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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 LS Hot Dog (550*) Mustard (55) Baked Beans (36) Cabbage and Carrots (47) Hot Dog Roll (210) Banana (1)	**2** Chicken Piccata (424) Whipped Sweet Potatoes (33) Fall Vegetables (15) Oatmeal Bread (121) Chocolate Pudding (191) D MOD: LS Pudding (191) D	**3** Cream of Tomato Soup (173) D Ham & Cheese Sandwich (380) Mustard (55) Tossed Salad (124) Whole Wheat Bread (320) Tropical Fruit (10)	**4** Turkey Divan (321) **D** Mashed Potato (62) **D** Multigrain Bread (190) Pears (4)
	Calories: 782 Fat: 37% Sodium: 1053mg Carb: 96g	Calories: 635 Fat: 26% Sodium: 938mg Carb: 81g	Calories: 611 Fat: 28% Sodium: 1169mg Carb:77g	Calories: 714 Fat: 28% Sodium: 731mg Carb: 84g
7 Beef Picadillo (251) White/Brown Rice (36) Green Beans (3) Dinner Roll (160) Fresh Orange (0)	**8** Curried Chicken (375) Israeli Couscous (44) California Vegetables (27) Oatmeal Bread (121) Chocolate Chip Cookie (171) MOD: Graham Wafer (85)	**9** Beef Bordelaise (247) Egg Noodles (1) Genoa Vegetables (40) Whole Wheat Bread (160) Tropical Fruit (10)	**10** Chicken Chow Mein (253) White/Brown Rice (36) Multigrain Roll (190) Mandarin Oranges (6)	**11** ***No Meals Served***
Calories: 565 Fat: 29% Sodium: 604mg Carb: 74g	Calories: 796 Fat: 28% Sodium: 892 mg Carb: 99g	Calories: 739 Fat: 32% Sodium: 612mg Carb: 84g	Calories: 534 Fat: 27% Sodium: 639mg Carb: 62g	
14 Salisbury Steak (386) Mushroom Gravy (148) Garlic Mashed Potatoes (62) D Tarragon Carrots (77) Multigrain Bread (190) Mixed Fruit (10)	**15** Mini Ravioli (477) **D** Tomato Sauce (25) Genoa Vegetables (40) Scali Bread (190) Peaches (5)	**16** Teriyaki Chicken (478) Asian Rice (92) Oriental Vegetables (27) Whole Wheat Bread (160) Fortune Cookie (2)	**17** Roast Turkey (360) **Gravy (70)** **Cranberry Sauce (16)** Mashed Potatoes (62) D **Winter Squash (13)** **Multigrain Bread (190)** **Pumpkin Pie (398)** **MOD: Fresh Fruit (1)**	**18** Chuckwagon Stew (306) O'Brien Potatoes (117) Oatmeal Bread (121) Fresh Orange (0)
Calories: 826 Fat: 37% Sodium: 1027mg Carb: 91g	Calories: 574 Fat: 21% Sodium: 891mg Carb: 88 g	Calories: 511 Fat: 23% Sodium: 913mg Carb: 61g	Calories: 1117 Fat: 27% Sodium: 1264mg Carb: 170g	Calories: 652 Fat: 30% Sodium: 698mg Carb: 82g
21 LS Hot Dog (550*) Mustard (55) Baked Beans (36) Cabbage and Carrots (47) Hot Dog Roll (210) Mixed Fruit (10)	**22** Shepherd's Pie (283) Parsley Mashed Potatoes (63) **D** Peas and Carrots (80) Dinner Roll (160) Pears (4)	**23** Chicken Orzo Soup (115) Greek Chicken (438) Rice Pilaf (134) Brussels Sprouts (79) Multigrain Bread (190) Banana (1)	**24** ***No Meals Served*** 	**25** Catch of the Day (97) Herb Sauce (76) Potato Wedges (27) Broccoli (12) Whole Wheat Bread (160) Brownie (132) MOD: Graham Wafer (85)
Calories: 734 Fat: 38% Sodium: 1062mg Carb: 84g	Calories: 908 Fat: 25% Sodium: 744mg Carb: 132g	Calories: 751 Fat: 27% Sodium: 1111mg Carb: 92g		Calories: 713 Fat: 32% Sodium: 658mg Carb: 81g
28 Macaroni & Cheese (403) **D** Escalloped Tomatoes (143) Fruit Loaf (240) Tropical Fruit (10)	**29** Glazed Chicken Drumstick (290) Scalloped Potatoes (185) **D** Mixed Vegetables (41) Oatmeal Bread (121) Orange (0)	**30** Beef Chili and Vegetables (266) Spanish Rice (22) Cornbread (280) Birthday Cake (209) MOD: LS Cake (209)	* 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.	Milk: 100 Calories 107mg Sodium, 12gm Carb Margarine: 36 Calories 47mg Sodium, 0gm Carb Daily totals include entrée, bread, dessert, milk, margarine & soup. D = Dairy
Calories: 852 Fat: 35% Sodium: 950mg Carb: 105g	Calories: 605 Fat: 29% Sodium: 791mg Carb: 77g	Calories: 738 Fat: 25% Sodium: 931mg Carb: 108g		

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