

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

MONDAY	Calories per serving	769	% Cal.	
WEEK 4	Saturated fat (g)	12		
	Total Fat (g)	27	32%	
>SALISBURY STEAK	Protein (g)	36	19%	
>MASHED POTATOES/GRAVY	Carbohydrates (g)	96	50%	
>STEWED TOMATOES	Cholesterol (mg)	81		Fiber (g) 14
>WHOLE WHEAT BREAD	Vitamin C (mg)	122		
>WHOLE ORANGE	Vitamin A (IU)	1230		
	Sodium (mg)	1050		
TUESDAY	Calories per serving	819	% Cal.	
	Saturated fat (g)	13		
>BROCCOLI & CHEDDAR SOUFFLE	Total Fat (g)	30	33%	
	Protein (g)	42	21%	
>SAUSAGE GRAVY	Carbohydrates (g)	94	46%	
>BAKING POWDER BISCUIT	Cholesterol (mg)	294		Fiber (g) 4
>JUICE	Vitamin C (mg)	161		
>BANANA	Vitamin A (IU)	3297		
	Sodium (mg)	883		
WEDNESDAY	Calories per serving	713	% Cal.	
	Saturated fat (g)	4		
	Total Fat (g)	11	14%	
>ITALIAN BEEF	Protein (g)	52	29%	
>AU GRATIN POTATOES	Carbohydrates (g)	106	59%	
>HARVARD BEETS	Cholesterol (mg)	96		Fiber (g) 9
>WHEAT SANDWICH BUN	Vitamin C (mg)	179		
>MIXED FRUIT	Vitamin A (IU)	2651		
	Sodium (mg)	580		
THURSDAY	Calories per serving	669	% Cal.	
	Saturated fat (g)	5		
>CHICKEN BOOYAH & VEGETABLES	Total Fat (g)	11	15%	
	Protein (g)	48	29%	
>MASHED POTATOES	Carbohydrates (g)	94	56%	
>SPICED APPLES	Cholesterol (mg)	82		Fiber (g) 8
>RYE BREAD	Vitamin C (mg)	47		
	Vitamin A (IU)	5047		
	Sodium (mg)	510		
FRIDAY	Calories per serving	930	% Cal.	
	Saturated fat (g)	7		
	Total Fat (g)	23	22%	
>TURKEY PASTA SALAD W/SHELL RIGATE	Protein (g)	54	23%	
	Carbohydrates (g)	126	54%	
>LETTUCE/ TOMATO	Cholesterol (mg)	37		Fiber (g) 10
>TRI-BEAN SALAD	Vitamin C (mg)	43		
>WHOLE WHEAT BREAD	Vitamin A (IU)	2311		
>PINEAPPLE TID BITS	Sodium (mg)	765		
Weekly avgs. per meal	Calories	780	% Cal.	
	Saturated fat (g)	8		
	Total Fat (g)	20	24%	
	Protein (g)	46	24%	
	Carbohydrates (g)	103	53%	
	Cholesterol (mg)	118		
	Vitamin C (mg)	110		
	Vitamin A (IU)	2907		
	Sodium (mg)	758		
	Fiber (g)	9		