



December 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
All Beef Hot Dog* 540 Baked Beans 37 Whole Kernel Corn 1 Hot Dog Bun 210 Applesauce 20	Cheeseburger* 581 Potato Wedges 27 Chuckwagon Corn 2 Big Mac Sauce 64 WW Hamburger Bun 230 Fresh Apple 2	Chicken Corn Stew 307 Broccoli 12 Oatmeal Bread 121 Mixed Fruit 10	Meatballs 244 Korean Sauce 174 Egg Noodles 30 Mixed Vegetables 41 Snowflake Roll 260 Pineapple Tidbits 1	Pork Roast 71 Rosemary Gravy 117 Yukon Gold Potatoes 15 Glazed Carrots 83 Oatmeal Bread 121 Fruit Cocktail 10
Total Sodium: 933 Calories: 786 Carbs: 95	Total Sodium: 1030 Calories: 911 Carbs: 101	Total Sodium: 575 Calories: 517 Carbs: 61	Total Sodium: 875 Calories: 797 Carbs: 105	Total Sodium: 541 Calories: 631 Carbs: 71
8	9	10	11	12
Macaroni & Cheese* 588 Escaloped Tomatoes 143 Snack N Loaf 160 Tropical Fruit 10	Chicken Breast 320 Gravy 65 Au Gratin Potatoes 172 Glazed Carrots 83 Whole Grain Roll 160 Mandarin Oranges 6	Beef Lo Mein 254 Asian Veg Blend 26 Wheat Bread 115 Mixed Fruit 10	Lentil Bolognese 260 Bowtie Pasta 1 Peas & Mushrooms 133 Oatmeal Bread 121 Diced Peaches 5	Shepherd's Pie 261 Mixed Vegetables 41 White Bread 120 Chocolate Cake 180 MOD: SF Chocolate Pudding 173
Total Sodium: 1026 Calories: 799 Carbs: 107	Total Sodium: 931 Calories: 600 Carbs: 78	Total Sodium: 530 Calories: 666 Carbs: 87	Total Sodium: 644 Calories: 778 Carbs: 132	Total Sodium: 720 Calories: 739 Carbs: 96
15	16	17	18	19
Cheese Lasagna Roll 414 Alfredo Sauce 120 Green Beans 3 Wheat Dinner Roll 160 Diced Pears 4	Meatloaf 131 Brown Gravy 105 Cheesy Mash 77 Brussels Sprouts 12 Multi Grain Bread 190 Fresh Orange 0	Chicken Pot Pie 307 Garlic Potatoes 49 Biscuit 310 Pineapple Tidbits 1	Christmas Ham 294 Pineapple Cherry Sauce 98 Mashed Potatoes 49 Glazed Carrots 83 Dinner Roll 210 Cherry Pie 390 MOD: Sugar Cookie 55	Seafood Newburg* 564 Yellow Rice 32 Green Beans 3 Wheat Roll 160 Banana 1
Total Sodium: 826 Calories: 561 Carbs: 74	Total Sodium: 639 Calories: 712 Carbs: 95	Total Sodium: 793 Calories: 675 Carbs: 91	Total Sodium: 913 Calories: 603 Carbs: 93	Total Sodium: 886 Calories: 648 Carbs: 92
22	23	24	25	26
Veggie Fried Rice 277 Broccoli 12 Wheat Bread 115 Mandarin Oranges 6	Pork Rib Patty 403 Red Bliss Potatoes 15 Chuckwagon Vegetable 2 Wheat Roll 160 Fresh Pear 4	Catch of the Day 90 Lemon Dill Sauce 106 Confetti Rice 38 Scandinavian Blend Veg 42 Diced Peaches 5 Wheat Dinner Roll 160	 NO MEALS SERVED	Egg Salad 373 Bowtie Pasta Salad 56 Broccoli Salad 81 Subroll 162 Birthday Cake 209
Total Sodium: 536 Calories: 585 Carbs: 90	Total Sodium: 709 Calories: 574 Carbs: 79	Total Sodium: 565 Calories: 524 Carbs: 71		Total Sodium: 1006 Calories: 729 Carbs: 99
29	30	31	<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>	
Chicken Teriyaki 479 Asian Rice 73 Oriental Blend Veg 26 Oatmeal Roll 121 Mixed Fruit 10	Cannellini Bean Cacciatore 402 Egg Noodles 30 Sliced Carrots 77 Snowflake Roll 260 Pineapple Tidbits 1	Orange Chicken 418 Jasmine Rice 31 Asian Blend Veg 26 Multigrain Bread 190 Fortune Cookie 2		
Total Sodium: 833 Calories: 527 Carbs: 66	Total Sodium: 895 Calories: 608 Carbs: 103	Total Sodium: 793 Calories: 540 Carbs: 64		

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

