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

* 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	Milk: 110 Calories 125mg Sodium, 12gm Carb Margarine: 36 Calories 47mg Sodium, 0gm Carb Daily totals include entrée, bread, dessert, milk, margarine, and soup. **D** = Dairy		**1** Roast Pork (71) Gravy (121) Mashed Potatoes (62) D Tuscan Vegetables (56) Whole Wheat Bread (160) Mixed Fruit (10) Calories: 727 Fat: 32% Sodium: 652mg Carb: 85g	**2** Baked Meatloaf (172) Mushroom Gravy (148) Garlic Mashed Potatoes (62) **D** Carrots (77) Multigrain Bread (190) Pears (4) Calories: 773 Fat: 31% Sodium: 825mg Carb:100g
5 White Bean Chicken Chili (121) Florentine Rice (112) Roman Vegetables (26) Dinner Roll (160) Tapioca Pudding (130) D MOD: LS Pudding (130) D Calories: 537 Fat: 24% Sodium: 721mg Carb: 70g	**6** Penne Pasta (1) Meat Sauce (123) Peas and Carrots (80) Whole Wheat Roll (160) Mandarin Oranges (6) Calories: 604 Fat: 24% Sodium: 542mg Carb: 81g	**7** Beef Burgundy (241) Parslied Mashed Potatoes (63) **D** Green Beans (3) Mini Croissant (150) Cinnamon Apples (4) Calories: 759 Fat: 38% Sodium: 633mg Carb: 83g	**8** Cream of Broccoli Soup (212) **D** Grilled Chicken a L'orange (391) Confetti Rice (43) Fall Vegetables (15) Oatmeal Bread (121) Banana (1) Calories: 728 Fat: 29% Sodium: 955mg Carb: 91g	**9** Baked Ham (294) Raisin Sauce (52) Whipped Sweet Potatoes (33) Brussels Sprouts (12) Multigrain Bread (190) Apple Cobbler (260) MOD: LS Cake (209) Calories: 782 Fat: 27% Sodium: 1013mg Carb: 116g
12 Salmon Filet (67) Herb Sauce (76) Cheesy Mashed Potatoes (90) **D** Hot Beet Salad (173) Honey Wheat Bread (135) Peaches (5) Calories: 645 Fat: 24% Sodium: 718mg Carb: 75g	**13** Spinach and Fontina Sausage (470) Pasta Alfredo (116) **D** Peppers and Onions (3) Sub Roll (162) Mixed Fruit (10) Calories: 651 Fat: 28% Sodium: 933mg Carb: 81g	14 Grilled Chicken (320) Portuguese Cucumber Sauce (100) D Rice Pilaf (134) Cabbage and Carrots (47) Whole Wheat Bread (160) Rice Pudding (160) **D** MOD: LS Pudding (160) D Calories: 684 Fat: 27% Sodium: 1093mg Carb: 85g	**15** Vegetable Fritatta (290) **D** Cheese Sauce (66) **D** Hash Browns (136) Winter Vegetables (15) Fruit Loaf (160) Fresh Apple (2) Calories: 805 Fat: 38% Sodium: 841mg Carb: 96g	**16** Roast Turkey (360) Gravy (70) Cranberry Sauce (16) Mashed Potatoes (62) **D** Winter Squash (13) Multigrain Bread (190) Almond Cookie (290) MOD: Graham Wafer (85) Calories: 946 Fat: 28% Sodium: 1173mg Carb: 140g
19 Beef and Cabbage Casserole (300) Mixed Vegetables (41) Dinner Roll (160) Pears (4) Calories: 576 Fat: 25% Sodium: 677mg Carb: 77g	**20** Chicken Mexicali (173) Spanish Rice (22) Roman Vegetables (26) Whole Wheat Tortilla (227) Peaches (5) Calories:578 Fat: 22% Sodium: 625mg Carb: 76g	**21** Greek Meatballs (308) **D** Tri-Color Pasta (1) Genoa Vegetables (40) Pita Bread (135) Fresh Orange (0) Calories: 688 Fat: 28% Sodium: 656mg Carb: 89g	**22 French Meat Pie (283)** **Brown Gravy (110)** Mashed Potatoes (62) D Country Vegetables (32) **Biscuit (340)** **Cheesecake (220) D** MOD: LS Pudding (160) D Calories: 1175 Fat: 37% Sodium: 1219mg Carb:146g	**23** American Chop Suey (211) Peas (82) Whole Wheat Roll (160) Pears (4) Calories: 617 Fat: 23% Sodium: 629mg Carb: 82g
26 ***No Meals Served*** 	**27** Catch of the Day (40) Lemon Dill Sauce (111) Red Bliss Potatoes (4) Glazed Carrots (83) Multigrain Bread (190) Tropical Fruit (10) Calories: 664 Fat: 26% Sodium: 610mg Carb: 82g	**28** Macaroni and Cheese (403) **D** Escalloped Tomatoes (143) Fruit Loaf (160) Mandarin Oranges (6) Calories: 816 Fat: 36% Sodium: 884mg Carb: 100g	**29** Glazed Chicken Drumstick (290) Parslied Mashed Potatoes (63) **D** Peas and Carrots (80) Whole Wheat Bread (160) Birthday Cake (209) MOD: LS Cake (209) Calories: 759 Fat: 25% Sodium: 974mg Carb: 110g	**30** Cajun Beef and Lentil Chili (245) Israeli Couscous (39) Tahitian Vegetables (38) Multigrain Bread (190) Peaches (5) Calories: 745 Fat: 23% Sodium: 689mg Carb: 102g

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 hungry. 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.