Bristol Elder Services, Inc., Nutrition Program
PRIME TIME - JUNE 2016 - MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* Indicates item has >500mg Sodium. The sodium (mg) content of each item is in parenthesis 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. Menu is subject to change		1 Lasagna **D** (359) Genoa Vegetables with Chickpeas (52) Whole Wheat Roll (160) Fresh Orange (0)	**2** Gypsy Soup (322) Apricot Chicken (359) Rice Pilaf (134) Oriental Vegetables (27) Multigrain Roll (190) Banana (1)	**3** Baked Meatloaf (172) Onion Gravy (110) Parsley Mashed Potatoes **D** (63) Peas and Mushrooms (65) Wheat Bread (115) Peaches (5)
		Calories: 477 Fat: 27% Sodium: 725mg Carb: 68g	Calories: 716 Fat: 21% Sodium: 1187mg Carb: 102g	Calories: 775 Fat: 30% Sodium: 685mg Carb: 101g
6 BBQ Pork Patty (250) Baked Beans (140) Cabbage and Carrots (47) Scali Bread (190) Almond Cookie (290) MOD: Graham Wafer (85)	**7** Macaroni and Cheese **D** (403) Escalloped Tomatoes (143) Fruit Loaf (170) Tropical Fruit (10)	**8** Beef Chili with Lentils & Vegetables (245) Fluffy Rice (36) Snowflake Roll (160) Mandarin Oranges (6)	**9** Herbed Chicken (396) O'Brien Potatoes (117) Broccoli (12) Whole Wheat Bread (160) Hermit (108) MOD: Graham Wafer (85)	**10** Sausage (517*) Peppers and Onions (3) Italian Pasta (1) Sub Roll (162) Mixed Fruit (10)
Calories: 781 Fat: 38% Sodium: 1071mg Carb: 87g	Calories: 842 Fat: 34% Sodium: 880mg Carb: 105g	Calories: 657 Fat: 27% Sodium: 601mg Carb:83g	Calories: 604 Fat: 25% Sodium: 947mg Carb: 75g	Calories: 617 Fat: 28% Sodium: 847mg Carb: 80g
13 Salmon (67) Lemon Vinaigrette (12) Chive Mashed Potatoes **D** (62) Tarragon Carrots (77) Multigrain Bread (190) Applesauce (20)	**14** American Chop Suey (211) Genoa Vegetables (31) Scali Bread (190) Pineapple (1)	15 Bok Choy Soup (99) Honey Ginger Chicken (393) Oriental Rice (92) Country Vegetables (33) Whole Wheat Bread (160) Fortune Cookie (2)	**16** Roast Pork (71) Apple Gravy (111) Mashed Potatoes D (62) Green Beans (3) Oatmeal Bread (121) Cheesecake (220) *Happy Father's Day!*	17 BBQ Meatballs (367) Egg Noodles (1) Diced Carrots (77) Whole Wheat Roll (160) Tropical Fruit (10)
Calories: 706 Fat: 32% Sodium: 582mg Carb: 85g	Calories: 591 Fat: 24% Sodium: 587mg Carb: 81g	Calories: 635 Fat: 25% Sodium: 933mg Carb: 82g	Calories: 897 Fat: 41%	Calories: 667 Fat: 27% Sodium: 769mg Carb: 86g
20 Chicken Rotini Bake **D** (244) Mixed Vegetables (22) Multigrain Bread (190) Mandarin Oranges (6)	**21** Cuban Picadillo (251) Fluffy Rice (36) California Vegetables (27) Wheat Bread (115) Peaches (5)	**22** Beef Bordelaise (247) Mashed Potato **D (62)** Riviera Vegetables (16) Oatmeal Bread (121) Chocolate Pudding (191) MOD: LS Pudding (191)	**23** Glazed Chicken Drumstick (290) Red Bliss Potato (4) Tuscan Vegetables (56) Wheat Bread (115) Mandarin Oranges (6)	**24** Shepherd's Pie **D (283)** Scandinavian Vegetables (16) Whole Wheat Roll (160) Banana (1)
Calories: 760 Fat: 30% Sodium: 616mg Carb: 88g	Calories: 501 Fat: 31% Sodium: 589mg Carb: 62g	Calories: 805 Fat: 36% Sodium: 792mg Carb:92 g	Calories: 492 Fat: 30% Sodium: 626mg Carb: 60g	Calories: 799 Fat: 26% Sodium: 615mg Carb: 115g
27 Sweet Potato Fish Fillet (150) Scalloped Potatoes (185) Roman Vegetables (26) Fruit Loaf (170) Chocolate Chip Cookie (171) MOD: Graham Wafer (85)	**28 Hot Dog (590*)** **Mustard (55)** **Baked Beans (140)** **Hot German Slaw (81)** **Hot Dog Roll (210)** **Cinnamon Apples (4)**	**29** Caribbean Chicken (375) Pineapple Rice (35) Spring Vegetables (26) Honey Wheat Bread (135) Tropical Fruit (10)	**30** Tuna Noodle Casserole (356) Beets (162) Whole Wheat Bread (160) Birthday Cake (209) MOD: LS Cake (209)	Milk: 100 Calories 107mg Sodium, 12gm Carb Margarine: 36 Calories 47mg Sodium, 0gm Carb
Calories: 948 Fat: 34% Sodium: 857mg Carb: 122g	Calories: 694 Fat: 41% Sodium: 1235mg Carb: 72g	Calories: 631 Fat: 23% Sodium: 736mg Carb: 88g	Calories: 665 Fat: 23% Sodium: 1041mg Carb: 96g	Daily totals include entrée, bread, dessert, milk, margarine & soup. Soup on 6/2 will be served to home delivered and congregate sites. Soup on 6/15 will be served to congregate sites only.

Dighton COA Lunch Program at Prime Time for those seixty years of age and over.
To reserve or cancel lunch at Prime Time - call 508-669-6272 the day before, by 10:30 a.m.
MENU IS SUBJECT TO CHANGE WITHOUT NOTICE
Without your voluntary $2.00 per meal donation, many people would go hungry. Please give.
For Meals on Wheels reservations / cancellations call your Nutrition Office at 508-324-4619 before 10:30 a.m.
*Menu items may be obtained from different sources month to month, affecting their sodium content.

D = Dairy