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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Rainbow Trout (40) Lemon Dill Sauce (111) Red Bliss Potatoes (4) Spring Vegetables (26) Wheat Bread (115) Mixed Fruit (10)	**3** Salisbury Steak (200) Mushroom Gravy (148) Lyonnaise Potatoes (112) Mixed Vegetables (22) Snowflake Roll (160) Tropical Fruit (10)	4 Vegetable Soup (166) Chicken Parmesan (679*) Tomato Sauce (55) Italian Penne Pasta (1) Green Beans (3) Whole Wheat Bread (160) Mandarin Oranges (6)	**5** Mexicali Chicken (173) Mexican Rice (22) California Vegetables (27) Multigrain Roll (190) Strawberry Shortcake (176) MOD: LS Cake (176)	**6** Roast Pork (71) Applesauce Gravy (111) Mashed Potatoes (62) D Tarragon Carrots (77) Oatmeal Roll (121) Fresh Apple (2)
Calories: 592 Fat: 28% Sodium: 460mg Carb: 70g	Calories: 649 Fat: 28% Sodium: 806mg Carb: 79g	Calories: 806 Fat: 27% Sodium: 1224mg Carb: 107g	Calories: 723 Fat: 22% Sodium: 742mg Carb: 102g	Calories: 727 Fat: 30% Sodium: 598mg Carb: 91g
9 Meatloaf (172) Rosemary Gravy (124) Scalloped Potatoes (185) D Winter Vegetables (15) Honey Wheat Bread (135) Peaches (5)	**10** Macaroni and Cheese (403) **D** Spring Vegetables (26) Oatmeal Roll (121) Mixed Fruit (10)	**11** German Beef Stew (225) Garlic Mashed Potatoes (62) **D** Multigrain Bread (190) Fresh Apple (2)	**12** Cheeseburger (384) D Ketchup (82) Potato Wedges (27) Hot Beet Salad (173) Hamburger Roll (230) Tropical Fruit (10)	**13** Honey Glazed Drumstick (290) Parsley Mashed Potatoes (63) **D** Peas & Carrots (40) Multigrain Bread (190) Apple Cake (209) MOD: Graham Wafer (85)
Calories: 726 Fat: 34% Sodium: 791mg Carb: 86g	Calories: 732 Fat: 33% Sodium: 714mg Carb: 91g	Calories: 787 Fat: 32% Sodium: 633mg Carb: 99g	Calories: 837 Fat: 38% Sodium: 1060mg Carb: 83g	Calories: 774 Fat: 29% Sodium: 946mg Carb: 104g
16 Tuna Salad (408) Potato Salad (62) Cold Chickpea Salad (340) Pita Bread (135) Mandarin Oranges (6)	**17** Hot Dog (590*) Mustard (55) Baked Beans (36) Cabbage & Carrots (47) Hot Dog Roll (210) Cinnamon Apples (4)	**18** Chicken Teriyaki (478) Asian Rice (92) Oriental Vegetables (27) Whole Wheat Bread (160) Pineapple (1)	**19** Spanish Omelet (382)D Hash Browns (136) Country Vegetables (33) Fruit Snack Loaf (160) Fresh Orange (0)	**20** Roast Turkey (90) Gravy (70) Cranberry Sauce (16) Mashed Potatoes (62) D Winter Squash (13) Multigrain Roll (190) Brownie (132) MOD: Graham Wafer (85)
Calories: 576 Fat: 27% Sodium: 1105mg Carb: 71g	Calories: 713 Fat: 40% Sodium: 1096mg Carb: 78g	Calories: 566 Fat: 21% Sodium: 912mg Carb: 75g	Calories: 735 Fat: 33% Sodium: 866mg Carb: 97g	Calories: 922 Fat: 22% Sodium: 727mg Carb: 136g
23 Beef and Cabbage Casserole (300) Cauliflower Supreme (12) Snowflake Roll (160) Mixed Fruit (10)	**24** Portuguese Salmon (167) O'Brien Potatoes (117) Peas (3) Fruit Snack Loaf (160) Mandarin Oranges (6)	**25** Greek Chicken (438) Rice Pilaf (134) Spring Vegetables (26) Honey Wheat Bread (135) Peaches (5)	**26** Swedish Meatballs (321) **D** Egg Noodles (1) Broccoli (12) Whole Wheat Roll (160) Birthday Cake (209) MOD: LS Cake (209)	**27** Italian Braised Beef (78) Rice Florentine (112) Roman Vegetables (26) Whole Wheat Bread (160) Banana (1)
Calories: 546 Fat: 25% Sodium: 636mg Carb: 71g	Calories: 738 Fat: 27% Sodium: 608mg Carb: 94g	Calories: 602 Fat: 25% Sodium: 892mg Carb:75 g	Calories: 768 Fat: 29% Sodium: 857mg Carb: 102g	Calories: 655 Fat: 32% Sodium: 531mg Carb: 79g
30 No Meals Served 	**31** Chicken A La King (183) Red Bliss Potatoes (4) Glazed Carrots (83) Oatmeal Bread (121) Tropical Fruit (10) Calories: 625 Fat: 25% Sodium: 555mg Carb: 77g	Soup on 5/4 will be served to home delivered and congregate sites. Menu is subject to change without notice. **D** = Dairy	* 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	Milk: 100 Calories 107mg Sodium, 12gm Carb Margarine: 36 Calories 47mg Sodium, 0gm Carb Daily totals include entrée, bread, dessert, milk, margarine & soup.

Dighton COA Lunch Program at Prime Time for those sixty 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 hungy. Please give.

For Meals on Wheels reservations / cancellations call your local 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.