

August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Stuffed Scallop 393 Potato Wedges 27 Tarragon Carrots 77 Multigrain Bread 190 Mixed Fruit w/ coconut 10	Chicken a la King 183 Egg Noodles 35 Spring Vegetables 57 Oatmeal Bread 121 Peaches 5	Salisbury Steak w/ 200 Onion Gravy 110 Mashed Potatoes 52 Peas & Mushrooms 133 Multigrain Bread 190 Pears 4	Chicken Cordon Blue *550 Red Bliss Potatoes 4 Mixed Vegetables 41 Dinner Roll 210 Pineapple 1	Shrimp Mozambique 393 Yellow Rice 22 Green Beans 3 Multigrain Roll 190 Fresh Orange 0
Sodium: 869 Calories: 678 Carbs: 95	Sodium: 574 Calories: 667 Carbs: 76	Sodium: 862 Calories: 758 Carbs: 92	Sodium: 978 Calories: 700 Carbs: 88	Sodium: 850 Calories: 745 Carbs: 84
8	9	10	11	12
LS Hot Dog *550 Mustard 55 Baked Beans 36 Cabbage & Carrots 47 Hot Dog Roll 210 Mixed Fruit 10	Beef & Broccoli 108 Asian Rice 78 Whole Wheat Roll 160 Applesauce 14	Chicken Parmesan 320 Tomato Sauce 55 Italian Pasta 1 Genoa Vegetables 40 Scali Bread 310 Pineapple 1	Boneless Ribs Sazon Sauce 403 Roasted Yams 31 Collard Greens 33 Oatmeal Roll 121 Berries 0	Roast Turkey w/ Gravy 373 Cranberry Sauce 6 Mashed Potatoes 52 Winter Squash 57 Iced Brownie 162 MOD: Graham Wafer 147
Sodium: 1080 Calories: 745 Carbs: 85	Sodium: 532 Calories: 678 Carbs: 69	Sodium: 900 Calories: 718 Carbs: 99	Sodium: 759 Calories: 554 Carbs: 73	Sodium: 1010 Calories: 972 Carbs: 140
15	16	17	18	19
Macaroni & Cheese 404 Florentine Tomatoes 121 Snowflake Roll 210 Mandarin Oranges 7	Chicken Divan 282 with Broccoli Confetti Rice 43 Multigrain Roll 190 Tiramisu 171 MOD: Graham Wafer 147	Shepherd's Pie 271 Carrot Coins 62 Dinner Roll 210 Pears 4	Haddock 394 Au Gratin Potatoes 154 Peas & Carrots 80 Whole Wheat Bread 160 Cantaloupe 0	BBQ Pulled Pork 454 Baked Beans 140 Hot German Slaw 81 Hamburger Roll 230 Mixed Fruit 10
Sodium: 914 Calories: 718 Carbs: 86	Sodium: 857 Calories: 918 Carbs: 96	Sodium: 719 Calories: 738 Carbs: 97	Sodium: 960 Calories: 558 Carbs: 63	Sodium: 1087 Calories: 677 Carbs: 84
22	23	24	25	26
Crab Cakes *569 Fluffy Rice 36 Spring Vegetables 57 Wheat Bread 115 Mandarins 7	Chicken Cacciatore 446 Italian Pasta 1 Jardiniere Vegetables 39 Multigrain Bread 190 Peaches 6	Swedish Meatballs 343 Mashed Potatoes 52 Scandinavian 42 Vegetables 121 Oatmeal Bread 174 Lemon Pudding 174 MOD: LS Pudding 100	Pork w/ Adobo Sauce 280 Red Bliss Potatoes 4 Brussels Sprouts 12 Whole Wheat Roll 160 Banana 1	Cheese Lasagna 345 w/ Tomato Basil Sauce 55 Roman Blend Vegetables 26 Dinner Roll 210 Fruit Salad 1
Sodium: 956 Calories: 555 Carbs: 64	Sodium: 854 Calories: 672 Carbs: 89	Sodium: 827 Calories: 720 Carbs: 83	Sodium: 629 Calories: 504 Carbs: 68	Sodium: 823 Calories: 521 Carbs: 76
29	30	31	<p>*Indicates a food with more than 500mg of sium. 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>All Meals include: Milk: 110 Calories 125mg Sodium 12g Carbs Margarine: 36 Calories 47mg Sodium</p>
Cheeseburger 384 Ketchup 82 Potato Wedges 27 Chuckwagon Corn 2 Hamburger Roll 230 Pears 4	Fiesta Omelet 270 Hash Browns 136 Tomato & Zucchini 72 Fruit Loaf 170 Fresh Orange 0	Chicken Stew 273 w/ Vegetables Red Bliss Potatoes 4 Biscuit 340 Pinapple 1		
Sodium: 900 Calories: 853 Carbs: 90	Sodium: 820 Calories: 722 Carbs: 98	Sodium: 792 Calories: 660 Carbs: 78		

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.

For cancellation of home delivered meals, call the Nutrition Office at 1-508-324-4619. If you want to cancel a meal, call before 10:30 the day before.