



# August 2023



Monday	Tuesday	Wednesday	Thursday	Friday
All Meals include:  <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs  <u>Margarine:</u> 36 Calories 47mg Sodium	<b>1</b> Sodium (mg): Na* Chicken Marsala 397 Penne Pasta 1 Peas and Mushrooms 133 Snowflake Roll 260 Apple 2  Total Sodium: 964 Calories: 822 Carbs: 114	<b>2</b> Sodium (mg): Na* Salisbury Steak 386 Onion Gravy 110 Mashed Potatoes 52 Broccoli 12 Multigrain Bread 190 Pears 4  Total Sodium: 927 Calories: 815 Carbs: 87	<b>3</b> Sodium (mg): Na* Sweet & Sour Chicken 324 Egg Noodles 35 Spring Blend Veg 57 Oatmeal Roll 121 Peaches 5  Total Sodium: 714 Calories: 602 Carbs: 76	<b>4</b> Sodium (mg): Na* Catch of the Day 90 with Herb Sauce 76 Rice Florentine 112 Green Beans 3 Whole Wheat Roll 160 Fresh Orange 0  Total Sodium: 613 Calories: 542 Carbs: 70
<b>7</b> Na* Hot Dog 550* Mustard 55 Baked Beans 36 Cabbage & Carrots 47 Hot Dog Roll 210 Mixed Fruit 10  Total Sodium: 1080 Calories: 745 Carbs: 84	<b>8</b> Na* Chicken Parmesan 426 Italian Pasta 1 Genoa Blend 40 Vegetables Scali Bread 310 Pineapple 1  Total Sodium: 950 Calories: 729 Carbs: 99	<b>9</b> Na* Beef and Broccoli 108 Asian Rice 78 Whole Wheat Roll 160 Applesauce 20  Total Sodium: 538 Calories: 678 Carbs: 68	<b>10</b> Na* Sloppy Joe's 221 Potato Wedges 147 Brussel Sprouts 12 Oatmeal Roll 121 Brownie 132 Diet Graham Wafers 85  Total Sodium: 637 Calories: 660 Carbs: 76	<b>11</b> Na* Roast Turkey 90 w/ Gravy 70 Yukon Potatoes 4 Squash Blend 3 Multigrain Roll 190 Peaches 5  Total Sodium: 535 Calories: 582 Carbs: 43
<b>14</b> Na* Macaroni & Cheese 404 Tomato Florentine 121 Oatmeal Roll 121 Mandarin Oranges 6  Total Sodium: 825 Calories: 698 Carbs: 82	<b>15</b> Na* Chicken Sandwich 320 Confetti Rice 43 Mixed Vegetable 41 Hamburger Bun 230 Fresh Peach 0 BBQ Sauce 177  Total Sodium: 982 Calories: 628 Carbs: 80	<b>16</b> Na* Shepard's Pie 271 Carrot Coins 77 WW Roll 160 Applesauce 20  Total Sodium: 700 Calories: 737 Carbs: 99	<b>17</b> Na* Chicken Bruschetta 394 Au Gratin Potato 154 Green Beans & Peppers 3 WW Bread 160 Oreo Cookies 85 Diet Graham Wafer 85  Total Sodium: 969 Calories: 643 Carbs: 78	<b>18</b> Na* BBQ Pulled Pork 653* Baked Beans 36 Hot German Slaw 81 Hamburger Roll 230 Cantaloupe 12  Total Sodium: 1184 Calories: 617 Carbs: 76
<b>21</b> Seafood Newburg 569* Yellow Rice 22 Spring Blend 57 Vegetables Wheat Bread 115 Mandarin Oranges 6  Total Sodium: 942 Calories: 527 Carbs: 63	<b>22</b> Na* Lasagna Roll Up 359 w/ Primavera Sauce 65 Roman Blend 26 Vegetables Dinner Roll 210 Fresh Pear 0  Total Sodium: 832 Calories: 495 Carbs: 65	<b>23</b> Na* Meatball Sub 244 Cavatappi Pasta 1 Italian Blend Veg 26 Sub Roll 162 Peaches 5  Total Sodium: 611 Calories: 653 Carbs: 80	<b>24</b> Na* Roast Pork 71 Apple gravy 111 Red Bliss Potatoes 4 Brussel Sprouts 12 Whole Wheat Roll 160 Lemon Pudding 191 Diet Pudding 100  Total Sodium: 629 Calories: 636 Carbs: 65	<b>25</b> Na* Teriyaki Chicken 654* Brown Rice 36 Oriental Blend Veg 26 Multigrain Bread 190 Applesauce 20  Total Sodium: 1098 Calories: 534 Carbs: 71
<b>28</b> Na* Cheeseburger 384 Hamburger Roll 230 Ketchup 82 Potato Wedges 27 Chuckwagon Corn 2 Pineapple 1  Total Sodium: 898 Calories: 879 Carbs: 98	<b>29</b> Na* Fiesta Omelet 351 Hash Browns 136 Tomato & Zucchini 39 Fruit Loaf 160 Fresh Orange 0  Total Sodium: 858 Calories: 749 Carbs: 92	<b>30</b> Na* Chicken Stew 273 with Vegetables 41 Rice Pilaf 134 Oatmeal Roll 121 Applesauce 20  Total Sodium: 761 Calories: 683 Carbs: 82	<b>31</b> Na* Meatloaf W/ Gravy 350 Cheesy Mashed 80 Potatoes Glazed Carrots 83 Multigrain Bread 190 Birthday Cake 209 LS Cake 185  Total Sodium: 864 Calories: 818 Carbs: 105	For cancellations of home delivered meals, call the Nutrition Office at <b>1-508-324-4619</b> . If you want to cancel a meal, call no later than 10:30 a.m. on the day before.

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.**

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