

# January 2026

| Monday                                                                                                                                                                                                                                                            | Tuesday                                                                                                                                                                                                                                              | Wednesday                                                                                                                                                                                                                       | Thursday                                                                                                                                                                                                                                                          | Friday                                                                                                                                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                  | All Meals include:<br><br><u>Milk:</u><br>110 Calories<br>125mg Sodium<br>13g Carbs<br><br><u>Margarine:</u><br>36 Calories                                                                                                                          | For cancellations of home delivered meals, call the Nutrition Office at <b>1-508-324-4619</b> . If you want to cancel a meal, call no later than 10:30 a.m. on the day before.                                                  | <div> <div>1</div>  <div>NO MEALS SERVED</div> </div>                                                                                                                           | <div> <div>2</div> <div>Sodium (mg): Na*</div> <div>Mac and Cheese* 588</div> <div>Escalloped Tomatoes 143</div> <div>Fruit Loaf 160</div> <div>Mixed Fruit 10</div> </div> <div>           Total Sodium: 1026<br/>           Calories: 779 Carbs: 106         </div> |
| <div>5</div> <div>Beef Stroganoff 281</div> <div>Egg Noodles 30</div> <div>Peas &amp; Mushrooms 133</div> <div>Dinner Roll 210</div> <div>Apple Slices 125</div> <div>Total Sodium: 789</div> <div>Calories: 829 Carbs: 84</div>                                  | <div>6</div> <div>Vegetarian Chili 214</div> <div>Ditalini Pasta 36</div> <div>Corn Muffin 280</div> <div>Mandarian Oranges 6</div> <div>Total Sodium: 662</div> <div>Calories: 689 Carbs: 112</div>                                                 | <div>7</div> <div>Sweet n Sour Meatballs 249</div> <div>Confetti Rice 38</div> <div>Mixed Vegetables 41</div> <div>WW Roll 160</div> <div>Banana 1</div> <div>Total Sodium: 613</div> <div>Calories: 705 Carbs: 95</div>        | <div>8</div> <div>Chicken Marsala 449</div> <div>Penne Pasta 1</div> <div>Green Beans 3</div> <div>Scali Bread 310</div> <div>Chocolate Pudding 101</div> <div>Total Sodium: 989</div> <div>Calories: 665 Carbs: 86</div>                                         | <div>9</div> <div>Roast Turkey w/ 90</div> <div>Rosemary Gravy 117</div> <div>Mashed Potato 49</div> <div>Winter Squash 11</div> <div>Oatmeal Bread 121</div> <div>Applesauce 20</div> <div>Total Sodium: 532</div> <div>Calories: 672 Carbs: 96</div>                |
| <div>12</div> <div>Filet O Fish Sandwhich 337</div> <div>American Cheese 381</div> <div>Potatoe Wedges 27</div> <div>Hot German Slaw 81</div> <div>WW Hamburger Bun 230</div> <div>Pears 4</div> <div>Total Sodium: 1184</div> <div>Calories: 868 Carbs: 98</div> | <div>13</div> <div>Grilled Chicken Parm 426</div> <div>Spaghetti 1</div> <div>Broccoli 12</div> <div>Italian Bread 210</div> <div>Peaches 5</div> <div>Total Sodium: 779</div> <div>Calories: 585 Carbs: 78</div>                                    | <div>14</div> <div>Hot Dog 540</div> <div>Mustard 55</div> <div>Baked Beans 37</div> <div>Carrots 77</div> <div>Hot Dog Bun 210</div> <div>Fresh Apple 2</div> <div>Total Sodium: 1046</div> <div>Calories: 775 Carbs: 93</div> | <div>15</div> <div>Chicken Stir Fry 246</div> <div>Jasmine Rice 31</div> <div>Oriental Blend Veg 26</div> <div>Multigrain Bread 190</div> <div>Brownie 132</div> <div>Mod: Lorna Doones 100</div> <div>Total Sodium: 662</div> <div>Calories: 651 Carbs: 85</div> | <div>16</div> <div>Meatloaf w/ 131</div> <div>Brown Gravy 105</div> <div>Cheesy Mash Potato 77</div> <div>Peas 82</div> <div>WW Roll 160</div> <div>Pineapple 1</div> <div>Total Sodium: 681</div> <div>Calories: 751 Carbs: 103</div>                                |
| <div>19</div> <div>  </div> <div>NO MEALS SERVED</div>                                                                                                                          | <div>20</div> <div>Broccoli &amp; Cheese 395</div> <div>Omelet 143</div> <div>Stewed Tomatoes 132</div> <div>Hash Browns 160</div> <div>Fruit Loaf 0</div> <div>Orange Juice 0</div> <div>Total Sodium: 955</div> <div>Calories: 727 Carbs: 90</div> | <div>21</div> <div>Cheese Lasagna 414</div> <div>Marinara Sauce 55</div> <div>Italian Blend Veg 26</div> <div>WW Roll 160</div> <div>Mixed Fruit Salad 10</div> <div>Total Sodium: 790</div> <div>Calories: 535 Carbs: 78</div> | <div>22</div> <div>Crustless Chicken 307</div> <div>Pot Pie 50</div> <div>Parsley Mash Potato 310</div> <div>Biscuit 124</div> <div>Oatmeal Cookie 85</div> <div>MOD: Graham Wafer 85</div> <div>Total Sodium: 1001</div> <div>Calories: 837 Carbs: 112</div>     | <div>23</div> <div>Roast Pork w/ 71</div> <div>Gravy 113</div> <div>Au Gratin Potatoes 172</div> <div>Winter Blend Veg 15</div> <div>Snowflake Roll 260</div> <div>Apple Slices 10</div> <div>Total Sodium: 766</div> <div>Calories: 717 Carbs: 79</div>              |
| <div>26</div> <div>Glazed Salmon 67</div> <div>Rice Pilaf 130</div> <div>Scand Blend 42</div> <div>Honey Wheat Bread 135</div> <div>Tropical Fruit 10</div> <div>Total Sodium: 508</div> <div>Calories: 563 Carbs: 71</div>                                       | <div>27</div> <div>Pasta Primavera 340</div> <div>Peas &amp; Mushrooms 133</div> <div>Oatmeal Roll 121</div> <div>Pears 4</div> <div>Total Sodium: 722</div> <div>Calories: 493 Carbs: 73</div>                                                      | <div>28</div> <div>Chicken &amp; Rice Paella 326</div> <div>Tuscan Blend Veg 56</div> <div>Multigrain Bread 190</div> <div>Peaches 5</div> <div>Total Sodium: 701</div> <div>Calories: 842 Carbs: 138</div>                     | <div>29</div> <div>Ziti with Meatsauce 214</div> <div>Capri Blend Veg 52</div> <div>White Bread 120</div> <div>Birthday Cake 209</div> <div>Total Sodium: 719</div> <div>Calories: 716 Carbs: 99</div>                                                            | <div>30</div> <div>Chicken Teriyaki 479</div> <div>Asian Rice 73</div> <div>Broccoli 12</div> <div>WW Roll 160</div> <div>Mandarian Oranges 6</div> <div>Total Sodium: 855</div> <div>Calories: 517 Carbs: 65</div>                                                   |

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