

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

MONDAY	Calories per serving	843	% Cal.	
WEEK 2	Saturated fat (g)	5		
	Total Fat (g)	19	20%	
>CHICKEN ALA ORANGE	Protein (g)	51	24%	
>VEGETABLE RICE PILAF	Carbohydrates (g)	115	55%	
>CHICK PEA SALAD	Cholesterol (mg)	87		Fiber (g) 8
>WHEAT CRANBERRY BREA	Vitamin C (mg)	39		
>HOT PEACH CRUMBLE	Vitamin A (IU)	6643		
	Sodium (mg)	818		
TUESDAY	Calories per serving	702	% Cal.	
	Saturated fat (g)	6		
>SHAVED FRENCH DIP OF BI	Total Fat (g)	15	19%	
>BARLEY W/MUSHROOMS &	Protein (g)	46	26%	
ONIONS	Carbohydrates (g)	97	55%	
>HARVARD BEETS	Cholesterol (mg)	87		Fiber (g) 8
>FRENCH ROLL	Vitamin C (mg)	37		
>FRESH MELON	Vitamin A (IU)	2060		
	Sodium (mg)	693		
WEDNESDAY	Calories per serving	929	% Cal.	
	Saturated fat (g)	8		
	Total Fat (g)	21	20%	
>HOT DOG	Protein (g)	37	16%	
>TWICE BAKE POTATO	Carbohydrates (g)	148	64%	
CASSEROLE	Cholesterol (mg)	81		Fiber (g) 10
>PEAS & CARROTS	Vitamin C (mg)	53		
>HOT DOG BUN	Vitamin A (IU)	13941		
>BANANA	Sodium (mg)	1081		
THURSDAY	Calories per serving	785	% Cal.	
	Saturated fat (g)	5		
>SURIMI CRAB SALAD	Total Fat (g)	32	37%	
>LEAF LETTUCE GARNISH &	Protein (g)	30	15%	
TOMATO WEDGES	Carbohydrates (g)	94	48%	
>DILLED CUCUMBERS	Cholesterol (mg)	48		Fiber (g) 6
>WHOLE WHEAT BREAD	Vitamin C (mg)	40		
>APPLE CRISP	Vitamin A (IU)	3004		
	Sodium (mg)	727		
FRIDAY	Calories per serving	743	% Cal.	
	Saturated fat (g)	11		
>CLASSIC LASAGNA W/	Total Fat (g)	26	31%	
MEAT SAUCE	Protein (g)	33	18%	
>SQUASH MEDLEY	Carbohydrates (g)	94	51%	
>ITALIAN GREEN BEANS	Cholesterol (mg)	75		Fiber (g) 5
>GARLIC BREAD	Vitamin C (mg)	47		
>OATMEAL RAISIN COOKIE	Vitamin A (IU)	5456		
	Sodium (mg)	848		
Weeky avgs. per meal	Calories	800	% Cal.	
	Saturated fat (g)	7		
	Total Fat (g)	23	25%	
	Protein (g)	39	20%	
	Carbohydrates (g)	110	55%	
	Cholesterol (mg)	76		
	Vitamin C (mg)	43		
	Vitamin A (IU)	6221		
	Sodium (mg)	833		
	Fiber (g)	7		