



May 2025



Monday	Tuesday	Wednesday	Thursday	Friday
	All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	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.	1 Meatballs 244 BBQ Sauce 174 Roasted Potatoes 28 Glazed Carrots 83 WW Sub Roll 190 Fresh Orange 0 Total Sodium: 844 Calories: 706 Carbs: 92	2 Chicken Salad 286 Potato Salad 72 Three Bean Salad 280 Hamburger Bun 230 Diced Peaches 5 Total Sodium: 997 Calories: 656 Carbs: 76
5 Turkey Corn Stew* 510 Oven Roasted Potatoes 28 Buttermilk Biscuit 310 Mandarin Oranges 6	6 Pork Roast 71 Apple Cranberry Sauce 3 Whipped Potatoes 49 Summer Squash 3 Oatmeal Bread 121 Diced Pears 4	7 Mexicali Chicken 162 Rice and Beans 31 Mixed Veggies 41 Snowflake Roll 260 Peaches 5	8 Tuna Noodle Casserole 351 Mixed Veggies 41 Wheat Roll 160 Fresh Plum 0	9 Stuffed Shells 414 Alfredo Florentine Sauce 120 Roman Blend Veg 26 Multigrain Roll 160 Oreos 85
Total Sodium: 980 Calories: 553 Carbs: 72	Total Sodium: 375 Calories: 713 Carbs: 96	Total Sodium: 623 Calories: 665 Carbs: 96	Total Sodium: 676 Calories: 542 Carbs: 73	Total Sodium: 930 Calories: 606 Carbs: 75
12 Beef Stroganoff 281 Egg Noodles 30 Green Beans 3 Wheat Bead 210 Fresh Apple 2	13 Broccoli Stuff Chicken 410 California Blend Veg 27 Red Bliss Potatoes 15 WW Roll 160 Lorna Doones 85	14 Pork Rib Patty 410 Baked Beans 37 Sliced Carrots 77 Hamburger Bun 230 Mandarin Oranges 46	15 Salisbury Steak 381 Red Bliss Potatoes 15 Brussels Sprouts 12 Oatmeal Bread 121 Diced Peaches 5	16 Fish Sandwhich 252 Potato Wedges 27 Hot German Slaw 81 Hamburger Roll 230 Mixed Fruit 10
Total Sodium: 652 Calories: 830 Carbs: 90	Total Sodium: 822 Calories: 670 Carbs: 74	Total Sodium: 885 Calories: 632 Carbs: 80	Total Sodium: 659 Calories: 649 Carbs: 63	Total Sodium: 724 Calories: 680 Carbs: 94
19 American Chop Suey 211 Italian Blend Veg 26 Oatmeal Roll 121 Applesauce 15	20 Grilled Steak Strips 272 Black Beans & Rice 31 Fajita Blend Veg 3 Corn Tortilla 236 Diced Peaches 5	21 All Beef Hot Dog* 540 Baked Beans 37 Broccoli 12 Hot Dog Bun 210 Fresh Banana 1	22 Sloppy Joe 222 Sliced Carrots 77 Mashed Potato 49 Hamburger Roll 230 Pineapple Tidbits 1	23 Chicken Breast 320 Bourbon Sauce 174 Rice 31 Broccoli 12 Wheat Bread 115 Sugar Cookie 109
Total Sodium: 498 Calories: 573 Carbs: 74	Total Sodium: 672 Calories: 672 Carbs: 68	Total Sodium: 926 Calories: 781 Carbs: 94	Total Sodium: 704 Calories: 675 Carbs: 98	Total Sodium: 887 Calories: 597 Carbs: 70
26 	27 Cheeseburger* 581 Ketchup 82 Smiley Potatoes 27 Corn 1 Hamburger Bun 230 Mixed Fruit 15 Total Sodium: 1056 Calories: 831 Carbs: 97	28 Pork Lo Mein 254 Asian Blend Veg 26 Multigrain Roll 190 Seasonal Fruit 10 Total Sodium: 605 Calories: 711 Carbs: 96	29 Catch of the Day 220 Lemon Dill Sauce 106 Rice Pilaf 130 Green Beans 3 WW Bread 160 Applesauce 15 Total Sodium: 759 Calories: 516 Carbs: 71	30 Turkey Pot Pie 210 Whipped Potatoes 49 Biscuit 310 Pineapple 1 Total Sodium: 695 Calories: 692 Carbs: 92
NO MEALS SERVED				

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.