



September 2026



Monday	Tuesday		Wednesday		Thursday		Friday	
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. the day before.	1	Na 2	Na 3	Na 4	Na			
	BBQ Chicken Thigh 357	Hot Dog (Beef)* 540	Roast Turkey w/ Gravy 580	Three Bean 432				
	Roasted Sweet Potato 20	Baked Pinto Beans 140	Mashed Potatoes 23	Chicken Chilli 96				
	California Blend Veg 100	Green Beans & Red Peppers 21	Broccoli 38	w/ Shredded Cheese 65				
	Dinner Roll 100	Wheat Hot Dog Bun 85	Vanilla Pudding 130	WG Cornbread Bowl 160				
Lemon White Choc Cookie 100	Peach 0		Fresh Orange 1					
MOD: Fruit Cup 5	Ketchup 85							
Total Sodium: 746	Total Sodium: 1006	Total Sodium: 971	Total Sodium: 880					
Calories: 744 Carbs: 90	Calories: 863 Carbs: 98	Calories: 650 Carbs: 82	Calories: 842 Carbs: 107					
7	8	Na 9	Na 10	11	Na			
	Beef w/ Onions & Peppers 132	Sausage & Beef 493	Chicken & Rice * 555	Seafood Cajun Pasta* 500				
	Mashed Potatoes 23	With Cheesy Polenta 29	Casserole 20	Whole Grain Pasta 4				
	Mixed Vegetables 51	Kale & Peppers 80	Green Peas 180	Broccoli 38				
	Wheat Roll 150	Hawaiian Roll 2	Whole Grain Cornbread 1	Wheat Bread 65				
	Chocolate Pudding 135	Applesauce 2	Banana 1	Oatmeal Cookie 90				
Total Sodium: 626	Total Sodium: 739	Total Sodium: 891	Total Sodium: 832					
Calories: 775 Carbs: 80	Calories: 814 Carbs: 71	Calories: 1029 Carbs: 111	Calories: 707 Carbs: 82					
14	Na 15	Na 16	Na 17	Na 18	Na			
Rosemary Garlic 426	WG Cheese Lasagna 390	Salmon 100	Shepherds Pie 295	Tuscan Chicken 203				
Chicken 4	Turkey Bolognese Sauce 222	W/ Peach-Mango Salsa 26	Mashed Potatoes 21	Rice Pilaf 50				
Orzo 4	Tuscan Blend Vegetables 26	Roasted Sweet Potatoes 21	Carrots 56	Mixed Vegetables 51				
Mixed Root Vegetables 65	Texas Toast Garlic Bread 235	California Blend 34	Wheat Roll 150	Wheat Roll 150				
Dinner Roll 100	Sponge Cake w/ Blueberries 95	Vegetables 5	Applesauce 180	Mandarin Fruit Cup 5				
Vanilla Pudding 130	MOD: Fruit Cup 5	Cornbread Loaf 180						
		Banana 1						
Total Sodium: 860	Total Sodium: 1103	Total Sodium: 471	Total Sodium: 638	Total Sodium: 594				
Calories: 78 Carbs: 99	Calories: 827 Carbs: 89	Calories: 686 Carbs: 94	Calories: 765 Carbs: 70	Calories: 793 Carbs: 85				
21	Na 22	Na 23	Na 24	Na 25	Na			
Beef Stew 150	High Sodium Meal Hot Ham & 744	Chicken Cacciatore 384	Shrimp & Grits* 517	American Chop Suey 233				
WG Buttermilk Biscuit 370	Cheese Sandwich* 190	Tortellini 175	Cheesy Grits 72	Whole Grain Pasta 4				
Green Peas 20	Whole Grain Croissant 150	Vegetable Medley 54	Brussel Sprouts 26	Mixed Vegetables 51				
Choc Brownie Cookie 125	Sweet Potato Fries 38	Wheat Roll 150	Whole Grain Cornbread 180	Wheat Roll 150				
MOD: Fruit Cup	Broccoli 2	Orange 1	Banana 1	Chocolate Pudding 135				
	Applesauce 1							
	Mustard 1							
Total Sodium: 800	Total Sodium: 1314	Total Sodium: 899	Total Sodium: 931	Total Sodium: 708				
Calories: 10 Carbs: 115	Calories: 732 Carbs: 88	Calories: 685 Carbs: 80	Calories: 780 Carbs: 104	Calories: 721 Carbs: 76				
28	Na 29	Na	Without your suggested voluntary donation of \$2.25 per meal many people would go hungry. Please give. Checks are preferred.					
Chicken Saltimboca 380	Pot Roast w/ Brown Gravy* 587	All meals include:						
Mashed Potatoes 23	Roasted Sweet Potatoes 21	Milk						
Green Beans & 21	Brussel Sprouts 26	110 Calories						
Red Peppers 65	Cornbread 180	125mg Sodium						
Wheat Bread 65	Vanilla Pudding 130	13g Carbs						
Peach Fruit Cup 5		Margarine						
		36 Calories						
		47mg Sodium						
Total Sodium: 629	Total Sodium: 942							
Calories: 75 Carbs: 77	Calories: 548 Carbs: 70							

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.

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

** WH indicates Whole Grain

Bristol's Dietitian Digest

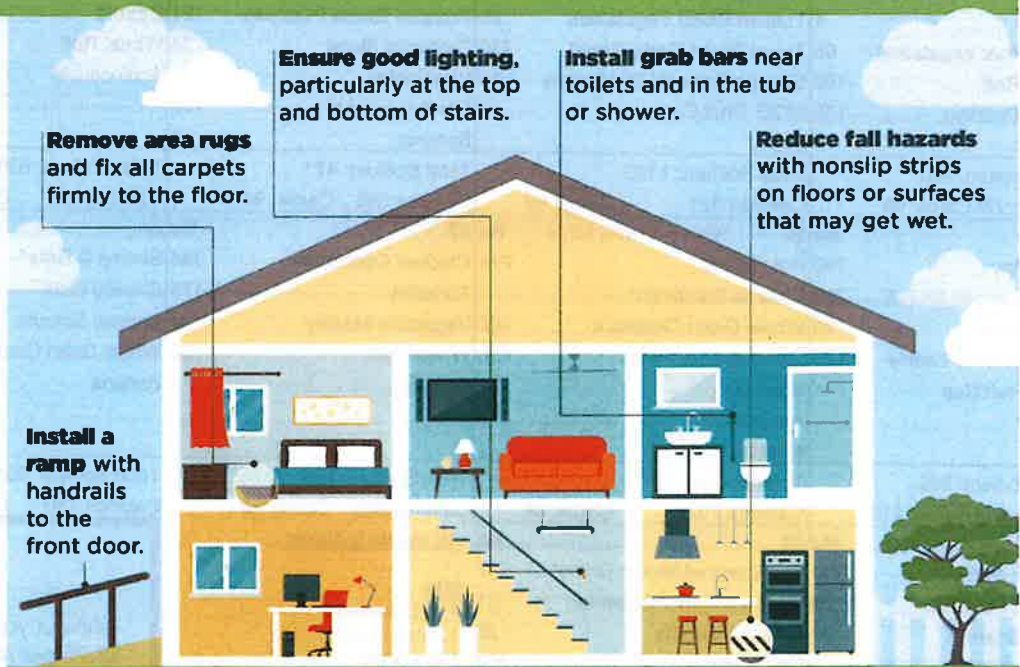
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Making Your Home Safe and Accessible

There are a variety of ways to make your surroundings safer and easier to manage so they meet your needs as you age. Go through your home room by room to identify potential problems and safety issues. First, correct any immediate dangers, such as loose stair railings and poor lighting, and then work on other ways to ensure you will be as safe as possible at home.

Home safety tips for older adults

A few changes could make your home easier and safer to live in and help you continue to live independently.



For more information, visit www.nia.nih.gov/aging-in-place.



REMINDER: EMERGENCY MEAL PACKS

Emergency Meal Packs contain 3 meals that are to be used on days that Bristol cancels meal delivery because of an emergency such as a storm. Save these meals for those days. There is no need to heat the contents.