



Bristol Aging & Wellness

September 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1  ★ HAPPY ★ <i>Labor Day</i> NO MEALS SERVED	2 Apricot Chicken 354 Couscous 36 Green Peas 82 Multigrain Bread 190 Diced Pears 4 Total Sodium: 792 Calories: 644 Carbs: 86	3 Chicken Fajitas 320 Rice and Beans 31 Peppers & Onions 3 Tortilla 236 Pineapple 1 Total Sodium: 716 Calories: 569 Carbs: 74	4 Pork Roast 71 Gravy 113 Red Bliss Potatoes 15 Mix Veg 41 Wheat Roll 160 Melon Cup 12 Total Sodium: 537 Calories: 614 Carbs: 66	5 Lentil Bolognese 260 Cavatappi Pasta 1 Green Peas and 133 Mushrooms White Bread 120 Apple 2 Total Sodium: 640 Calories: 640 Carbs: 139
8 Crab Cakes* 610 Rice Florentine 107 Green Beans 3 Wheat Roll 160 Mandarin Oranges 6 Total Sodium: 1012 Calories: 566 Carbs: 84	9 Stuffed Shells 414 Marinara Sauce 55 Italian Blend Veg 26 Oatmeal Roll 121 Diced Peaches 5 Total Sodium: 746 Calories: 523 Carbs: 74	10 Beef & Broccoli 109 Asian Rice 73 Dinner Roll 210 Pineapple 1 Total Sodium: 518 Calories: 700 Carbs: 76	11 <i>*High Sodium Day*</i> Hot Dog* 540 Mac n Cheese 187 Carrot Coins 77 Hot Dog Bun 210 Mixed Fruit 10 Mustard 55 Total Sodium: 1205 Calories: 837 Carbs: 91	12 Chicken with 320 Teriyaki Sauce 159 Brown Rice 31 Asian Blend Veg 26 Multigrain Bread 190 Tropical Fruit Mix 10 Total Sodium: 861 Calories: 571 Carbs: 73
15 Philly Beef with 248 Peppers & Onions 3 Tater Tots 27 Sub Roll 162 Oatmeal Cookie 124 Total Sodium: 689 Calories: 720 Carbs: 87	16 Cheese Ravioli 400 Alfredo Sauce 120 Broccoli 12 Oatmeal Roll 121 Mandarin Oranges 6 Total Sodium: 785 Calories: 631 Carbs: 72	17 Chicken Parmesan 426 Penne Pasta 1 Mixed Veg 41 Dinner Roll 210 Fresh Plum 0 Total Sodium: 802 Calories: 594 Carbs: 78	18 Beef Chili 176 Jasmine Rice 31 Summer Veg 57 Multigrain Bread 190 Applesauce 20 Total Sodium: 600 Calories: 633 Carbs: 87	19 Turkey Divan 375 Mashed Potato 49 WW Bread 160 Oreos 85 Total Sodium: 794 Calories: 719 Carbs: 87
22 Shrimp Mozambique 434 Yellow Rice 32 Green Beans 3 Oatmeal Roll 121 Pineapple 1 Total Sodium: 716 Calories: 912 Carbs: 83	23 Fish Sandwich 252 Tartar Sauce 261 Confetti Rice 38 Mixed Veg 41 Hamburger Bun 230 Apple Slices 10 Total Sodium: 956 Calories: 717 Carbs: 93	24 Florentine Omelette 400 Hashbrowns 132 Broccoli w/ Cheese 12 Fruitloaf 160 Orange Juice 0 Total Sodium: 829 Calories: 718 Carbs: 88	25 <i>Na</i> Stuffed Chicken* 550 Yams 33 Italian Blend Veg 26 Wheat Roll 160 Birthday Cake 209 Total Sodium: 1103 Calories: 801 Carbs: 108	26 Meatloaf 131 Onion Gravy 105 Whipped Potatoes 49 Green Beans 3 Oatmeal Bread 121 Graham Wafer 85 Total Sodium: 619 Calories: 730 Carbs: 93
29 Greek Chicken 244 Meatballs Couscous 36 Jardiniere Veg Blend 39 Dinner Roll 210 Mandarin Oranges 6 Total Sodium: 660 Calories: 647 Carbs: 77	30 Sausage* with 520 Peppers & Onions 3 Rice Pilaf 130 Sub Roll 162 Peaches 5 Total Sodium: 942 Calories: 548 Carbs: 70	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.		All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium



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.