



August 2026



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Roast Turkey 90 Gravy 65 Mashed Potatoes 49 Winter Squash 11 Oatmeal Bread 121 Mixed Fruit 10	Seafood Linguini* ## Broccoli 12 Snowflake Roll ## Fruit Cocktail 10	Lemon Chicken 330 Florentine Rice 107 Roman Blend Veg 26 Multigrain Roll 190 Fresh Orange 0	Cheeseburger 387 Ketchup 82 Baked Beans 37 Chuckwagon Corn 2 WW Hamburger Bun 230 Applesauce 20	Turkey Tetrazzini 420 Carrot Coins 77 Oatmeal Bread 121 LS Sugar Cookie 55
Total Sodium: 471 Calories: 682 Carbs: 99	Total Sodium: 1001 Calories: 728 Carbs: 1	Total Sodium: 778 Calories: 652 Carbs: 70	Total Sodium: 883 Calories: 846 Carbs: 95	Total Sodium: 798 Calories: 776 Carbs: 122
10	11	12	13	14
Unstuffed Pepper Bowl 257 w/ Beef & White Rice 24 Carrots 56 Wheat Bread 40 Applesauce 2	Shrimp Tacos w/ Cheese ## Cilantro Lime Rice 68 Black Beans, Corn & Pep 91 Tortilla Wrap ## Orange 0	Carribean Beef Stew 154 Yellow Rice 26 Green Beans & Red Peppe 73 Wheat Bread 40 Pound Cake w/ Blueberrie 241 MOD: Fruit Cup 0	Chicken Anna Maria 246 Mashed Potatoes 22 Mixed Vegetables 60 Dinner Roll 150 Mandarin Fruit Cup 6	Sausage w/ Abruzzi Sauce* 650 Bowtie Pasta 4 Tuscan Vegetables Blend 53 Wheat Roll 180 Oatmeal Cookie 85
Total Sodium: 534 Calories: 835 Carbs: 84	Total Sodium: 1070 Calories: 716 Carbs: 1	Total Sodium: 689 Calories: 1010 Carbs: 128	Total Sodium: 640 Calories: 822 Carbs: 86	Total Sodium: 1127 Calories: 812 Carbs: 77
17	18	19	20	21
Meatloaf w/ Gravy 545 Garlic Mashed Potatoes 23 Green Beans & Red Pep 21 Whole Grain Cornbread 180 Vanila Pudding 130 MOD: Fruit Cup 0	Chicken Carbonara ## Whole Grain Pasta 4 Broccoli 38 Dinner Rolls ## Pears 0	Pork w/ Mustard Sauce 248 Butternut Squash 12 Green Peas 20 Wheat Roll 150 Banana 1	Chicken & Vegetable Stir Fr 307 White Rice 25 Beets & Greens 117 Cornbread Loaf 180 Chocolate Chip Cookie 80	Salmon w/ Dill Sauce 160 Roasted Potatoes 85 Mixed Root Vegetables 65 Wheat Bread 65 Mandarin Fruit Cup 5
Total Sodium: 1034 Calories: 810 Carbs: 87	Total Sodium: 907 Calories: 700 Carbs: 8	Total Sodium: 566 Calories: 766 Carbs: 101	Total Sodium: 844 Calories: 871 Carbs: 103	Total Sodium: 515 Calories: 770 Carbs: 86
24	25	26	27	28
French Onion Chicken 420 Mashed Potatoes 23 Green Peas 20 Dinner Roll 100 Chocolate Pudding 135 MOD: Fruit Cup 0	Sloppy Joe ## Baked Beans ## California Blend Vegetabl 34 Wheat Hamburger Bun 75 Orange 1	Herb Crusted White Fish 346 W/ Lemon Wedge Orzo 4 Carrots 56 Wheat Roll 150 Lemon Square 90 MOD: Fruit cup 0	Turkey, Cheese, & Ham 435 Egg Casserole Roasted Potatoes 85 Broccoli 38 Snack Loaf 90 Banana 1	Lemon Ricotta 332 Parmesan Chicken Cheese Ravioli 200 Mixed Root Vegetables 65 Wheat Bread 65 Applesauce 2
Total Sodium: 833 Calories: 766 Carbs: 90	Total Sodium: 497 Calories: 793 Carbs: 9	Total Sodium: 781 Calories: 757 Carbs: 98	Total Sodium: 784 Calories: 786 Carbs: 87	Total Sodium: 799 Calories: 787 Carbs: 96
31	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. at least one business day before.		
Total Sodium: 726 Calories: 758 Carbs: 93				

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

Bristol's Dietitian Digest

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How to Stay Safe & Cool This Summer

Hot weather can be dangerous, especially for older adults. Take these simple steps to stay cool:

- Stay indoors during the hottest part of the day (10 a.m. to 4 p.m.).
- Wear lightweight, light-colored, loose-fitting clothing.
- Keep your home cool with air conditioning or fans. If you don't have air conditioning, visit a cooling center, library, or senior center.
- Close curtains or blinds during the day to help keep your home cooler.
- Take cool showers or place a cool, damp washcloth on your neck or wrists.
- Avoid strenuous outdoor activities during peak heat.



Tips for Better Hydration

- Drink water throughout the day: even if you don't feel thirsty.
- Keep a reusable water bottle nearby as a reminder.
- Choose water, milk, or caffeine-free beverages most often.
- Eat foods with high water content such as:
 - **Watermelon, Strawberries, Cucumbers, Tomatoes, Lettuce, Oranges, & Peaches.**
- Limit sugary drinks and alcohol, which can contribute to dehydration.
- If your doctor has you on a fluid restriction, follow their recommendations.

REMINDER: If you do not like a meal that is offered on the menu; you can call the Nutrition Office at 1-508-324-4619 to cancel it by 10:30am one business day before.