




Monday	Tuesday	Wednesday	Thursday	Friday
<h2>OLDER AMERICANS MONTH</h2> 		<p>For cancellations of home delivered meals, call the Nutrition Office at 1-508-324-4619.</p> <p>If you want to cancel a meal, call no later than 10:30 a.m. at least one business day before.</p>	<p>All Meals include:</p> <p>Milk: 110 Calories 125mg Sodium 13g Carbs</p> <p>Margarine: 36 Calories</p>	<p>1</p> <p>Beef Tips with Gravy 348 Mashed Potatoes 49 Asparagus 6 Dinner Roll 210 Cheesecake 280 MOD: Graham Crackers 85</p> <p>Total Sodium: 823 Calories: 795 Carbs: 92</p>
<h3>CHAMPION YOUR HEALTH: MAY 2026</h3>				

<p>4</p> <p>Turkey Divan 375 Italian Penne 1 Broccoli 12 Multigrain Bread 190 Pears 4</p> <p>Total Sodium: 708 Calories: 683 Carbs: 84</p>	<p>5</p> <p>BBQ Rib Patty 403 BBQ Sauce 174 Cheesy Mash Pot 77 Hot German Slaw 81 Sub Roll 162 Mandarin Oranges 6</p> <p>Total Sodium: 1028 Calories: 646 Carbs: 87</p>	<p>6</p> <p>Lemon Chicken 330 Florentine Rice 107 Green Beans 3 WW Bread 160 Banana 1</p> <p>Total Sodium: 727 Calories: 693 Carbs: 82</p>	<p>7</p> <p>Sloppy Joe 222 Mashed Potatoes 49 Peas 82 WW Bun 110 Peaches</p> <p>Total Sodium: 643 Calories: 672 Carbs: 94</p>	<p>8</p> <p>Broccoli and Cheese 410 Stuffed Chicken Buttered Noodles 30 Italian Blend Veg 26 Oatmeal Roll 121 Cookie 155 MOD: Lorna Doones 85</p> <p>Total Sodium: 797 Calories: 728 Carbs: 85</p>
<p>11</p> <p>Vegetable Lasagna 414 Pesto Cream Sauce 70 Italian Blend Veg 26 Italian Bread 218 Mixed Fruit 10</p> <p>Total Sodium: 863 Calories: 582 Carbs: 82</p>	<p>12</p> <p>Chicken Chow Mein 280 Asian Rice 73 Whole Wheat Roll 160 Pineapple Chunks 1</p> <p>Total Sodium: 639 Calories: 519 Carbs: 68</p>	<p>13</p> <p>Pasta Bolognese 165 Capri Blend Veg 26 Scali Bread 310 Peaches 0</p> <p>Total Sodium: 625 Calories: 727 Carbs: 94</p>	<p>14</p> <p>Bruschetta Chicken 366 Sweet Potatoes 33 Tahitian Blend Veg 38 Oatmeal Bread 121 Chocolate Pudding</p> <p>Total Sodium: 767 Calories: 595 Carbs: 79</p>	<p>15</p> <p>Spinach & Feta Bake 360 Roasted Potatoes 28 Florentine Tomatoes 121 Fruit Loaf 160 Orange Juice 0</p> <p>Total Sodium: 794 Calories: 697 Carbs: 84</p>
<p>18</p> <p>Catch of the Day 150 Newburg Sauce 62 Confetti Rice 38 Glazed Carrots 83 Snowflake Roll 260 Apple Slices 10</p> <p>Total Sodium: 728 Calories: 699 Carbs: 99</p>	<p>19</p> <p>Mac & Cheese* 588 Broccoli 12 WW Bread 160 Mandarin Oranges 6</p> <p>Total Sodium: 892 Calories: 666 Carbs: 91</p>	<p>20</p> <p>Beef Chili 176 White Rice 31 Multigrain Bread 190 Pineapple 1</p> <p>Total Sodium: 524 Calories: 624 Carbs: 84</p>	<p>21</p> <p>Filet O Fish 252 American Cheese 187 Potato Wedges 27 Garden Blend Veg 32 WW Hamburger Bun 230 Lemon Pudding 101</p> <p>Total Sodium: 954 Calories: 819 Carbs: 95</p>	<p>22</p> <p>Chicken Pot Pie 307 Parsley Mash Potato 50 Biscuit 310 Fresh Pear 4</p> <p>Total Sodium: 796 Calories: 649 Carbs: 85</p>
<p>25</p> <p>Hot Dog* 540 Mustard 55 Baked Beans 37 Corn on the Cobb 1 Hot Dog Bun 210 Peas 85</p> <p>Total Sodium: 1054 Calories: 839 Carbs: 99</p>	<p>26</p> <p>Meatball Sub 299 Penne Noodles 1 Green Beans 3 Sub Roll 162 Peaches 4</p> <p>Total Sodium: 595 Calories: 660 Carbs: 82</p>	<p>27</p> <p>Sweet & Sour Chicken 325 Asian Rice 77 Japanese Blend Veg 36 WW Roll 160 Mandarin Oranges 6</p> <p>Total Sodium: 715 Calories: 525 Carbs: 68</p>	<p>28</p> <p>Meatloaf 131 Mushroom Gravy 142 Mashed Potatoes 49 Peas 82 Multigrain Bread 190 Birthday Cake 209</p> <p>Total Sodium: 928 Calories: 865 Carbs: 124</p>	



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 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.

Bristol's Dietitian Digest



MAY 2026

Healthy Aging Tips

- Eat a variety of fruits, vegetables, whole grains, and lean proteins
- Drink plenty of water
- Get 7-8 hours of sleep each night
- Stay connected with friends, family, and community groups
- Keep your mind sharp with reading, puzzles, or learning new skills
- Keep up with doctor visits and preventative screenings
- Practice balance and flexibility exercises to help prevent falls
- Manage stress with deep breathing, music, or quiet time

<file:///C:/Users/dawn.dimarco/Downloads/Smart%20Tips%20for%20Successful%20Meals.pdf>



Champion Your Health

Chair exercises for Healthy Aging:

1. Seated Marching: Lift one knee at a time like you're marching in place
2. Arm Raises: Lift both arms overhead, then slowly lower them
3. Leg Extensions: Straighten one leg, hold for a few seconds, then switch
4. Torso Twists: Sit tall and slowly twist from side-to-side to improve spinal mobility.
5. Seated Side Bends: Reach one arm overhead and lean to the opposite side

****please consult your doctor before starting an exercise program****