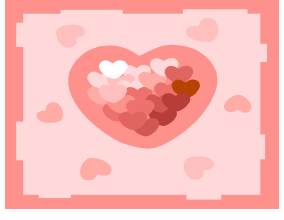



**Bristol Elder Services, Inc. Nutrition Program
February 2010 Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk and margarine is served at every meal	§ Soup served at congregate sites only. ❖ Indicates entrée has > 700 mg Sodium		Happy Valentines Day	
1. Beef & Barley Soup § Teriyaki Chicken Steamed Rice Tahitian Blend Veggies Multigrain Bread Mixed Fruit	2. Roast Pork w/ Mushroom Sauce Scalloped Potatoes Winter Mix Vegetables Wheat Bread Muffins Mod: Lorna Dunes	3. Stuffed Shells Spinach Carrots Dinner Roll Butterscotch Pudding Mod: SF Pudding	4. Beef Burgandy Rice Pilaf Mixed Vegetables Pumpnickel Bread Fresh Fruit	5. Turkey a la King Herbed Potatoes Peas & Onions Rye Bread Peach Cup Mod: Peaches
Cal: 740 Sodium: 980 mg Fat: 18% Chol: 100 mg	Cal: 660 Sodium: 980 mg Fat: 35% Chol: 65 mg	Cal: 610 Sodium: 1170 mg Fat: 28% Chol: 140 mg	Cal: 810 Sodium: 970 mg Fat: 32% Chol: 60 mg	Cal: 760 Sodium: 700 mg Fat: 27% Chol: 90 mg
8. Garden Style Swiss Steak Garlic Mashed Potato Carrots Wheat Bread Tapioca Pudding Mod: SF Pudding	9. Cheese Lasagna w/ Tomato Sauce Italian Green Beans Cauliflower Rye Bread Peaches	10. NE Clam Chowder § Chicken Picatta Buttered Noodles Broccoli Italian Bread Pineapple	11. Fish Florentine Wild Rice Blend Green Bean Almondine Multigrain Bread Pears	12. Meat Loaf Whipped Potato Peas Dinner Roll Cherry Snack n Loaf Mod: Graham Crackers
Cal: 730 Sodium: 1100 mg Fat: 36% Chol: 80 mg	Cal: 580 Sodium: 1090 mg Fat: 25% Chol: 35 mg	Cal: 710 Sodium: 620 mg Fat: 30% Chol: 120 mg	Cal: 730 Sodium: 750 mg Fat: 23% Chol: 60 mg	Cal: 880 Sodium: 1170 mg Fat: 34% Chol: 140 mg
15. Presidents Day no meals served 	16. American Chop Suey Corn Country Style Veggies Multigrain Bread Cherry Turnover Mod: Lorna Dunes	17. Ash Wednesday Omelet w/ Cheese Oven Browned Potato Peppers & Onions Wheat Bread Mixed Fruit	18. Sweet & Sour Pork Steamed Rice Oriental Blend Veggie Rye Bread Fresh Fruit	19. Vegetable Soup § Salmon Boat w/ Dill Sauce Sweet Potato Green Beans Pumpnickel Bread Pears
	Cal: 850 Sodium: 1050 mg Fat: 30% Chol: 80 mg	Cal: 650 Sodium: 690 mg Fat: 31% Chol: 440 mg	Cal: 600 Sodium: 760 mg Fat: 20% Chol: 60 mg	Cal: 590 Sodium: 520 mg Fat: 16% Chol: 40 mg
22. Ham ❖ w/ Maple Glaze Seasoned Potatoes Broccoli Wheat Bread Pineapple	23. Buttermilk Chicken Whipped Potatoes Carrots Rye Bread Chocolate Pudding Mod: SF Pudding	24. Kale Soup § Italian Braised Beef Buttered Noodles Genoa Style Veggie Italian Bread Muffin Mod: Graham Crackers	25. Low Sodium Hot Dog Baked Beans Coleslaw Mustard Pkt Hot Dog Roll Baked Apple Slices	26. Potato Crunch Fish Rice Pilaf Winter Mix Veggie Tartar Sauce Rye Bread Peaches
Cal: 570 Sodium: 1450 mg Fat: 17% Chol: 60 mg	Cal: 700 Sodium: 1090 mg Fat: 27% Chol: 100 mg	Cal: 750 Sodium: 930 mg Fat: 35% Chol: 100 mg	Cal: 860 Sodium: 1610 mg Fat: 42% Chol: 80 mg	Cal: 760 Sodium: 780 mg Fat: 30% Chol: 70 mg

Menu is subject to change without notice

**Without your suggested voluntary donation of \$2.00 per meal many people would go hungry.
Please Give. Checks are preferred.**

**For reservations/cancellation, call the Nutrition Office 1-508-324-4619
before 10:30 on the previous business day before you want to cancel.**