

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1. Beef &amp; Broccoli</b> Confetti Rice Carrots Pumpernickel Bread Butterscotch Pudding Mod: SF Pudding Cal: 750 Sodium: 720 mg Fat: 32% Chol: 70 mg	<b>2. Stuffed Shells w/</b> Tomato Sauce Pepper and Onions Roman Blend Veggies Italian Bread Fresh Apple Cal: 560 Sodium: 920 mg Fat: 27% Chol: 140 mg	<b>3. Honey Glazed Pork</b> Garlic Mashed Potato Broccoli Multigrain Bread Graham Crackers Cal: 680 Sodium: 840 mg Fat: 30% Chol: 65 mg	<b>4. Minestrone Soup §</b> Chicken Pot Pie Jardiniere Veggies Wheat Bread Baked Apples Cal: 700 Sodium: 580 mg Fat: 34% Chol: 100 mg	<b>5. Fish n' Cheese</b> Tartar Sauce Steamed Rice Mixed Vegetables Sandwich Roll Mandarin Oranges Cal: 810 Sodium: 1230 mg Fat: 35% Chol: 80 mg
<b>8. Swedish Meatballs</b> Buttered Noodles Winter Mix Veggies Rye Bread Pineapple Cal: 820 Sodium: 690 mg Fat: 40% Chol: 100 mg	<b>9. Beef w/</b> Pepper & Onions Herb Baked Potato Green Beans Pumpernickel Bread Vanilla Pudding Mod: SF Pudding Cal: 690 Sodium: 820 mg Fat: 33% Chol: 90 mg	<b>10. Fish Chowder §</b> Chicken Mornay Rice Pilaf Carrots Wheat Bread Peaches Cal: 790 Sodium: 1060 mg Fat: 31% Chol: 110 mg	<b>11. Pier 17 Fish</b> Penne w/ Sauce Brussels Sprouts Italian Bread Fresh Fruit Cal: 800 Sodium: 1090 mg Fat: 33% Chol: 70 mg	<b>12. Omelet w/</b> Cheese Sauce O'Brien Potatoes Peas Multigrain Bread Apple Turnover Mod: Lorna Doones Cal: 900 Sodium: 1020 mg Fat: 40% Chol: 360 mg
<b>15. Teriyaki Chicken</b> Scalloped Potatoes Orient. Cauliflower Medley Multigrain Bread Tapioca Pudding Mod: SF Pudding Cal: 700 Sodium: 1200 mg Fat: 22% Chol: 100 mg	<b>16. Minestrone Soup §</b> Strip Steak w/ Gravy Acorn Squash Spinach Wheat Bread Mandarin Oranges  Cal: 730 Sodium: 950 mg Fat: 45% Chol: 80 mg	<b>17. Corned Beef ❖</b> Boiled Potato Cabbage & Carrots Rye Bread Lime Jello Mod: SF Jello Cal: 570 Sodium: 1380 mg Fat: 38% Chol: 100 mg	<b>18. Pork Chow Mein</b> Fried Rice Carrots Pumpernickel Bread Fortune Cookies (2) Cal: 710 Sodium: 1110 mg Fat: 29% Chol: 80 mg	<b>19. Salmon Boat</b> w/ Dill Sauce Buttered Noodles Succotash Wheat Bread Applesauce Cal: 760 Sodium: 870 mg Fat: 34% Chol: 90 mg
<b>22. Cheese Lasagna</b> Tomato Sauce Italian Green Beans Diced Carrots Italian Bread Pears Cal: 550 Sodium: 870 mg Fat: 26% Chol: 35 mg	<b>23. Buttermilk Chicken</b> Macaroni & Cheese Tuscany Vegetables Wheat Bread Peaches Cal: 700 Sodium: 870 mg Fat: 30% Chol: 100 mg	<b>24. Roast Turkey</b> w/ Gravy Sweet Potatoes & Carrot Brussels Sprouts Multigrain Bread Pound Cake Mod: Graham Crackers Cal: 730 Sodium: 540 mg Fat: 13% Chol: 130 mg	<b>25. Italian</b> Braised Beef Buttered Noodles Mixed Vegetables Rye Bread Mandarin Oranges Cal: 750 Sodium: 810 mg Fat: 34% Chol: 100 mg	<b>26. Potato Crunch Fish</b> Tartar Sauce Lemon Seasoned Potato Cauliflower Pumpernickel Bread Chocolate Pudding Mod: SF Pudding Cal: 660 Sodium: 780 mg Fat: 32% Chol: 80 mg
<b>29. Baked Ham ❖</b> w/ Maple Glaze Scalloped Potato Harvard Beets Rye Bread Orange Muffin Mod: Lorna Doones Cal: 540 Sodium: 1500 mg Fat: 33% Chol: 60 mg	<b>30. Kale Soup §</b> American Chop Suey Green Bean Almondine Corn Italian Bread Fresh Orange Cal: 700 Sodium: 810 mg Fat: 26% Chol: 70 mg	<b>31. Chicken</b> Cantonese Wild Rice Blend Oriental Blend Veggies Pumpernickel Bread Pineapple Cal: 840 Sodium: 840 mg Fat: 19% Chol: 90 mg	Milk and margarine is served at every meal 	§ Soup served at congregate sites only. ❖ Indicates entrée has > 700 mg Sodium

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.**