



August 2024



Monday	Tuesday	Wednesday	Thursday	Friday
	All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	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. on the day before.	1 Sodium (mg): Na* Maple Glazed Pork 146 Roasted Potatoes 28 Mixed Veg 41 WW Roll 160 Canteloupe 12	2 Sodium (mg): Na* Pot Roast 353 Mushroom Gravy 142 Egg Noodles 30 Peas and Mushrooms 133 White Bread 120 Banana 1
			Total Sodium: 512 Calories: 664 Carbs: 75	Total Sodium: 904 Calories: 1038 Carbs: 118
5 Na* Catch of the Day 220 Chili Garlic Sauce 55 Rice Florentine 107 Green Beans 3 Whole Wheat Roll 160 Mandarin Oranges 6	6 Na* Hot Dog 540 Mustard 55 Baked Beans 37 Cabbage & Carrots 47 Hot Dog Roll 210 Mixed Fruit 10	7 Na* Beef and Broccoli 109 Asian Rice 73 WW Roll 160 Pineapple 1	8 Na* Meatball Sub 299 Italian Pasta 1 Italian Blend Veg 26 Sub Roll 162 Oatmeal Raisin Cookie 124 MOD: Graham Wafers 85	9 Na* Teriyaki Chicken 479 Brown Rice 31 Oriental Blend Veg 26 Multigrain Bread 190 Peaches 5
Total Sodium: 677 Calories: 481 Carbs: 65	Total Sodium: 1024 Calories: 744 Carbs: 84	Total Sodium: 468 Calories: 700 Carbs: 76	Total Sodium: 699 Calories: 768 Carbs: 88	Total Sodium: 856 Calories: 546 Carbs: 71
12 Na* Roast Turkey 90 Gravy 65 Yukon Potatoes 59 Squash Blend 57 Multigrain Roll 190 Pears 4	13 Na* Macaroni & Cheese* 588 Tomato Florentine 121 Oatmeal Roll 121 Mandarin Oranges 6	14 Na* Chicken Parmesan 426 Penne Pasta 1 Mixed Vegetable 41 Dinner Roll 210 Fresh Plum 0	15 Na* Beef Chili 176 Jasmine Rice 31 Summer Veg 57 Snowflake Roll 260 Oreo Cookies 85 Diet Graham Wafer 85	16 Na* Turkey Tetrazzini 420 Green Beans & Peppers 3 WW Bread 160 Mixed Fruit 10
Total Sodium: 590 Calories: 618 Carbs: 78	Total Sodium: 961 Calories: 648 Carbs: 85	Total Sodium: 802 Calories: 594 Carbs: 78	Total Sodium: 735 Calories: 729 Carbs: 99	Total Sodium: 719 Calories: 777 Carbs: 125
19 Cod with Plum Sauce 268 Yellow Rice 48 Spring Blend 57 Vegetables Wheat Bread 115 Pears 4	20 Na* Sausage* with Peppers and Onions 520 Dirty Rice 132 Sub Roll 162 Pineapple 1	21 Na* Honey Ginger Chicken with Vegetables 395 Roasted Potatoes 28 Oatmeal Roll 121 Tropical Fruit 10	22 Na* Lasagna Roll Up w/ Bolognese Sauce 414 Roman Blend 26 Vegetables Dinner Roll 210 Lemon Pudding 174 MOD: Diet Pudding 101	23 Na* Roast Pork 71 Apple gravy 105 Red Bliss Potatoes 15 Brussel Sprouts 12 Whole Wheat Roll 160 Applesauce 20
Total Sodium: 601 Calories: 525 Carbs: 73	Total Sodium: 941 Calories: 587 Carbs: 79	Total Sodium: 719 Calories: 634 Carbs: 83	Total Sodium: 1039 Calories: 735 Carbs: 75	Total Sodium: 508 Calories: 596 Carbs: 65
26 Na* Shrimp Mozambique 434 Yellow Rice 32 Green Beans 3 Multigrain Roll 190 Mixed Fruit 10	27 Na* Cheeseburger* 581 Hamburger Roll 230 Ketchup 82 Potato Wedges 27 Chuckwagon Corn 2 Pineapple 1	28 Na* Chicken Stew 307 Egg Noodles 30 Dinner Roll 210 Mixed Fruit 10	29 High Sodium Day Salisbury Steak 381 Mushroom Gravy 142 Cheesy Mashed Potatoes 77 Glazed Carrots 83 Multigrain Bread 190 Birthday Cake 209	30 Na* Fiesta Omelette 376 Hash Browns 132 Tomato & Zucchini 39 Fruit Loaf 160 Fresh Orange 0
Total Sodium: 794 Calories: 925 Carbs: 85	Total Sodium: 1048 Calories: 840 Carbs: 100	Total Sodium: 682 Calories: 625 Carbs: 79	Total Sodium: 1207 Calories: 933 Carbs: 117	Total Sodium: 831 Calories: 694 Carbs: 90

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.