



May 2026



Monday		Tuesday		Wednesday		Thursday		Friday	
OLDER AMERICANS MONTH CHAMPION YOUR HEALTH: MAY 2026				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		1	
								Beef Tips with Gravy 348	
								Mashed Potatoes 49	
								Asparagus 6	
								Dinner Roll 210	
								Cheesecake 280	
								MOD: Graham Crackers 85	
								Total Sodium: 823	
								Calories: 795 Carbs: 92	
4		5		6		7		8	
Turkey Divan 375		BBQ Rib Patty 403		Lemon Chicken 330		Sloppy Joe 222		Broccoli and Cheese 410	
Italian Penne 1		BBQ Sauce 174		Florentine Rice 107		Mashed Potatoes 49		Stuffed Chicken	
Broccoli 12		Cheesy Mash Pot 77		Green Beans 3		Peas 82		Buttered Noodles 30	
Multigrain Bread 190		Hot German Slaw 81		WW Bread 160		WW Bun 110		Italian Blend Veg 26	
Pears 4		Sub Roll 162		Banana 1		Peaches		Oatmeal Roll 121	
		Mandarin Oranges 6						Cookie 155	
								MOD: Lorna Doones 85	
Total Sodium: 708		Total Sodium: 1028		Total Sodium: 727		Total Sodium: 643		Total Sodium: 797	
Calories: 683 Carbs: 84		Calories: 646 Carbs: 87		Calories: 693 Carbs: 82		Calories: 672 Carbs: 94		Calories: 728 Carbs: 85	
11		12		13		14		15	
Vegetable Lasagna 414		Chicken Chow Mein 280		Pasta Bolognese 165		Bruschetta Chicken 366		Spinach & Feta Bake 360	
Pesto Cream Sauce 70		Asian Rice 73		Capri Blend Veg 26		Sweet Potatoes 33		Roasted Potatoes 28	
Italian Blend Veg 26		Whole Wheat Roll 160		Scali Bread 310		Tahitian Blend Veg 38		Florentine Tomatoes 121	
Italian Bread 218		Pineapple Chunks 1		Peaches 0		Oatmeal Bread 121		Fruit Loaf 160	
Mixed Fruit 10						Chocolate Pudding		Orange Juice 0	
Total Sodium: 863		Total Sodium: 639		Total Sodium: 625		Total Sodium: 767		Total Sodium: 794	
Calories: 582 Carbs: 82		Calories: 519 Carbs: 68		Calories: 727 Carbs: 94		Calories: 595 Carbs: 79		Calories: 697 Carbs: 84	
18		19		20		21		22	
Catch of the Day 150		Mac & Cheese* 588		Beef Chili 176		Filet O Fish 252		Chicken Pot Pie 307	
Newburg Sauce 62		Broccoli 12		White Rice 31		American Cheese 187		Parsley Mash Potato 50	
Confetti Rice 38		WW Bread 160		Multigrain Bread 190		Potato Wedges 27		Biscuit 310	
Glazed Carrots 83		Mandarin Oranges 6		Pineapple 1		Garden Blend Veg 32		Fresh Pear 4	
Snowflake Roll 260						WW Hamburger Bun 230			
Apple Slices 10						Lemon Pudding 101			
Total Sodium: 728		Total Sodium: 892		Total Sodium: 524		Total Sodium: 954		Total Sodium: 796	
Calories: 699 Carbs: 99		Calories: 666 Carbs: 91		Calories: 624 Carbs: 84		Calories: 819 Carbs: 95		Calories: 649 Carbs: 85	
25		26		27		28		29	
		Hot Dog* 540		Meatball Sub 299		Sweet & Sour Chicken 325		Meatloaf 131	
		Mustard 55		Penne Noodles 1		Asian Rice 77		Mushroom Gravy 142	
		Baked Beans 37		Green Beans 3		Japanese Blend Veg 36		Mashed Potatoes 49	
		Corn on the Cobb 1		Sub Roll 162		WW Roll 160		Peas 82	
		Hot Dog Bun 210		Peaches 4		Mandarin Oranges 6		Multigrain Bread 190	
		Peas 85						Birthday Cake 209	
Total Sodium: 1054		Total Sodium: 595		Total Sodium: 715		Total Sodium: 928			
Calories: 839 Carbs: 99		Calories: 660 Carbs: 82		Calories: 525 Carbs: 68		Calories: 865 Carbs: 124			

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.