



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. the business day before.			30	Na 1	Na 2	Na		
	All Meals include:		White Fish Piccata 387	Braised Beef & Vegetables 161	Swedish Meatballs 480	Roasted Potatoes 85		
	Milk: 110 Calories 125mg Sodium 13g Carbs		Rice Pilaf 50	Rice Pilaf 49	Broccoli 38	WG Cornbread 180		
	Margarine: 36 Calories 47mg Sodium		Carrots 56	Spinach w/ Peppers 65	Banana 1			
			Dinner Roll 100	Dinner Roll 100				
			Orange 0	Vanilla Pudding 130				
			Total Sodium: 728	Total Sodium: 640	Total Sodium: 919			
			Calories: 727 Carbs: 88	Calories: 846 Carbs: 88	Calories: 783 Carbs: 104			
5	Na 6	Na 7	Na 8	Na 9	Na			
Chicken Pot Pie 213	Shrimp Tacos * 537	Roast Turkey & Gravy* 580	Roast Chicken 408	Pork with 85				
w/ Buttermilk Biscuit 370	Cilantro Lime Rice 67	Mashed Potatoes 23	with Sage Cream Sauce	Apple Cranberry Chutney				
Green Beans & Peppers 21	Black Beans, Corn & Peppers 61	Carrots 56	Butternut Squash Ravioli 166	Mashed Sweet Potatoe 20				
Applesauce 2	Tortilla Wrap 135	Cornbread Loaf 180	Broccoli 38	Vegetable Medley 54				
	Orange 0	Shortbread Cookie 150	Wheat Roll 150	Wheat Roll 150				
		MOD: Fruit Cup 5	Apple Crisp 50	Mandarin Fruit Cup 5				
			MOD: Fruit Cup 5					
Total Sodium: 741	Total Sodium: 935	Total Sodium: 1124	Total Sodium: 947	Total Sodium: 798				
Calories: 769 Carbs: 76	Calories: 700 Carbs: 96	Calories: 726 Carbs: 87	Calories: 898 Carbs: 115	Calories: 798 Carbs: 101				
12	Na 13	Na 14	Na 15	Na 16	Na			
 COLUMBUS DAY	Chicken & Veg Stir Fry 307	Meatloaf w/ Gravy* 546	Herb Crusted White Fish 346	Beef Stroganoff 201				
	White Rice 25	Garlic Mash Potatoes 23	Roasted Potatoes 85	Egg Noodles 7				
	Stir Fry Vegetables 28	Kale & Peppers 29	Carrots 56	Broccoli 38				
	Wheat Roll 150	Wheat Bread 65	Wheat Bread 65	WG Cornbread 180				
	Chocolate Chip Cookie 80	Banana 1	Mandarin Fruit Cup 5	Vanilla Pudding 130				
			Tartar Sauce 113					
	Total Sodium: 725	Total Sodium: 799	Total Sodium: 805	Total Sodium: 691				
NO MEALS SERVED	Calories: 764 Carbs: 90	Calories: 753 Carbs: 91	Calories: 705 Carbs: 94	Calories: 917 Carbs: 91				
19	Na 20	Na 21	Na 22	Na 23	Na			
French Onion Chicken 420	Beefy Mac & Cheese 636	Maple Bacon 162	Cheese Omelet 336	White Fish Florentine 267				
Mashed Potatoes 23	Cheese Tortellini 20	Glazed Chicken 12	Roasted Potatoes with Onions & Peppers 61	Rice Pilaf 49				
California Blend Vegetables 34	Green Peas 150	Butternut Squash 51	Spinach 110	Brussel Sprouts 26				
Dinner Roll 100	Wheat Roll 150	Mixed Vegetables 100	Whole Grain Muffin 190	Wheat Bread 65				
Chocolate Pudding 135	Orange 0	Dinner Roll 100	Banana 1	Oatmeal Cookie 90				
		Mandarin Fruit Cup 5						
Total Sodium: 847	Total Sodium: 941	Total Sodium: 465	Total Sodium: 918	Total Sodium: 632				
Calories: 715 Carbs: 80	Calories: 924 Carbs: 80	Calories: 792 Carbs: 107	Calories: 769 Carbs: 91	Calories: 702 Carbs: 86				
26	Na 27	Na 28	Na 29	Na 30	Na			
Sausage w/ Abruzzi Sauce 650	Herb Roasted 101	Shrimp Alfredo* 655	Southwest Beef & Black Bean Chili 366	Chicken Carbonara* 633				
Egg Noodles 7	Chicken Thigh w/ Gravy 23	Whole Grain Pasta 4	w/ Shredded Cheese 96	WG Pasta 4				
Tuscan Veg Blend 26	Mashed Potatoes 56	Broccoli 38	Green Peas 20	California Blend Veg 34				
Cornbread Loaf 180	Carrots 150	Dinner Roll 100	WG Cornbread Bowl 160	Dinner Roll 100				
Peach Cup 5	Wheat Roll 250	Pound Cake w/ Blueberries 240	Pear Fruit Cup 0	Banana 1				
	Pumpkin Bread							
	MOD: Fruit Cup							
Total Sodium: 1003	Total Sodium: 715	Total Sodium: 1172	Total Sodium: 777	Total Sodium: 907				
Calories: 798 Carbs: 84	Calories: 784 Carbs: 92	Calories: 759 Carbs: 94	Calories: 868 Carbs: 100	Calories: 722 Carbs: 88				

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
Menu is subject to change without notice. Please inform Bristol Aging and Wellness if you have any food allergies.

Without your suggested voluntary donation of \$2.25 per meal many people would go hungry. Please give.

Bristol's Dietitian Digest

OCTOBER 2026

Introducing Our New Caterer: City Fresh Foods!

City Fresh Foods is committed to providing fresh, nutritious, and delicious meals made with quality ingredients.

Their focus on wholesome food and high-quality meal service makes them a great partner for our nutrition program.

We look forward to this new partnership and to bringing you meals that are both nutritious and enjoyable!



REMINDER: EMERGENCY MEAL PACKS

Emergency Meal Packs contain 3 meals that are to be used on days that Bristol cancels meal delivery because of an emergency such as a storm. Save these meals for those days. There is no need to heat the contents.