76
NO MEALS SERVED				
20	21	22	23	Na 24
Chicken Corn Stew 307 Broccoli 12 Oatmeal Bread 121 Mixed Fruit 10	Meatballs 244 Hawaiian Sauce 98 Egg Noodles 30 Mixed Vegetables 41 Snowflake Roll 260 Pineapple Tidbits 1	Pork Roast 71 Apple Cider Gravy 105 Yukon Gold Potatoes 59 Glazed Carrots 83 WW Roll 160 Fruit Cocktail 10	Macaroni & Cheese* 588 Scalloped Tomatoes 143 Snack N Loaf 160 Tropical Fruit 10	Chicken Mozambique 449 Au Gratin Potatoes 172 Fall Blend Veg 15 Dinner Roll 210 Lorna Doones 85
Total Sodium: 575 Calories: 517 Carbs: 61	Total Sodium: 799 Calories: 791 Carbs: 102	Total Sodium: 613 Calories: 668 Carbs: 79	Total Sodium: 1026 Calories: 799	Total Sodium: 1056 Calories: 654 Carbs: 73
27	28	29	30	31
Shepherd's Pie 261 Mixed Vegetables 41 Wheat Roll 160 Diced Pears 4	Turkey Divan 375 Red Bliss Potatoes 15 Oatmeal Bread 121 Diced Peaches 5	Chicken Fajitas 275 Rice & Beans 31 Peppers & Onions 3 Tortilla 236 Pineapple 1	Cheese Lasagna Roll 414 Tomato Basil Sauce 55 Green Beans 3 Wheat Dinner Roll 160 Birthday Cake 209	Hot Dog* 540 Baked Beans 37 Broccoli 12 Hot Dog Bun 210 Mustard 55 Sugar Cookie 55
Total Sodium: 592 Calories: 743 Carbs: 105	Total Sodium: 641 Calories: 579 Carbs: 66	Total Sodium: 671 Calories: 603 Carbs: 80	Total Sodium: 966 Calories: 642	Total Sodium: 1035 Calories: 759 Carbs: 82

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