

**Bristol Elder Services, Inc. Nutrition Program
July 2010 Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk and margarine is served at every meal	❖ Indicates entrée has > 700 mg Sodium	1. Lemon Pepper Fish Tartar Sauce Herbed Potatoes Broccoli Pumpernickel Bread Fresh Apple Cal: 700 Sodium: 760 mg Fat: 34% Chol: 80 mg	2. Reduced Sodium Hot Dog ❖ Baked Beans Cole Slaw Mustard Hot Dog Roll Baked Cinn. Apples Cal: 870 Sodium: 1600 mg Fat: 40% Chol: 75 mg
	5. Happy Independence Day <i>No meals served</i>	6. Seafood Salad Hard Boiled Egg Three Bean Salad Multigrain Bread Chocolate Pudding Mod: SF Pudding Cal: 840 Sodium: 1140 mg Fat: 45% Chol: 260 mg	7. Citrus Chicken Wild Rice Blend Green Bean Almondine Pumpernickel Bread Fruit Cocktail Cal: 740 Sodium: 700 mg Fat: 27% Chol: 60 mg	8. Pork Cutlet Mashed Potato Carrot Coins Whole Wheat Bread Apple Muffin Mod: Lorna Doone Cal: 670 Sodium: 840 mg Fat: 31% Chol: 80 mg
12. Pork w/ Mushroom Sauce Noodles Peppers and Onions Whole Wheat Bread Peaches Cal: 630 Sodium: 1090 mg Fat: 21% Chol: 120 mg	13. Beef Marsala Rice Pilaf Jardineire Vegetable Pumpernickel Bread Tossed Salad w/ Dressing Raisins Cal: 820 Sodium: 800 mg Fat: 25% Chol: 50 mg	14. Salmon Boat Garlic Mashed Potato Spinach Multigrain Bread Tapioca Pudding Mod: SF Pudding Cal: 630 Sodium: 770 mg Fat: 24% Chol: 50 mg	15. BBQ Chicken Sweet Potato Beets Rye Bread Fresh Orange Cal: 790 Sodium: 950 mg Fat: 25% Chol: 110 mg	16. Omelet with Florentine Sauce Skillet Potatoes Peas and Carrots Italian Bread Graham Crackers Cal: 750 Sodium: 980 mg Fat: 38% Chol: 360 mg
19. Chicken Primavera Whipped Potato Green and Wax Beans Pumpernickel Bread Butterscotch Pudding Mod: SF Pudding Cal: 640 Sodium: 820 mg Fat: 27% Chol: 90 mg	20. Italian Meatballs Pasta w/ Sauce Carrots Whole Wheat Bread Smoothie Mod: Peaches Cal: 760 Sodium: 930 mg Fat: 35% Chol: 200 mg	21. Cold Turkey Sandwich Macaroni Salad Lettuce & Tomato Mayonnaise Hamburger Roll Fresh Banana Cal: 800 Sodium: 740 mg Fat: 33% Chol: 130 mg	22. Potato Crunch Fish Scalloped Potato California Vegetable Multigrain Bread Cherry Snack n Loaf Mod: Graham Cracker Cal: 640 Sodium: 800 mg Fat: 34% Chol: 65 mg	23. Garden Swiss Steak Confetti Rice Zucchini Rye Bread Fresh Orange Cal: 640 Sodium: 810 mg Fat: 34% Chol: 70 mg
26. Beef & Cabbage Casserole Steamed Potatoes Succotash Rye Bread Pineapple Cal: 640 Sodium: 630 mg Fat: 20% Chol: 50 mg	27. Chicken Salad Pasta Salad Beet & Onion Salad Hot Dog Roll Cran/Orange Muffin Mod: Lorna Doone Cal: 850 Sodium: 1250 mg Fat: 40% Chol: 100 mg	28. Pork Roast Stew Red Bliss Potato Broccoli Whole Wheat Bread Tossed Salad w/ Dressing Fresh Apple Cal: 740 Sodium: 570 mg Fat: 35% Chol: 70 mg	29. Stuffed Shells Peas and Carrots Summer Corn Pumpernickel Bread Fresh Orange Cal: 720 Sodium: 760 mg Fat: 37% Chol: 130 mg	30. Breaded Fish Lemon Season Potato Green Beans Multigrain Bread Vanilla Pudding Mod: SF Pudding Cal: 740 Sodium: 710 mg Fat: 32% Chol: 90 mg

Menu is subject to change without notice

**Without your suggested voluntary donation of \$2.00 per meal many people would go hungry.
Please Give. Checks are preferred.**

**For reservations/cancellation, call the Nutrition Office 1-508-324-4619
before 10:30 on the previous business day before you want to cancel.**