


# May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
All Meals include:  <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs  <u>Margarine:</u> 36 Calories 7mg Sodium	For cancellations, 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.	<b>1</b> Meatloaf 131 Gravy 110 Mashed Potato 52 Glazed Carrots 83 Oatmeal Bread 121 Pink Lady Apple 2  Total Sodium: 670 Calories: 740 Carbs: 101	<b>2</b> Bourbon Chicken 497 Yukon Potatoes 51 Chuckwagon Corn 2 Cornbread 280 Mandrin Oranges 6  Total Sodium: 1008 Calories: 738 Carbs: 104	<b>3</b> Tuna Noodle Casserole 358 Mixed Veg 41 WW Roll 160 Fresh Plum 0  Total Sodium: 731 Calories: 561 Carbs: 73
<b>6</b> Roast Pork 71 Apple Gravy 111 Parsley Mashed Potatoes 53 Squash Blend 11 Oatmeal Bread 121 Pears 4  Total Sodium: 543 Calories: 749 Carbs: 95	<b>7</b> Mac & Cheese 404 Escalloped Tomatoes 143 Fruit Loaf 160 Tropical Fruit 10  Total Sodium: 889 Calories: 849 Carbs: 104	<b>8</b> Mexican Chicken 413 Mexican Rice 31 Mixed Vegetables 41 Oatmeal Roll 121 Pineapple 1  Total Sodium: 778 Calories: 616 Carbs: 86	<b>9</b> <span style="color: red;">*High Sodium Day</span> Cordon Blue 550 Stuffed Chicken* Roasted Potatoes 33 California Blend 27 Snowflake Roll 260 Strawberry Shortcake 176 Pound Cake MOD 240  Total Sodium: 1282 Calories: 822 Carbs: 97	<b>10</b> Beef Stroganoff 290 Egg Noodles 35 Green Beans 3 Dinnner Roll 210 Banana 1  Total Sodium: 712 Calories: 882 Carbs: 47
<b>13</b> Pork Lo Mein 254 Oriental Blend 26 Vegetables WW Roll 160 Mixed Fruit 10  Total Sodium: 622 Calories: 701 Carbs: 93	<b>14</b> American Chop Suey 211 Broccoli 12 Scali Bread 310 Pears 4  Total Sodium: 709 Calories: 631 Carbs: 85	<b>15</b> Cheese Florentine 393 Omelet Hash Browns 136 Florentine Tomatoes 121 WW Bread 160 Orange Juice 5  Total Sodium: 987 Calories: 641 Carbs: 72	<b>16</b> Chicken Marsala 439 Penne Pasta 1 Mixed Vegetables 41 Oatmeal Roll 121 Banana Pudding 130 SF Banana Pudding 100  Total Sodium: 874 Calories: 623 Carbs: 75	<b>17</b> Salmon 67 Herb Sauce 76 Rice Pilaf 134 California Blend 27 Multigrain Roll 190 Pineapple 1  Total Sodium: 668 Calories: 601 Carbs: 75
<b>20</b> Hotdog* 540 Mustard 55 Baked Beans 36 Cabbage & Carrots 47 Hotdog Roll 210 Peaches 5  Total Sodium: 1065 Calories: 739 Carbs: 83	<b>21</b> Greek Meatballs 362 Penne Pasta 1 Peas & Mushrooms 133 Multigrain Bread 190 Mandarins 6  Total Sodium: 864 Calories: 740 Carbs: 89	<b>22</b> Shepard's Pie 271 Mixed Vegetables 41 WW Roll 160 Pears 4  Total Sodium: 648 Calories: 771 Carbs: 104	<b>23</b> Chicken & Bean 121 Chili Brown Rice 35 Corn Muffin 280 Oreo Cookies 85 MOD: Graham Wafers 85  Total Sodium: 693 Calories: 607 Carbs: 82	<b>24</b> Roast Turkey 303 Cranberry Gravy 70 Parsley Mashed 53 Winter Squah 11 Oatmeal Roll 121 Pineapple 1  Total Sodium: 732 Calories: 675 Carbs: 104
<b>27</b> 	<b>28</b> Cheeseburger 384 Ketchup 82 Lynase Potatoes 112 Corn 1 Hamburger Roll 230 Peaches 5  Total Sodium: 986 Calories: 805 Carbs: 45	<b>29</b> BBQ Pork Sandwich 653 Smiley Tater Tots 27 G. Beans & Peppers 3 Hamburger Roll 230 Cinnamon Apple Slices 4  Total Sodium: 1089 Calories: 653 Carbs: 77	<b>30</b> Chicken Picatta 431 Bowtie Pasta 1 Jardinière Blend 39 Vegetables WW Roll 160 Birthday Pound Cake 209  Total Sodium: 1011 Calories: 743 Carbs: 43	<b>31</b> Penne Primavera 345 Broccoli 12 Dinner Roll 210 Mandarin Oranges 6  Total Sodium: 746 Calories: 473 Carbs: 67
<b>No Meals Served</b>	Total Sodium: 986 Calories: 805 Carbs: 45	Total Sodium: 1089 Calories: 653 Carbs: 77	Total Sodium: 1011 Calories: 743 Carbs: 43	Total Sodium: 746 Calories: 473 Carbs: 67

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.