

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday																																																								
<p>For cancellations of home delivered meals, call the Nutrition Office at 1-508-324-4619.</p> <p>If you want to cancel a meal, call no later than 10:30 a.m. at least one business day before.</p>	<p>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>	<p>1</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Chicken Stew</td><td style="text-align: right;">307</td></tr> <tr><td>White Rice</td><td style="text-align: right;">31</td></tr> <tr><td>Oatmeal Roll</td><td style="text-align: right;">121</td></tr> <tr><td>Banana</td><td style="text-align: right;">1</td></tr> </table> <p>Total Sodium: 585 Calories: 604 Carbs: 81</p>	Chicken Stew	307	White Rice	31	Oatmeal Roll	121	Banana	1	<p>2</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Hot dog*</td><td style="text-align: right;">540</td></tr> <tr><td>Ketchup</td><td style="text-align: right;">82</td></tr> <tr><td>Potato Wedges</td><td style="text-align: right;">27</td></tr> <tr><td>Baked Beans</td><td style="text-align: right;">37</td></tr> <tr><td>Hot Dog Bun</td><td style="text-align: right;">210</td></tr> <tr><td>Tropical Fruit Cup</td><td style="text-align: right;">10</td></tr> </table> <p>Total Sodium: 1030 Calories: 880 Carbs: 99</p>	Hot dog*	540	Ketchup	82	Potato Wedges	27	Baked Beans	37	Hot Dog Bun	210	Tropical Fruit Cup	10	<p>3</p>  <p>NO MEALS SERVED</p>																																				
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<p>6</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Chicken Stir Fry</td><td style="text-align: right;">148</td></tr> <tr><td>Asian Blend Veg</td><td style="text-align: right;">26</td></tr> <tr><td>Jasmine Rice</td><td style="text-align: right;">31</td></tr> <tr><td>Oatmeal Roll</td><td style="text-align: right;">121</td></tr> <tr><td>Pineapple</td><td style="text-align: right;">1</td></tr> </table> <p>Total Sodium: 550 Calories: 551 Carbs: 75</p>	Chicken Stir Fry	148	Asian Blend Veg	26	Jasmine Rice	31	Oatmeal Roll	121	Pineapple	1	<p>7</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Lazy Man Stuffed Pepper</td><td style="text-align: right;">294</td></tr> <tr><td>Carrot Coins</td><td style="text-align: right;">77</td></tr> <tr><td>Dinner Roll</td><td style="text-align: right;">210</td></tr> <tr><td>Peaches</td><td style="text-align: right;">5</td></tr> </table> <p>Total Sodium: 711 Calories: 556 Carbs: 74</p>	Lazy Man Stuffed Pepper	294	Carrot Coins	77	Dinner Roll	210	Peaches	5	<p>8</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Hawaiian Meatballs</td><td style="text-align: right;">342</td></tr> <tr><td>Egg Noodles</td><td style="text-align: right;">30</td></tr> <tr><td>Zucchini/Summer Squash</td><td style="text-align: right;">3</td></tr> <tr><td>Snowflake Roll</td><td style="text-align: right;">260</td></tr> <tr><td>Fresh Orange</td><td style="text-align: right;">0</td></tr> </table> <p>Total Sodium: 761 Calories: 743 Carbs: 92</p>	Hawaiian Meatballs	342	Egg Noodles	30	Zucchini/Summer Squash	3	Snowflake Roll	260	Fresh Orange	0	<p>9</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Macaroni and Cheese*</td><td style="text-align: right;">588</td></tr> <tr><td>Escalloped Tomatoes</td><td style="text-align: right;">143</td></tr> <tr><td>Fruit Loaf</td><td style="text-align: right;">160</td></tr> <tr><td>Pears</td><td style="text-align: right;">4</td></tr> </table> <p>Total Sodium: 1020 Calories: 767 Carbs: 104</p>	Macaroni and Cheese*	588	Escalloped Tomatoes	143	Fruit Loaf	160	Pears	4	<p>10</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Sweet & Sour Chicken</td><td style="text-align: right;">325</td></tr> <tr><td>Pineapple Rice</td><td style="text-align: right;">31</td></tr> <tr><td>Brussel Sprouts</td><td style="text-align: right;">12</td></tr> <tr><td>Multigrain Roll</td><td style="text-align: right;">190</td></tr> <tr><td>SF Sugar Cookie</td><td style="text-align: right;">55</td></tr> </table> <p>Total Sodium: 737 Calories: 566 Carbs: 72</p>	Sweet & Sour Chicken	325	Pineapple Rice	31	Brussel Sprouts	12	Multigrain Roll	190	SF Sugar Cookie	55										
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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.

Heating Instructions: Peel corners of cover or cut small holes, microwave 3-5 minutes or heat in oven at 350F on cookie sheet for 15-20 minutes. For safety, heat meals to 165F. DO NOT USE TOASTER OVEN