



Bristol Aging & Wellness

August 2025



Monday		Tuesday		Wednesday		Thursday		Friday	
				All Meals include:		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 Na	
				<u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs				Philly Beef with 381 Peppers & Onions 3 Tater Tots 27 Carrots 77 Sub Roll 162 Diced Peaches 5	
				<u>Margarine:</u> 36 Calories 47mg Sodium				Total Sodium: 781 Calories:802 Carbs: 85	
4	Na	5	Na	6	Na	7	Na	8	Na
Chicken with Teriyaki Sauce	320	Cheese Ravioli w/ Pesto Sauce	400	Chicken Parmesan	426	Beef Chili	176	Turkey Tetrazzini	420
Brown Rice	159	Broccoli	70	Penne Pasta	1	Jasmine Rice	31	Green Beans and Red Peppers	68
Asian Blend Veg.	31	Oatmeal Roll	12	Mixed Veg	41	Summer Veg Blend	57	WW Bread	160
Multigrain Bread	26	Mandarin Oranges	121	Dinner Roll	210	Snowflake Roll	260	Oreo Cookies	160
Tropical Fruit	190		6	Fresh Plum	0	Applesauce	20		85
	10								
Total Sodium: 861 Calories:571 Carbs: 72		Total Sodium: 734 Calories: 608 Carbs: 73		Total Sodium: 802 Calories: 594 Carbs: 78		Total Sodium: 670 Calories:673 Carbs: 94		Total Sodium: 858 Calories: 806 Carbs: 124	
11	Na	12	Na	13	Na	14	Na	15	Na
Glazed Ham	294	Cheese Omelet	312	Potato Crusted Pollock	150	Chicken with	320	Meatloaf with	131
White Beans & Rice	31	Hashbrowns	132	American Cheese	381	Bruschetta Sauce	46	Onion Gravy	105
Collard Greens	33	Stewed Tomatoes	143	Potato Wedges	27	Rice Pilaf	130	Whipped Potatoes	49
WW Bread	160	Fruit Loaf	160	Mixed Veg	41	Tahitian Blend Veg	38	Green Beans	3
Apple Slices	10	Orange Juice	0	Hamburger Bun	230	Wheat Roll	160	Oatmeal Bread	121
				Apple Slices	10	Brownie	160	Mixed Fruit	10
						MOD: Graham Wafer	85		
Total Sodium: 652 Calories: 452 Carbs: 62		Total Sodium: 871 Calories: 717 Carbs: 85		Total Sodium: 963 Calories:796 Carbs: 102		Total Sodium: 904 Calories: 583 Carbs: 73		Total Sodium: 544 Calories: 684 Carbs: 90	
18	Na	19	Na	20	Na	21	Na	22	Na
Chicken Meatballs	244	Sausage*	520	Chicken Lo Mein	254	Mac and Cheese*	588	Salmon	67
Korean BBQ Sauce	174	Peppers & Onions		Asian Blend Veg	26	Florentine Tomatoes	121	Chili Garlic Sauce	57
Fried Rice	130	Alfredo Pasta	121	Snowflake Roll	260	WG Roll	160	Mashed Potato	49
Jardiniere Blend Veg	39	Sub Roll	162	Pineapple	1	Tropical Fruit	10	Green Beans	3
WW Roll	160	Peaches	5					Oatmeal Roll	121
Mandarin Oranges	6							Fresh Orange	0
Total Sodium: 878 Calories: 657 Carbs: 79		Total Sodium: 934 Calories: 641 Carbs: 82		Total Sodium: 666 Calories: 766 Carbs: 107		Total Sodium: 1004 Calories: 699 Carbs: 93		Total Sodium: 422 Calories: 601 Carbs: 84	
25	Na	26	Na	27	Na	28	*High Sodium Day*	29	Na
Roasted Chicken	320	Shrimp Mozambique	434	Vegetarian Chili	214	Cheeseburger*	581	Roast Turkey	90
Lemon Sauce	10	Yellow Rice	32	Bowtie Pasta	1	Potato Wedges	27	Rosemary Gravy	117
Herbed Orzo	1	Green Beans	3	Cornbread Muffin	280	Carrots and Cabbage	47	Whipped Sweet Potato	33
Sliced Carrots	77	Multigrain Bread	190	Mandarin Oranges	6	Ketchup	82	Zucchini Blend	3
Multigrain Bread	190	Pineapple	1			Hamburger Bun	230	WW Roll	160
Oatmeal Cookie	124					Birthday Cake	209	Pineapple	1
Total Sodium: 847 Calories: 810 Carbs: 88		Total Sodium: 786 Calories: 940 Carbs: 89		Total Sodium: 626 Calories: 698 Carbs: 114		Total Sodium: 1300 Calories: 889 Carbs: 105		Total Sodium: 529 Calories: 606 Carbs: 82	

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 Aging and Wellness 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.