



June 2026



Monday	Tuesday	Wednesday	Thursday	Friday
1 Greek Meatballs 357 Orzo 166 Genoa Blend 40 Oatmeal Bread 121 Applesauce 15 Total Sodium: 824 Calories:732 Carbs: 87	2 Stuffed Shells 400 Tomato Florentine Sauce 50 Scandinavian Blend 42 Scali Bread 310 Mixed Fruit 10 Total Sodium: 937 Calories:693 Carbs: 94	3 High Sodium Day BBQ Cheeseburger 374 Swiss Cheese 381 Tater Tots 132 Carrot Coins 77 Hamburger Bun 230 Apple Slices 10 Total Sodium: 1329 Calories:759 Carbs: 86	4 Cajun Chicken 377 Dirty Rice 132 Chickpea Blend 52 Whole Wheat Bread 160 Mandarin Oranges 6 Total Sodium: 852 Calories:544 Carbs: 69	5 Turkey Divan 375 Buttered Noodles 30 Broccoli 12 Oatmeal Roll 121 Choc Chip Cookie 155 MOD: SF Cookie 55 Total Sodium: 719 Calories:699 Carbs: 80
8 Shrimp Newburg* 564 Rice Pilaf 130 Mixed Vegetables 41 Multigrain Bread 190 Peaches 5 Total Sodium: 1054 Calories:601 Carbs: 80	9 Omelet with Salsa 353 Hashbrown 132 Peppers & Onions 3 Fruit Loaf 160 Fresh Orange 0 Total Sodium: 776 Calories:775 Carbs: 95	10 Beef & Broccoli 109 Jasmine Rice 31 Oatmeal Roll 121 Pineapple Chunks 1 Total Sodium: 387 Calories:679 Carbs: 71	11 Chicken a la King 226 Egg Noodles 30 Peas & Mushrooms 133 Dinner Roll 210 Oatmeal Cookie 124 MOD: Lorna Doones 85 Total Sodium: 809 Calories:709 Carbs: 88	12 Pork Rib 403 With BBQ Sauce 174 Potato Wedges 27 Hot German Slaw 81 Hamburger Bun 230 Pears 4 Total Sodium: 1043 Calories:609 Carbs: 85
15 Chicken Cordon Blue* 550 Mashed Potatoes 49 Glazed Carrots 83 Rye Bread 330 Applesauce 15 Total Sodium: 1151 Calories:759 Carbs: 101	16 Vegetarian Chili 214 Brown Rice 31 Cornbread 280 Pineapples 1 Total Sodium: 652 Calories:690 Carbs: 114	17 Chicken Lo Mein 349 Oriental Blend Veg 26 Multigrain bread 190 Mandarin Oranges 6 Total Sodium: 696 Calories:652 Carbs: 92	18 Roast Pork 71 W/ Applesauce Gravy 105 Yukon Gold Potatoes 28 Green Beans 3 WW Roll 160 Fresh Cantaloupe 12 Total Sodium: 505 Calories: 609 Carbs: 64	19  No Meals Served
22 Hot Dog* 540 Mustard 55 Mac & Cheese 187 Brussel Sprouts 12 Hot Dog Bun 210 Mixed Fruit 10 Total Sodium: 1139 Calories:828 Carbs: 89	23 Pasta Primavera 340 Peas & Mushrooms 133 Dinner Roll 210 Pears 4 Total Sodium: 812 Calories:510 Carbs: 77	24 Salsbury Steak 381 Mashed Potatoes 49 Broccoli 12 Wheat Bread 115 Apple Slices 10 Total Sodium: 693 Calories:704 Carbs: 74	25 Herb Baked Chicken 392 Sweet Potatoes 33 Pacific Blend Veg 26 WW Roll 160 Birthday Cake 209 Total Sodium: 945 Calories:684 Carbs: 100	26 Mac & Cheese* 588 Stewed Tomatoes 143 Fruit Loaf 160 Tropical Fruit Mix 10 Total Sodium: 1026 Calories:799 Carbs: 107
29 Fish & Chips 252 Potato Wedges 27 Chuckwagon Corn 2 Multigrain Bread 190 Fresh Peach 0 Total Sodium: 596 Calorie : 688 Carbs: 99	30 Sausage, Peppers, & Onions* 520 Alfredo Pasta 121 Sub Roll 162 Pineapple 1 Total Sodium: 930 Calories:661 Carbs: 87	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. at least one business day before.		All Meals include: Milk: 110 Calories 125mg Sodium 13g Carbs Margarine: 36 Calories 

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