

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

MONDAY	Calories per serving	684	% Cal.		
WEEK 3	Saturated fat (g)	5			
	Total Fat (g)	15	20%		
	Protein (g)	46	27%		
>PRIME RIB OF PORK	Carbohydrates (g)	91	53%		
>MASHED POTATOES & GRA	Cholesterol (mg)	81		Fiber (g)	5
>CHEF'S VEGETABLE	Vitamin C (mg)	34			
>WHOLE WHEAT BREAD	Vitamin A (IU)	22228			
>STRAWBERRY YOGURT	Sodium (mg)	616			
TUESDAY	Calories per serving	836	% Cal.		
	Saturated fat (g)	5			
>HAMBURGER	Total Fat (g)	15	16%		
>BAKED BEANS	Protein (g)	53	25%		
>MIXED VEGETABLE	Carbohydrates (g)	123	59%		
>WHEAT HAMBURGER BUN	Cholesterol (mg)	91		Fiber (g)	14
>FRUIT SUNBURST	Vitamin C (mg)	35			
	Vitamin A (IU)	6046			
	Sodium (mg)	1015			
WEDNESDAY	Calories per serving	910	% Cal.		
	Saturated fat (g)	9			
>BLT CHICKEN SALAD	Total Fat (g)	36	36%		
>MIXED SALAD GREENS W/ TOMATO WEDGES	Protein (g)	51	22%		
	Carbohydrates (g)	95	42%		
>TRI-BEAN SALAD	Cholesterol (mg)	90		Fiber (g)	8
>CRACKERS	Vitamin C (mg)	41			
>AMBROSIA FRUIT CUSTARD	Vitamin A (IU)	3353			
	Sodium (mg)	996			
THURSDAY	Calories per serving	704	% Cal.		
	Saturated fat (g)	9			
	Total Fat (g)	24	31%		
>SPAGHETTI & MEATBALLS W/ MARINARA SAUCE	Protein (g)	38	22%		
	Carbohydrates (g)	85	48%		
>CAPRI BLEND VEGETABLES	Cholesterol (mg)	55		Fiber (g)	11
>CHILLED PEARS	Vitamin C (mg)	50			
	Vitamin A (IU)	3517			
	Sodium (mg)	764			
FRIDAY	Calories per serving	691	% Cal.		
	Saturated fat (g)	5			
	Total Fat (g)	14	18%		
>HERBED BAKED CHICKEN	Protein (g)	47	27%		
>MASHED POTATOES/ GRAV	Carbohydrates (g)	94	54%		
>GREEN BEAN CASSEROLE	Cholesterol (mg)	89		Fiber (g)	4
>BRAN MUFFIN BREAD	Vitamin C (mg)	71			
>FRESH MELON	Vitamin A (IU)	2393			
	Sodium (mg)	719			
Weekly avgs. per meal	Calories	765	% Cal.		
	Saturated fat (g)	7			
	Total Fat (g)	21	24%		
	Protein (g)	47	25%		
	Carbohydrates (g)	98	51%		
	Cholesterol (mg)	81			
	Vitamin C (mg)	46			
	Vitamin A (IU)	7507			
	Sodium (mg)	822			
	Fiber (g)	8			