

# July 2026

| Monday                                                                                                                                                                                                     | Tuesday                                                                                                                      | Wednesday                                                                                                                        | Thursday                                                                                                                                                                       | Friday                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| <p>For cancellations of home delivered meals, call the Nutrition Office at <b>1-508-324-4619</b>.</p> <p>If you want to cancel a meal, call no later than 10:30 a.m. at least one business day before.</p> | All Meals include:                                                                                                           | <b>1</b>                                                                                                                         | <b>2</b>                                                                                                                                                                       | <b>3</b>                                                                                                                            |
|                                                                                                                                                                                                            | <p><u>Milk:</u><br/>110 Calories<br/>125mg Sodium<br/>13g Carbs</p> <p><u>Margarine:</u><br/>36 Calories<br/>47mg Sodium</p> | <p>Chicken Stew 307<br/>White Rice 31<br/>Oatmeal Roll 121<br/>Banana 1</p> <p>Total Sodium: 585<br/>Calories: 604 Carbs: 81</p> | <p>Hot dog* 540<br/>Ketchup 82<br/>Potato Wedges 27<br/>Baked Beans 37<br/>Hot Dog Bun 210<br/>Tropical Fruit Cup 10</p> <p>Total Sodium: 1030<br/>Calories: 880 Carbs: 99</p> |  <p><b>NO MEALS SERVED</b></p>                   |
| <b>6</b>                                                                                                                                                                                                   | <b>7</b>                                                                                                                     | <b>8</b>                                                                                                                         | <b>9</b>                                                                                                                                                                       | <b>10</b>                                                                                                                           |
| <p>Chicken Stir Fry 148<br/>Asian Blend Veg 26<br/>Jasmine Rice 31<br/>Oatmeal Roll 121<br/>Pineapple 1</p>                                                                                                | <p>Lazy Man Stuffed Pepper 294<br/>Carrot Coins 77<br/>Dinner Roll 210<br/>Peaches 5</p>                                     | <p>Hawaiian Meatballs 342<br/>Egg Noodles 30<br/>Zucchini/Summer Squash 3<br/>Snowflake Roll 260<br/>Fresh Orange 0</p>          | <p>Macaroni and Cheese* 588<br/>Escalloped Tomatoes 143<br/>Fruit Loaf 160<br/>Pears 4</p>                                                                                     | <p>Sweet &amp; Sour Chicken 325<br/>Pineapple Rice 31<br/>Brussel Sprouts 12<br/>Multigrain Roll 190<br/>SF Sugar Cookie 55</p>     |
| Total Sodium: 550<br>Calories: 551 Carbs: 75                                                                                                                                                               | Total Sodium: 711<br>Calories: 556 Carbs: 74                                                                                 | Total Sodium: 761<br>Calories: 743 Carbs: 92                                                                                     | Total Sodium: 1020<br>Calories: 767 Carbs: 104                                                                                                                                 | Total Sodium: 737<br>Calories: 566 Carbs: 72                                                                                        |
| <b>13</b>                                                                                                                                                                                                  | <b>14</b>                                                                                                                    | <b>15</b>                                                                                                                        | <b>16</b>                                                                                                                                                                      | <b>17</b>                                                                                                                           |
| <p>Potato Pollock 150<br/>Red Bliss Potatoes 15<br/>Broccoli 12<br/>WW Bread 160<br/>Applesauce 20</p>                                                                                                     | <p>Broccoli and Cheese 395<br/>Omelet<br/>Hashbrowns 132<br/>Stewed Tomatoes 143<br/>Fruit Loaf 160<br/>Orange Juice 0</p>   | <p>Turkey Pot Pie 210<br/>Mashed Potato 49<br/>Biscuit 310<br/>Banana 1</p>                                                      | <p>Chicken Jambalaya 310<br/>White Rice 31<br/>Corn O'Brien 6<br/>Rye Bread 330<br/>Mandarin Oranges 6</p>                                                                     | <p>Beef Stroganoff 281<br/>Egg Noodles 30<br/>Peas &amp; Mushrooms 133<br/>WW Roll 160<br/>Brownie 132<br/>MOD: Graham Wafer 85</p> |
| Total Sodium: 483<br>Calories: 577 Carbs: 81                                                                                                                                                               | Total Sodium: 955<br>Calories: 727 Carbs: 90                                                                                 | Total Sodium: 695<br>Calories: 722 Carbs: 99                                                                                     | Total Sodium: 809<br>Calories: 673 Carbs:                                                                                                                                      | Total Sodium: 946<br>Calories: 1069 Carbs: 114                                                                                      |
| <b>20</b>                                                                                                                                                                                                  | <b>21</b>                                                                                                                    | <b>22</b>                                                                                                                        | <b>23</b>                                                                                                                                                                      | <b>24</b>                                                                                                                           |
| <p>Shrimp Mozambique 434<br/>Rice Pilaf 130<br/>California Blend Veg 27<br/>Dinner Roll 210<br/>Mixed Fruit 10</p>                                                                                         | <p>Chicken Fajitas 275<br/>Rice &amp; beans 31<br/>Peppers &amp; Onions 3<br/>Tortilla 236<br/>Dried Cranberries 2</p>       | <p>BBQ Pork Rib 403<br/>Yukon Gold Potatoes 59<br/>Chuckwagon Corn 3<br/>WW Hamburger Bun 230<br/>Nectarines 0</p>               | <p>White Bean Chili 214<br/>Confetti Rice 38<br/>Cornbread 280<br/>Pineapple 1</p>                                                                                             | <p>Mini Raviolis 400<br/>Tomato Sauce 55<br/>Italian Blend Veg 26<br/>Multigrain Roll 190<br/>Blueberry Crisp 289</p>               |
| Total Sodium: 936<br>Calories: 863 Carbs: 73                                                                                                                                                               | Total Sodium: 672<br>Calories: 620 Carbs: 85                                                                                 | Total Sodium: 819<br>Calories: 641 Carbs: 86                                                                                     | Total Sodium: 658<br>Calories: 696 Carbs: 115                                                                                                                                  | Total Sodium: 1086<br>Calories: 934 Carbs: 148                                                                                      |
| <b>27</b>                                                                                                                                                                                                  | <b>28</b>                                                                                                                    | <b>29</b>                                                                                                                        | <b>30</b>                                                                                                                                                                      | <b>31</b>                                                                                                                           |
| <p>Catch of the Day 90<br/>Plum Sauce 48<br/>Potato Au Gratin 172<br/>Capri Blend 27<br/>Oatmeal Roll 121<br/>Applesauce 20</p>                                                                            | <p>Cheeseburger 387<br/>Ketchup 82<br/>Tater Tots 132<br/>Hot German Slaw 81<br/>Hamburger Bun 230<br/>Pears 4</p>           | <p>Southwest Lime Chicken 413<br/>Brown Rice 31<br/>Fiesta Blend Veg 40<br/>Multigrain Bread 190<br/>Mandarin Oranges 6</p>      | <p>Fish Sandwich 252<br/>American Cheese 187<br/>Red bliss Potatoes 15<br/>Glazed Carrots 83<br/>WW Hamburger Bun 230<br/>Birthday Cake 209</p>                                | <p>Chicken Parmesan 426<br/>Penne Pasta 1<br/>Green Beans 3<br/>Dinner Roll 210<br/>Peaches 5</p>                                   |
| Total Sodium: 603<br>Calories: 523 Carbs: 67                                                                                                                                                               | Total Sodium: 1040<br>Calories: 772 Carbs: 78                                                                                | Total Sodium: 806<br>Calories: 554 Carbs: 72                                                                                     | Total Sodium: 1101<br>Calories: 842 Carbs: 116                                                                                                                                 | Total Sodium: 770<br>Calories: 597 Carbs: 81                                                                                        |

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.

Heating Instructions: Peel corners of cover or cut small holes, microwave 3-5 minutes or heat in oven at 350F on cookie sheet for 15-20 minutes. For safety, heat meals to 165F. DO NOT USE TOASTER OVEN