




May 2023



Monday	Tuesday	Wednesday	Thursday	Friday
1 Sodium (mg): Na ⁺ Western Omelet 382 Hash Browns 136 Spinach & Tomatoes 55 Fruit Loaf 160 Pears 5	2 Sodium (mg): Na ⁺ White Bean Chili 213 Penne Pasta 1 Corn Muffin 280 Mandarin Oranges 6	3 Sodium (mg): Na ⁺ Pasta and Meatballs 213 Green Beans 3 Dinner Roll 210 Banana 1	4 Sodium (mg): Na ⁺ Roast Turkey with Gravy 160 Whipped Potato 52 Winter Squash 11 Oatmeal Bread 121 Oatmeal Raisin Cookie 124 MOD: Graham Crackers 85	5 Sodium (mg): Na ⁺ Chicken Fajitas 275 Rice and Beans 35 Peppers and Onions 3 Corn Tortilla 236 Mixed Fruit 10
Total Sodium: 910 Calories: 737 Carbs: 94	Total Sodium: 672 Calories: 698 Carbs: 114	Total Sodium: 599 Calories: 757 Carbs: 110	Total Sodium: 602 Calories: 750 Carbs: 102	Total Sodium: 732 Calories: 600 Carbs: 75
8 Chicken Cordon Blue* 550 Sweet Potatoes 33 Broccoli 12 Oatmeal Bread 121 Mixed Fruit 10	9 Hot Dog* 550 Mustard Packet 55 Potato Wedges 27 Mixed Veggies 41 HD Roll 210 Fresh Orange 0	10 Bruschetta Chicken 394 Yellow Rice 22 Peas 82 Multigrain Bread 190 Pears 5	11 Bourbon Steak Tips* 603 Garlic Mash. Potatoes 53 Green Beans 3 WW Bread 160 Strawberry Shortcake 176 Low Sugar Cake 187	12 Baked Cod w/ 220 Lemon Vinaigrette 10 Broccoli/Cauliflower 15 Rice Pilaf 134 Crusty Dinner Roll 210 Fresh Apple 2
Total Sodium: 898 Calories: 661 Carbs: 80	Total Sodium: 1054 Calories: 802 Carbs: 88	Total Sodium: 865 Calories: 574 Carbs: 76	Total Sodium: 1166 Calories: 1042 Carbs: 100	Total Sodium: 763 Calories: 633 Carbs: 76
15 Mac n' Cheese 404 Zucchini and Tomato 39 Wheat Roll 160 Mandarin Oranges 6	16 Chicken Salad 241 Tri-Color Pasta Salad 56 Three Bean Salad 50 Wheat Bread 160 Peaches 5	17 Shepherd's Pie 271 Glazed Carrots 83 Snowflake roll 260 Banana 1	18 Barbecue Chicken 497 Rice Medley 36 Mixed Vegetables 41 White Bread 120 Chocolate Chip Cookie 171 Diet: Graham Cookie 85	19 High Sodium Meal Filet O' Fish Sandwich 436 Tartar Sauce 261 Potato Wedges 27 Hot German Slaw 81 Hamburger Bun 230 Pears 4
Total Sodium: 782 Calories: 697 Carbs: 85	Total Sodium: 683 Calories: 678 Carbs: 78	Total Sodium: 787 Calories: 868 Carbs: 127	Total Sodium: 950 Calories: 634 Carbs: 78	Total Sodium: 1210 Calories: 860 Carbs: 92
22 Pork Tetrazzini 223 Summer Squash & Zucchini 3 Wheat Bread 115 Peaches 5	23 Broccoli and Cheese 389 Omelet Hash Browns 136 Stewed Tomatoes 143 Fruit Muffin 160 Mixed Fruit 10	24 Popcorn Chicken 456 Ketchup Packet 82 Confetti Rice 43 Beets 162 Honey Wheat Bread 135 Fresh Orange 0	25 Meatloaf w/ 131 Rosemary Gravy 124 Whipped Potato 52 Green Beans 3 Oatmeal Bread 121 Chocolate Pudding 191 Diet: SF Pudding 100	26 Shrimp Mozambique 434 Yellow Rice 22 Carrot Coins 77 Snowflake Roll 260 Pears 4
Total Sodium: 518 Calories: 670 Carbs: 75	Total Sodium: 1009 Calories: 754 Carbs: 90	Total Sodium: 1049 Calories: 609 Carbs: 87	Total Sodium: 703 Calories: 720 Carbs: 84	Total Sodium: 969 Calories: 889 Carbs: 80
29 	30 Cheeseburger 387 Ketchup 82 Baked Beans 36 Cabbage and Carrots 47 HB Roll 230 Pineapple Chunks 1	31 Roast Pork 71 with Mint Gravy 8 Delmonico Potato 142 Asparagus 6 Multigrain Bread 190 Birthday Cake 209 Low Sugar cake 187	<p>We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.</p> <p>The total carbohydrates reflect the lower sugar dessert items.</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>
	Total Sodium: 955 Calories: 822 Carbs: 90	Total Sodium: 797 Calories: 792 Carbs: 74		

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 Elder Services if you have any food allergies.

Menu is subject to change without notice. For cancellations call Nutrition office at 508-324-4619.

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