

August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Pool Table 10:00 Rep. Paul Schmid 10:00 Knitting/Crochet/Embroidery Etc. 10:00 Food Pantry 11:15 Drums Alive 11:30 Grab & Go 1:00 Cards	2 11:30 Grab & Go 1:00 Bingo	3 9:00 Art Class 11:30 Grab & Go	4 11:30 Grab & Go 1:00 Scrabble 1:00 Ice Cream Social- Please call to reserve.	5
8 9:00 Pool Table 10:00 Rep. Paul Schmid 10:00 Knitting/Crochet/Embroidery Etc. 10:00 Food Pantry 11:15 Drums Alive 11:30 Grab & Go 1:00 Cards Last day to RSVP for the Cookout	9 10:00 Town Nurse 11:30 Grab & Go 1:00 Bingo	10 9:00 Art Class 11:30 Grab & Go	11 11:30 Grab & Go 12:00 Cookout – Please call to reserve. 1:00 Scrabble	12
15 9:00 Pool Table 10:00 Knitting/Crochet/Embroidery Etc. 10:00 Food Pantry 11:15 Drums Alive 11:30 Grab & Go 1:00 Cards	16 11:30 Grab & Go 1:00 Bingo	17 9:00 Art Class 11:00 Book Club @ The Police Station 11:30 Grab & Go	18 11:30 Grab & Go 1:00 Scrabble 1:00 Ice Cream Social- Please call to reserve.	19 12:00 Calvary Pentecostal Drive Through Dinner
22 9:00 Pool Table 9:00 SHINE 10:00 Knitting/Crochet/Embroidery Etc. 10:00 Food Pantry 11:15 Drums Alive 11:30 Grab & Go 1:00 Cards	23 11:00 Congressman Auchincloss- Please call to reserve. 11:30 Grab & Go 1:00 Bingo	24 9:00 Brown Bag 9:00 Art Class 9:00 Rep. Carole Fiola 9:30 Senator Michael Rodrigues 11:30 Grab & Go	25 1:00 Scrabble 11:30 Grab & Go 1:00 Ice Cream Social- Please call to reserve.	26
29 9:00 Pool Table 10:00 Knitting/Crochet/Embroidery Etc. 10:00 Food Pantry 11:15 Drums Alive 11:30 Grab & Go 1:00 Cards	30 11:30 Grab & Go 1:00 Bingo	31 9:00 Art Class 11:30 Grab & Go		

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1	2	3	4	5
Stuffed Scallop 393	Chicken a la King 183	Salisbury Steak w/ 200	Chicken Cordon Bleu *550	Shrimp Mozambique 393
Potato Wedges 27	Egg Noodles 35	Onion Gravy 110	Red Bliss Potatoes 4	Yellow Rice 22
Tarragon Carrots 77	Spring Vegetables 57	Mashed Potatoes 52	Mixed Vegetables 41	Green Beans 3
Multigrain Bread 190	Oatmeal Bread 121	Peas & Mushrooms 133	Dinner Roll 210	Multigrain Roll 190
Mixed Fruit w/ coconu 10	Peaches 5	Multigrain Bread 190	Pineapple 1	Fresh Orange 0
		Pears 4		
Sodium: 869	Sodium: 574	Sodium: 862	Sodium: 978	Sodium: 850
Calories: 678 Carbs: 95	Calories: 667 Carbs: 76	Calories: 758 Carbs: 92	Calories: 700 Carbs: 88	Calories: 745 Carbs: 84
8	9	10	11	12
LS Hot Dog *550	Beef & Broccoli 108	Chicken Parmesan 320	Boneless Ribs	Roast Turkey w/ Gravy 373
Mustard 55	Asian Rice 78	Tomato Sauce 55	Sazon Sauce 403	Cranberry Sauce 6
Baked Beans 36	Whole Wheat Roll 160	Italian Pasta 1	Roasted Yams 31	Mashed Potatoes 52
Cabbage & Carrots 47	Applesauce 14	Genoa Vegetables 40	Collard Greens 33	Winter Squash 57
Hot Dog Roll 210		Scali Bread 310	Oatmeal Roll 121	Iced Brownie 162
Mixed Fruit 10		Pineapple 1	Berries 0	MOD: Graham Wafer 147
Sodium: 1080	Sodium: 532	Sodium: 900	Sodium: 759	Sodium: 1010
Calories: 745 Carbs: 85	Calories: 678 Carbs: 69	Calories: 718 Carbs: 99	Calories: 554 Carbs: 73	Calories: 972 Carbs: 140
15	16	17	18	19
Macaroni & Cheese 404	Chicken Divan 282	Shepherd's Pie 271	Haddock 394	BBQ Pulled Pork 454
Florentine Tomatoes 121	with Broccoli	Carrot Coins 62	Au Gratin Potatoes 154	Baked Beans 140
Snowflake Roll 210	Confetti Rice 43	Dinner Roll 210	Peas & Carrots 80	Hot German Slaw 81
Mandarin Oranges 7	Multigrain Roll 190	Pears 4	Whole Wheat Bread 160	Hamburger Roll 230
	Tiramisu 171		Cantaloupe 0	Mixed Fruit 10
	MOD: Graham Wafer 147			
Sodium: 914	Sodium: 857	Sodium: 719	Sodium: 960	Sodium: 1087
Calories: 718 Carbs: 86	Calories: 918 Carbs: 96	Calories: 738 Carbs: 97	Calories: 558 Carbs: 63	Calories: 677 Carbs: 84
22	23	24	25	26
Crab Cakes *569	Chicken Cacciatore 446	Swedish Meatballs 343	Pork w/ Adobo Sauce 280	Cheese Lasagna 345
Fluffy Rice 36	Italian Pasta 1	Mashed Potatoes 52	Red Bliss Potatoes 4	w/ Tomato Basil Sauce 55
Spring Vegetables 57	Jardiniere Vegetables 39	Scandinavian 42	Brussels Sprouts 12	Roman Blend Vegetable 26
Wheat Bread 115	Multigrain Bread 190	Vegetables 121	Whole Wheat Roll 160	Dinner Roll 210
Mandarins 7	Peaches 6	Oatmeal Bread 174	Banana 1	Fruit Salad 1
		Lemon Pudding 174		
		MOD: LS Pudding 100		
Sodium: 956	Sodium: 854	Sodium: 827	Sodium: 629	Sodium: 823
Calories: 555 Carbs: 64	Calories: 672 Carbs: 89	Calories: 720 Carbs: 83	Calories: 504 Carbs: 68	Calories: 521 Carbs: 76
29	30	31	*Indicates a food with more than 500mg of sodium. The sodium (mg) content of each item is next to the item. The daily totals are listed below each day. Milk and margarine are included in the daily totals but are not listed daily. High sodium days (>1200mg) are bold	All Meals include: Milk: 110 Calories 125mg Sodium 12g Carbs Margarine: 36 Calories 47mg Sodium
Cheeseburger 384	Fiesta Omelet 270	Chicken Stew 273		
Ketchup 82	Hash Browns 136	w/ Vegetables		
Potato Wedges 27	Tomato & Zucchini 72	Red Bliss Potatoes 4		
Chuckwagon Corn 2	Fruit Loaf 170	Biscuit 340		
Hamburger Roll 230	Fresh Orange 0	Pineapple 1		
Pears 4				
Sodium: 900	Sodium: 820	Sodium: 792		
Calories: 853 Carbs: 90	Calories: 722 Carbs: 98	Calories: 660 Carbs: 78		

Please inform Bristol Elder Services if you have any food allergies.

Without your suggested voluntary donation of \$2.25 per meal many people would go hungry. Please give. Checks are preferred.
Cancellation of home delivered meals, call the Nutrition Office at 1-508-324-4619. If you want to cancel a meal, call before 10:30 the day before.
Menu is subject to change without notice.