


Bristol Elder Services, Inc. Nutrition Program June 2010 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk and margarine is served at every meal ❖ Indicates entrée has > 700 mg Sodium	1 Cheese Lasagne Green Beans Carrot Coins Italian Bread Chocolate Pudding MOD: SF Pudding	2 Chicken Primavera Rice Pilaf Peas Multigrain Bread Salad w/ Dressing Mandarin Oranges	3 Strip Steak w/ Mushroom Gravy Acorn Squash Brussels Sprouts Rye Bread Orange Muffin MOD: Lorna Doone	4 Pier 17 Fish Herbed Potatoes Summer Blend Veg Wheat Bread Peaches
	Cal: 520 Sodium: 830 mg Fat: 26% Chol: 40 mg	Cal: 860 Sodium: 920 mg Fat: 30% Chol: 80 mg	Cal: 830 Sodium: 1040 mg Fat: 45% Chol: 80 mg	Cal: 700 Sodium: 660 mg Fat: 30% Chol: 70 mg
7 Beef & Broccoli Steamed Rice Italian Blend Veggies Pumpnickel Bread Salad w/ Dressing Applesauce	8 Roasted Chicken w/ Supreme Sauce Lemon Potatoes Green Bean & Tomatoes Multigrain Bread Graham Crackers	9 Seafood Salad Hard Boiled Egg Four Bean Salad Wheat Bread Mixed Fruit	10 Swedish Meatballs Mashed Potato Peas & Carrots Rye Bread Orange	11 Pork w/ Mushroom Sauce Garden Blend Wild Rice Spinach Oatmeal Bread Vanilla Pudding MOD: SF Pudding
Cal: 790 Sodium: 720 mg Fat: 27% Chol: 70 mg	Cal: 670 Sodium: 670 mg Fat: 25% Chol: 90 mg	Cal: 840 Sodium: 1170 mg Fat: 50% Chol: 250 mg	Cal: 770 Sodium: 780 mg Fat: 40% Chol: 70 mg	Cal: 680 Sodium: 1000 mg Fat: 27% Chol: 70 mg
14 Turkey a la King Scalloped Potato Green Beans Rye Bread Peaches	15 Salmon w/ Dill Sauce Confetti Rice Peas & Onions Wheat Bread Mixed Fruit	16 Herbed Chicken O'Brien Potatoes Broccoli Multigrain Bread Butterscotch Pudding MOD: SF Pudding	17 BBQ Pork Rib Rice Pilaf Carrots Wheat Bread Cherry Snack Loaf MOD: Graham Cracker	18 Meatloaf Garlic Mashed Potato Country Blend Veg Pumpnickel Bread Salad w/ Dressing Pineapple
Cal: 720 Sodium: 620 mg Fat: 34% Chol: 90 mg	Cal: 710 Sodium: 910 mg Fat: 31% Chol: 60 mg	Cal: 730 Sodium: 710 mg Fat: 33% Chol: 130 mg	Cal: 630 Sodium: 910 mg Fat: 29% Chol: 60 mg	Cal: 800 Sodium: 850 mg Fat: 37% Chol: 260 mg
21 Baked Ham❖ w/ Apple Glaze Seasoned Potatoes Succotash Pumpnickel Bread Pears	22 Italian Meatballs Penne w/ Tom. Sauce Green & Wax Beans Italian Bread Apple Muffin MOD: Graham Cracker	23 Potato Crunch Fish Fiesta Rice Mixed Vegetable Rye Bread Salad w/ Dressing Banana	24 Italian Braised Beef Seasoned Potatoes Spinach Wheat Bread Tapioca Pudding MOD: SF Pudding	25 Chicken Salad Macaroni Salad Beet & Onion Salad Multigrain Bread Fruit Cocktail
Cal: 590 Sodium: 1200 mg Fat: 16% Chol: 50 mg	Cal: 710 Sodium: 1080 mg Fat: 39% Chol: 60 mg	Cal: 630 Sodium: 630 mg Fat: 22% Chol: 65 mg	Cal: 700 Sodium: 910 mg Fat: 31% Chol: 80 mg	Cal: 900 Sodium: 1200 mg Fat: 42% Chol: 100 mg
28 Meatball Stroganoff Egg Noodles Peas Wheat Bread Vanilla Pudding MOD: SF Pudding	29 Chicken w/ Penne & Broccoli Roman Blend Veg. Carrot Coins Rye Bread Applesauce	30 Sweet & Sour Pork Fried Rice Zucchini & Tomato Multigrain Bread Salad w/ Dressing Peaches		
Cal: 820 Sodium: 800 mg Fat: 39% Chol: 110 mg	Cal: 640 Sodium: 860 mg Fat: 19% Chol: 60 mg	Cal: 720 Sodium: 520 mg Fat: 22% Chol: 60 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.**