

June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 Art Class 11:30 Grab & Go	2 11:30 Grab & Go 1:00 Scrabble	3
6 9:00 Pool Table 10:00 SHINE 10:00 Knitting/Crochet/ Embroidery/Cross Stich 11:15 Drums Alive 11:30 Grab & Go 1:00 Cards	7 11:30 Grab & Go 1:00 Bingo	8 9:00 Art Class 11:30 Grab & Go	9 11:30 Grab & Go 1:00 Scrabble 2:15 Chess Club – Please call to reserve	10
13 9:00 Pool Table 10:00 Representative Pal Schmid 10:00 Knitting/Crochet/ Embroidery/Cross Stich 11:15 Drums Alive 11:30 Grab & Go 1:00 Cards	14 10:00 Town Nurse 11:30 Grab & Go 1:00 Bingo 	15 9:00 Art Class 11:00 Book Club @ The Police Station 11:30 Grab & Go 1:00 Music with Seniors– Please call to reserve.	16 11:30 Grab & Go 1:00 Scrabble (Rain Date) 1:00 Music with Seniors	17 12:00 Calvary Pentecostal Drive Through Dinner
20 HOLIDAY CLOSED	21 Summer Begins! 11:30 Grab & Go 1:00 Bingo 	22 9:00 Brown Bag 9:00 Art Class 9:00 Senator Michael Rodrigues 9:30 Representative Carole Fiola 11:30 Grab & Go	23 1:00 Scrabble 11:30 Grab & Go	24
27 9:00 Pool Table 10:00 Knitting/Crochet/ Embroidery/Cross Stich 11:15 Drums Alive 11:30 Grab & Go 1:00 Cards	28 11:30 Grab & Go 1:00 Bingo	29 9:00 Art Class 11:30 Grab & Go	30 1:00 Scrabble 11:30 Grab & Go	



June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
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	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. on the day before.	1 Honey Mustard Chicker 357 Whipped Sweet Potato 33 Roasted Carrots 77 Wheat Bread 115 Mixed Fruit w/ Coconut 10 Sodium: 764 Calories: 591 Carbs: 83	2 Hot Dog 550 Mustard 55 Baked Beans 36 Cabbage & Carrots 47 Hot Dog Roll 210 Peaches 10 Sodium: 1080 Calories: 745 Carbs: 85	3 Stuffed Shells 359 Alfredo Sauce 115 Brussels Sprouts 12 Oatmeal Roll 160 Sugar Cookie 290 MOD: Graham Wafers 110 Sodium: 1108 Calories: 712 Carbs: 85
6 Potato Pollock 150 Tarter Sauce 261 Roasted Potatoes 33 Spring/Summer Veg 57 Dinner Roll 210 Applesauce 15 Sodium: 898 Calories: 720 Carbs: 90	7 Western Omelet 351 Hash Browns 136 Escalloped Tomatoes 143 Fruit Loaf 102 Orange Juice 0 Sodium: 904 Calories: 701 Carbs: 83	8 Chicken Bruschetta 394 Whipped Sweet Potato 33 Tahitian Vegetable 38 Oatmeal Bread 121 Banana 1 Sodium: 759 Calories: 594 Carbs: 88	9 Meatloaf 131 Gravy 110 Lyonnais Potatoes 112 Mixed Veg 41 Wheat Bread 115 Brownie 132 MOD: SF Cookie 118 Sodium: 812 Calories: 771 Carbs: 88	10 Cajun Salmon 124 Dirty Rice 137 Green Beans 3 WW Roll 160 Mandarin Oranges 6 Sodium: 602 Calories: 560 Carbs: 71
13 Chicken Kielbasa 470 Peppers & Onions 3 Pasta Alfredo 116 Sub Roll 162 Peaches 5 Sodium: 929 Calories: 646 Carbs: 80	14 Shepherds Pie 271 Peas & Mushrooms 133 WW Roll 160 Mixed Fruit 10 Sodium: 746 Calories: 787 Carbs: 107	15 Mac & Cheese 404 Green Peas 82 Multigrain Roll 190 Fresh Peach 5 Sodium: 854 Calories: 792 Carbs: 102	16 Lemon Chicken 330 Florentine Rice 112 Glazed Carrots 83 Oatmeal Roll 121 Oatmeal Cookie 124 MOD: SF Cookie 118 Sodium: 941 Calories: 726 Carbs: 77	17 Spaghetti Bolognese 164 Genoa Blend 40 Dinner Roll 210 Pineapple 1 Sodium: 587 Calories: 706 Carbs: 92
20 No Meals 	21 Chicken Cordon Royale 550 Garlic Mashed Potato 53 Malibu Blend 59 Dinner Roll 210 Mandarin Oranges 6 Sodium: 1049 Calories: 726 Carbs: 90	22 Cheeseburger 387 Ketchup 82 Roasted Potatoes 33 Chuckwagon Blend 2 Hamburger Roll 230 Pineapple 1 Sodium: 907 Calories: 837 Carbs: 96	23 Greek Chicken 328 Meatballs Fluffy Rice 36 Tuscan Veg 56 Multigrain Bread 190 Applesauce 20 Sodium: 802 Calories: 639 Carbs: 73	24 Roast Pork 71 w/ Gravy 121 Cheesy Mashed 80 Mixed Vegetables 41 Oatmeal Roll 190 Mixed Fruit 10 Sodium: 684 Calories: 779 Carbs: 95
27 Hungarian Turkey 523 Skillet White Rice 36 Cauliflower Supreme 126 Dinner Roll 210 Mandarin Oranges 6 Sodium: 1074 Calories: 655 Carbs: 76	28 American Chop Suey 211 Italian Blend 26 Multigrain Bread 190 Pineapple 1 Sodium: 600 Calories: 626 Carbs: 86	29 Broccoli Bake 387 Potato Wedges 27 Tomato Florentine 121 Fruit Loaf 102 Birthday Cake 209 MOD: SF Cake 210 Sodium: 1017 Calories: 987 Carbs: 99	30 Curry Chicken 375 Couscous 39 Beets 162 Multigrain Bread 190 Mixed Fruit w/Coconut 1 Sodium: 940 Calories: 599 Carbs: 83	All Meals include: Milk: 110 Calories 125mg Sodium 12g Carbs Margarine: 36 Calories 47mg Sodium

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.

Menu is subject to change without notice.