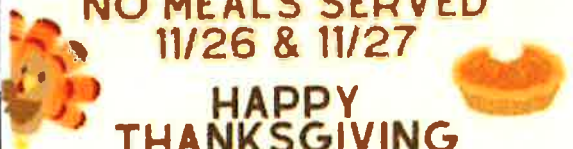




Monday	Tuesday	Wednesday	Thursday	Friday
2 Spaghetti & Meatballs 540 Whole Grain Pasta 4 Vegetable Medley 56 Wheat Bread 65 Orange 0 Total Sodium: 800 Calories: 709 Carbs: 93	3 Three Bean Chicken Chili 432 w/ Shredded cheese 96 Kale & Peppers 29 WG Cornbread Bowl 160 Vanilla Pudding 130 Total Sodium: 982 Calories: 878 Carbs: 104	4 White Fish Piccata 387 Rice Pilaf 49 Butternut Squash 12 Dinner Roll 100 Mandarin Fruit Cup 5 Total Sodium: 688 Calories: 758 Carbs: 106	5 Pot Roast w/ Gravy* 587 Mashed Potatoes 24 Broccoli 38 Wheat Bread 65 Lemon White 100 Chocolate Cookie MOD: Fruit Cup 5 Total Sodium: 949 Calories: 723 Carbs: 89	6 Chicken Casserole 331 Egg Noodles 7 Green Beans 21 & Red Pepper Wheat Bread 65 Applesauce 2 Total Sodium: 561 Calories: 768 Carbs: 84
9 Shepherds Pie 295 Mashed Potatoes Mixed Vegetables 51 Whole Grain Biscuit 370 Peach Fruit Cup 5 Total Sodium: 856 Calories: 885 Carbs: 80	10 Chicken Saltimbocca 381 Roasted Potatoes 85 Carrots 56 Wheat Bread 65 Orange 0 Total Sodium: 722 Calories: 752 Carbs: 79	11  NO MEALS SERVED	12 Shrimp in Tomato 635 Cream Sauce w/ Capers* Whole Grain Pasta 4 Broccoli 38 Dinner Roll 100 Pumpkin Bread (MOD) 250 MOD: Fruit Cup 5 Total Sodium: 1162 Calories: 769 Carbs: 107	13 Beef w/ Onions & Peppers White Rice 25 Brussel Sprouts 26 Wheat Roll 150 Chocolate Pudding 135 Total Sodium: 603 Calories: 821 Carbs: 83
16 Maple Glazed Pork 85 Butternut Squash 90 Craisin Couscous Kale & Peppers 29 Wheat Bread 65 Fig Newton 95 MOD: Fruit Cup 5 Total Sodium: 499 Calories: 865 Carbs: 120	17 Rosemary & Garlic Chicken Orzo 4 Mashed Butternut Squash 12 Wheat Roll 150 Mandarin Fruit Cup 5 Total Sodium: 732 Calories: 729 Carbs: 107	18 Beef Chili 275 w/ Shredded Cheese 96 Buttermilk Biscuit 370 Brussel Sprouts 26 Banana 1 Total Sodium: 903 Calories: 777 Carbs: 80	19 Roast Turkey & Gravy 488 Mashed Potatoes 268 & Stuffing Green Beans 20 Wheat Roll 150 Choc Brownie Cookie 115 Total Sodium: 1176 Calories: 703 Carbs: 88	20 Potato Pollock 330 Baked Sweet Potato 21 California Blend Veg 34 Cornbread Loaf 180 Tropical Fruit Cup 10 Tartar Sauce 113 Total Sodium: 823 Calories: 734 Carbs: 91
23 Cheesy Chicken & Rice Casserole* 554 Seasoned Rice Peas & Red Peppers 72 Wheat Roll 150 Oatmeal Cookie 90 Total Sodium: 1001 Calories: 880 Carbs: 84	24 High Sodium Day Hot Ham & Cheese on* 744 Whole Grain Croissant 190 Sweet Potato Tots 200 California Blend Veg 34 Orange 1 Mustard 1 Total Sodium: 1359 Calories: 748 Carbs: 90	25 Creamy Garlic Salmon 297 Rice Pilaf 49 Mixed Root Vegetables 65 Hawaiian Roll 80 Pear Cup 0 Total Sodium: 626 Calories: 762 Carbs: 91	NO MEALS SERVED 11/26 & 11/27 HAPPY THANKSGIVING 	
30 Chicken Cacciatore 431 Cheese Tortellini 175 Green Beans & Peppers 21 Wheat Roll 150 Pound Cake w/ Berries 240 MOD: Fruit Cup 5 Total Sodium: 1152 Calories: 773 Carbs: 88	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.	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.

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

Without your suggested voluntary donation of \$2.25 per meal many people would go hungry. Please give. Checks are preferred.
 *WG indicates Whole Grain

Bristol's Dietitian Digest

NOVEMBER 2026

You Spoke, We Listened!



Your feedback is making a difference! Based on the responses to our Home Delivered Meals surveys, we've been working with our new caterer to make meaningful improvements to your dining experience.

From better-cooked vegetables to expanded seafood selection, fresh fruit, and greater menu variety, your suggestions are helping shape the meals we serve. We're excited to bring these changes to your table and thank you for sharing your thoughts with us. Your feedback helps us serve you better!

Fall into Healthy Habits



As the leaves change and temperatures cool, remember to take care of yourself this autumn! Enjoy seasonal fruits and vegetables, drink plenty of fluids, dress warmly, and take extra care to prevent slips and falls. Nourish your body with balanced meals, stay connected with loved ones, and enjoy the little things that make fall special. Wishing you a safe, healthy, and cozy autumn!



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. Heating is not required.