



# July 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Chicken Stir-fry 246 Asian Rice 73 WW Roll 160 Pears 4	<b>2</b> Turkey Stew* 510 With Vegetables Parsley Mash 50 Biscuit 310 Mandarin Oranges 6	<b>3</b> American Chop Suey 211 Italian Blend 26 Multigrain Roll 190 Applesauce 20	<b>4</b>  <b>*No Meals Served*</b>	<b>5</b> LS Hot Dog* 540 Baked Beans 37 Glazed Carrots 83 Hot Dog Roll 210 Tropical Fruit 10
Total Sodium: 608 Calories: 510 Carbs: 65	Total Sodium: 1001 Calories: 606 Carbs: 84	Total Sodium: 572 Calories: 601 Carbs: 79		Total Sodium: 1005 Calories: 781 Carbs: 89
<b>8</b> Cajun Chicken 377 Dirty Rice 132 Chickpea Blend 52 WW Bread 160 Orange 0	<b>9</b> Potato Pollock 150 Tartar Sauce 261 Confetti Rice 38 Spring Blend Veg 57 Hamburger Bun 230 Sliced Apples 10	<b>10</b> Broccoli & Cheese 395 Omelet Hashbrowns 132 Stewed Tomatoes 143 Fruit Loaf 160 Orange Juice 0	<b>11</b> Chicken Bruschetta 366 Whipped Sweet 33 Potatoes Tahitian Veg 38 WW Roll 160 Brownie 160 MOD: Graham Wafer 85	<b>12</b> Meat Loaf 131 Onion Gravy 105 Parsley Mash 50 Green Beans 3 Oatmeal Bread 121 Mixed Fruit 10
Total Sodium: 846 Calories: 568 Carbs: 74	Total Sodium: 871 Calories: 734 Carbs: 90	Total Sodium: 955 Calories: 727 Carbs: 90	Total Sodium: 807 Calories: 603 Carbs: 82	Total Sodium: 545 Calories: 685 Carbs: 90
<b>15</b> Korean Meatballs 403 Asian Rice 73 Broccoli 12 Oatmeal Roll 121 Mandarin Oranges 6	<b>16</b> Sausage w/* 520 Peppers and Onions Yellow Rice 187 Sub Roll 162 Peaches 5	<b>17</b> Beef Lo Mein 254 Asian Blend Veg 26 Snowflake Roll 260 Pineapple 1	<b>18</b> Mac & Cheese* 588 Peas & carrots 80 WW Roll 160 Chocolate Chip Cookie 155 MOD: SF cookie 55	<b>19</b> Lemon Chicken 330 Florentine Rice 107 Carrots 77 Multigrain Bread 190 Fresh Fruit Salad 12
Total Sodium: 740 Calories: 598 Carbs: 67	Total Sodium: 1000 Calories: 683 Carbs: 86	Total Sodium: 666 Calories: 766 Carbs: 107	Total Sodium: 1008 Calories: 733 Carbs: 100	Total Sodium: 841 Calories: 621 Carbs: 63
<b>22</b> Seafood Linguini* 574 Green Beans 3 Oatmeal Roll 121 Fresh Orange 0	<b>23</b> BBQ Pork Patty 245 Garlic Mash 49 Country Veg 27 WW Bread 160 Apple Slices 10	<b>24</b> Veggie Chili 214 Black Bean Rice 31 Corn Bread 280 Mixed Fruit 10	<b>25 High Sodium Day</b> Cheeseburger* 581 Ketchup 82 Potato Wedges 27 Cabbage and Carrots 47 Hamburger Roll 230 Birthday Cake 209	<b>26</b> Roast Turkey 303 Rosemary Gravy 117 Red Bliss Potatoes 15 Zucchini & Tomatoes 39 WW Roll 160 Pineapple 1
Total Sodium: 824 Calories: 681 Carbs: 96	Total Sodium: 616 Calories: 691 Carbs: 84	Total Sodium: 660 Calories: 683 Carbs: 110	Total Sodium: 1300 Calories: 889 Carbs: 105	Total Sodium: 760 Calories: 511 Carbs: 70
<b>29</b> Apricot Chicken 354 Cheesy Mash 77 Peas 82 Multigrain Bread 190 Pears 4	<b>30</b> Tuna Noodle Casserole 351 Broccoli & Carrots 12 Crusty Dinner Roll 210 Applesauce 20	<b>31</b> Mexicali Chicken 162 Spanish Rice 23 Brussel Sprouts 12 Snowflake Roll 260 Cantaloupe 12	All Meals include:  <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs  <u>Margarine:</u> 36 Calories 47mg Sodium	<b>For cancellations, call the Nutrition Office at 1-508-324-4619. If you want to cancel a meal, call no later than 10:30 a.m. on the day before.</b>
Total Sodium: 832 Calories: 687 Carbs: 97	Total Sodium: 718 Calories: 527 Carbs: 210	Total Sodium: 593 Calories: 580 Carbs: 78		

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 Elder Services 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.