



Bristol Aging & Wellness



Monday	Tuesday	Wednesday	Thursday	Friday
		All Meals include:	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 Na Philly Beef with 381 Peppers & Onions 3 Tater Tots 27 Carrots 77 Sub Roll 162 Diced Peaches 5
		Milk: 110 Calories 125mg Sodium 13g Carbs Margarine: 36 Calories 47mg Sodium		Total Sodium: 781 Calories:802 Carbs: 85
4 Na	5 Na	6 Na	7 Na	8 Na
Chicken with 320 Teriyaki Sauce 159 Brown Rice 31 Asian Blend Veg. 26 Multigrain Bread 190 Tropical Fruit 10	Cheese Ravioli w/ 400 Pesto Sauce 70 Broccoli 12 Oatmeal Roll 121 Mandarin Oranges 6	Chicken Parmesan 426 Penne Pasta 1 Mixed Veg 41 Dinner Roll 210 Fresh Plum 0	Beef Chili 176 Jasmine Rice 31 Summer Veg Blend 57 Snowflake Roll 260 Applesauce 20	Turkey Tetrzzini 420 Green Beans and 68 Red Peppers WW Bread 160 Oreo Cookies 85
Total Sodium: 861 Calories:571 Carbs: 72	Total Sodium: 734 Calories: 608 Carbs: 73	Total Sodium: 802 Calories: 594 Carbs: 78	Total Sodium: 670 Calories:673 Carbs: 94	Total Sodium: 858 Calories: 806 Carbs: 124
11 Na	12 Na	13 Na	14 Na	15 Na
Glazed Ham 294 White Beans & Rice 31 Collard Greens 33 WW Bread 160 Apple Slices 10	Cheese Omelet 312 Hashbrowns 132 Stewed Tomatoes 143 Fruit Loaf 160 Orange Juice 0	Potato Crusted Pollock 150 American Cheese 381 Potato Wedges 27 Mixed Veg 41 Hamburger Bun 230 Apple Slices 10	Chicken with 320 Bruschetta Sauce 46 Rice Pilaf 130 Tahitian Blend Veg 38 Wheat Roll 160 Brownie 160 MOD: Graham Wafer 85	Meatloaf with 131 Onion Gravy 105 Whipped Potatoes 49 Green Beans 3 Oatmeal Bread 121 Mixed Fruit 10
Total Sodium: 652 Calories: 452 Carbs: 62	Total Sodium: 871 Calories: 717 Carbs: 85	Total Sodium: 963 Calories:796 Carbs: 102	Total Sodium: 904 Calories: 583 Carbs: 73	Total Sodium: 544 Calories: 684 Carbs: 90
18 Na	19 Na	20 Na	21 Na	22 Na
Chicken Meatballs 244 Korean BBQ Sauce 174 Fried Rice 130 Jardiniere Blend Veg 39 WW Roll 160 Mandarin Oranges 6	Sausage* 520 Peppers & Onions Alfredo Pasta 121 Sub Roll 162 Peaches 5	Chicken Lo Mein 254 Asian Blend Veg 26 Snowflake Roll 260 Pineapple 1	Mac and Cheese* 588 Florentine Tomatoes 121 WG Roll 160 Tropical Fruit 10	Salmon 67 Chili Garlic Sauce 57 Mashed Potato 49 Green Beans 3 Oatmeal Roll 121 Fresh Orange 0
Total Sodium: 878 Calories: 657 Carbs: 79	Total Sodium: 934 Calories: 641 Carbs: 82	Total Sodium: 666 Calories: 766 Carbs: 107	Total Sodium: 1004 Calories: 699 Carbs: 93	Total Sodium: 422 Calories: 601 Carbs: 84
25 Na	26 Na	27 Na	28 Na <i>*High Sodium Day*</i>	29 Na
Roasted Chicken 320 Lemon Sauce 10 Herbed Orzo 1 Sliced Carrots 77 Multigrain Bread 190 Oatmeal Cookie 124	Shrimp Mozambique 434 Yellow Rice 32 Green Beans 3 Multigrain Bread 190 Pineapple 1	Vegetarian Chili 214 Bowtie Pasta 1 Cornbread Muffin 280 Mandarin Oranges 6	Cheeseburger* 581 Potato Wedges 27 Carrots and Cabbage 47 Ketchup 82 Hamburger Bun 230 Birthday Cake 209	Roast Turkey 90 Rosemary Gravy 117 Whipped Sweet Potato 33 Zucchini Blend 3 WW Roll 160 Pineapple 1
Total Sodium: 847 Calories: 810 Carbs: 88	Total Sodium: 786 Calories: 940 Carbs: 89	Total Sodium: 626 Calories: 698 Carbs: 114	Total Sodium: 1300 Calories: 889 Carbs: 105	Total Sodium: 529 Calories: 606 Carbs: 82

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.