

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

MONDAY	Calories per serving	652	% Cal.	
WEEK 6	Saturated fat (g)	8		
	Total Fat (g)	22	30%	
>KIELBASA	Protein (g)	23	14%	
>DILLED BABY RED POTATO	Carbohydrates (g)	92	56%	
>RED CABBAGE & APPLES	Cholesterol (mg)	46		Fiber (g) 4
>RYE BREAD	Vitamin C (mg)	143		
>FRUIT CUP	Vitamin A (IU)	1160		
	Sodium (mg)	897		
TUESDAY	Calories per serving	650	% Cal.	
	Saturated fat (g)	5		
>ORZO CHICKEN SALAD	Total Fat (g)	15	21%	
>MIXED SALAD GREENS	Protein (g)	47	29%	
>HERBED TOMATO WEDGES	Carbohydrates (g)	83	51%	
>MULTI-GRAIN BREAD	Cholesterol (mg)	83		Fiber (g) 8
>PINEAPPLE TID BITS	Vitamin C (mg)	79		
	Vitamin A (IU)	10217		
	Sodium (mg)	607		
WEDNESDAY	Calories per serving	653	% Cal.	
	Saturated fat (g)	17		
>APPLE RAISIN FRENCH TOA	Total Fat (g)	24	33%	
STRATA	Protein (g)	31	19%	
>DICED HASH BROWNS	Carbohydrates (g)	77	47%	
>SAUSAGE LINKS	Cholesterol (mg)	255		Fiber (g) 4
<FRESH MELON	Vitamin C (mg)	38		
	Vitamin A (IU)	2316		
	Sodium (mg)	904		
THURSDAY	Calories per serving	909	% Cal.	
	Saturated fat (g)	11		
	Total Fat (g)	27	27%	
>BAKED MEATLOAF W/	Protein (g)	45	20%	
COUNTRY GRAVY	Carbohydrates (g)	122	54%	
>MASHED POTATOES	Cholesterol (mg)	108		Fiber (g) 11
>PEAS & CARROTS	Vitamin C (mg)	51		
>WHOLE WHEAT BREAD	Vitamin A (IU)	13288		
>BANANA	Sodium (mg)	768		
FRIDAY	Calories per serving	733	% Cal.	
	Saturated fat (g)	7		
	Total Fat (g)	29	36%	
>POTATO CRUSTED	Protein (g)	29	16%	
FISH FILET	Carbohydrates (g)	89	49%	
>AU GRATIN POTATOES	Cholesterol (mg)	74		Fiber (g) 9
>COLE SLAW	Vitamin C (mg)	80		
>WHOLE WHEAT BREAD	Vitamin A (IU)	4624		
>APPLESAUCE	Sodium (mg)	881		
Weekly avgs. per meal	Calories	719	% Cal.	
	Saturated fat (g)	10		
	Total Fat (g)	23	29%	
	Protein (g)	35	19%	
	Carbohydrates (g)	93	51%	
	Cholesterol (mg)	113		
	Vitamin C (mg)	78		
	Vitamin A (IU)	6321		
	Sodium (mg)	811		
	Fiber (g)	7		