

HOFFMAN HOUSE MENU ANALYSIS FOR  
THE SENIOR NUTRITION PROGRAM  
SIX WEEK SPRING - SUMMER 2017 CYCLE

MONDAY	Calories per serving	804	% Cal.	
WEEK 1	Saturated fat (g)	9		
	Total Fat (g)	24	27%	
>MEATBALL/MARINARA SUB SANDWICH	Protein (g)	38	19%	
	Carbohydrates (g)	108	54%	
>POTATOES ITALIANO	Cholesterol (mg)	55		Fiber (g) 13
>ITALIAN GREEN BEANS	Vitamin C (mg)	128		
>SOFT HOAGIE ROLL	Vitamin A (IU)	2642		
>WHOLE ORANGE	Sodium (mg)	1060		
TUESDAY	Calories per serving	786	% Cal.	
	Saturated fat (g)	6		
>PORK RIBLET SWISS STEAK & VEGETABLES	Total Fat (g)	25	29%	
	Protein (g)	40	20%	
>MASHED POTATOES	Carbohydrates (g)	100	51%	
>CABBAGE & CARROTS	Cholesterol (mg)	61		Fiber (g) 8
>MULTI-GRAIN BREAD	Vitamin C (mg)	95		
>RANGER COOKIE	Vitamin A (IU)	15077		
	Sodium (mg)	924		
WEDNESDAY	Calories per serving	606	% Cal.	
	Saturated fat (g)	7		
	Total Fat (g)	21	31%	
>HAM & TURKEY CLUB	Protein (g)	34	22%	
>FOCACCIA FLAT BREAD	Carbohydrates (g)	70	46%	
>LETTUCE & TOMATO	Cholesterol (mg)	56		Fiber (g) 8
>PEA SALAD	Vitamin C (mg)	36		
>PINEAPPLE TID BITS	Vitamin A (IU)	1699		
	Sodium (mg)	841		
THURSDAY	Calories per serving	625	% Cal.	
	Saturated fat (g)	4		
	Total Fat (g)	11	16%	
>CHICKEN & MINI DUMPLINGS	Protein (g)	43	28%	
	Carbohydrates (g)	88	56%	
>GARDEN VEGETABLES	Cholesterol (mg)	140		Fiber (g) 6
>BEET SALAD	Vitamin C (mg)	68		
>CRACKERS	Vitamin A (IU)	9067		
>HOT GLAZED APPLES	Sodium (mg)	605		
FRIDAY	Calories per serving	729	% Cal.	
	Saturated fat (g)	9		
	Total Fat (g)	21	26%	
>BREADED VEAL CUTLET W/ ARTICHOKE SAUCE	Protein (g)	35	19%	
	Carbohydrates (g)	99	54%	
>MASHED POTATOES	Cholesterol (mg)	60		Fiber (g) 9
>BROCCOLI	Vitamin C (mg)	121		
>WHOLE WHEAT BREAD	Vitamin A (IU)	4257		
>FRESH MELON	Sodium (mg)	798		
Weekly avgs. per meal	Calories	710	% Cal.	
	Saturated fat (g)	7		
	Total Fat (g)	20	26%	
	Protein (g)	38	21%	
	Carbohydrates (g)	93	52%	
	Cholesterol (mg)	74		
	Vitamin C (mg)	90		
	Vitamin A (IU)	6548		
	Sodium (mg)	846		
	Fiber (g)	9		