

July 2022

Monday	Tuesday	Wednesday	Thursday	Friday																																																										
<p>*Indicates a food with more than 500mg of sodium. The sodium (mg) content of each item is next to the item. The daily totals are listed below each day. Milk and margarine are included in the daily totals but are not listed daily. High sodium days (>1200mg) are bold</p>	<p>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.</p>	<p>All Meals include: Milk: 110 Calories 125mg Sodium 12g Carbs Margarine: 36 Calories 47mg Sodium</p>	<p>Bristol has been able to make some upgrades to the menu using fresh produce and other items. Upgrades to the menu are available due to current funding. The items are highlighted in yellow.</p>	<p>1</p> <table border="0"> <tr><td>Pot Roast</td><td>241</td></tr> <tr><td>Whipped Sweet Potato</td><td>33</td></tr> <tr><td>Brussels Sprouts</td><td>12</td></tr> <tr><td>Oatmeal Bread</td><td>121</td></tr> <tr><td>Watermelon</td><td>0</td></tr> </table> <p>Sodium: 578 Calories: 630 Carbs: 64</p>	Pot Roast	241	Whipped Sweet Potato	33	Brussels Sprouts	12	Oatmeal Bread	121	Watermelon	0																																																
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<p>4 No Meals Served</p> 	<p>5</p> <table border="0"> <tr><td>Broccoli & Cheese</td><td>410</td></tr> <tr><td>Stuffed Chicken</td><td></td></tr> <tr><td>White Rice</td><td>36</td></tr> <tr><td>Glazed Carrots</td><td>83</td></tr> <tr><td>Oatmeal Roll</td><td>121</td></tr> <tr><td>Holiday Cookie</td><td>171</td></tr> <tr><td>MOD: LS Cookie</td><td>110</td></tr> </table> <p>Sodium: 992 Calories: 885 Carbs: 103</p>	Broccoli & Cheese	410	Stuffed Chicken		White Rice	36	Glazed Carrots	83	Oatmeal Roll	121	Holiday Cookie	171	MOD: LS Cookie	110	<p>6</p> <table border="0"> <tr><td>Beef & Cabbage</td><td>300</td></tr> <tr><td>Casserole</td><td></td></tr> <tr><td>Peas</td><td>82</td></tr> <tr><td>WW Bulkie roll</td><td>160</td></tr> <tr><td>Cantaloupe</td><td>12</td></tr> </table> <p>Sodium: 727 Calories: 566 Carbs: 71</p>	Beef & Cabbage	300	Casserole		Peas	82	WW Bulkie roll	160	Cantaloupe	12	<p>7</p> <table border="0"> <tr><td>Shrimp Mozambique</td><td>414</td></tr> <tr><td>Florentine Rice</td><td>112</td></tr> <tr><td>Tahitian Blend</td><td>38</td></tr> <tr><td>Multigrain Bread</td><td>190</td></tr> <tr><td>Fresh Orange</td><td>0</td></tr> </table> <p>Sodium: 926 Calories: 572 Carbs: 73</p>	Shrimp Mozambique	414	Florentine Rice	112	Tahitian Blend	38	Multigrain Bread	190	Fresh Orange	0	<p>8</p> <table border="0"> <tr><td>Beef Stew w/Veg</td><td>277</td></tr> <tr><td>Garlic Mashed Potato</td><td>53</td></tr> <tr><td>Dinner Roll</td><td>210</td></tr> <tr><td>Mixed Fruit</td><td>10</td></tr> </table> <p>Sodium: 721 Calories: 755 Carbs: 89</p>	Beef Stew w/Veg	277	Garlic Mashed Potato	53	Dinner Roll	210	Mixed Fruit	10																
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Please inform Bristol Elder Services if you have any food allergies.

Without your suggested voluntary donation of \$2.25 per meal many people would go hungry. Please give. Checks are preferred.

Menu is subject to change without notice.