

HOFFMAN HOUSE MENU ANALYSIS FOR
 THE SENIOR NUTRITION PROGRAM
 FOR THE FALL / WINTER 16 CYCLE MENU

WEEK # 1

MONDAY	Calories per serving	839	% Cal.	
	Saturated fat (g)	7	100%	FIBER 11
	Total Fat (g)	24	41%	
>PORK ROAST W/ HUNTER SAUCE	Protein (g)	50	24%	
>AU GRATIN POTATOES	Carbohydrates (g)	106	42%	
>PEAS AND CARROTS	Cholesterol (mg)	107		
>WHEAT BREAD	Vitamin C (mg)	42		
>PUMPKIN BAR	Vitamin A (IU)	16136		
	Sodium (mg)	758		
TUESDAY	Calories per serving	804	0	
	Saturated fat (g)	8		FIBER 6
>CHEDDAR BROCCOLI	Total Fat (g)	17	19%	
CHICKEN RICE CASSEROLE	Protein (g)	43	21%	
>CAULIFLOWER	Carbohydrates (g)	120	60%	
>WHOLE WHEAT ROLL	Cholesterol (mg)	85		
>WARM PEAR AND CRANBERRY CRUMBLE	Vitamin C (mg)	97		
	Vitamin A (IU)	1435		
	Sodium (mg)	715		
WEDNESDAY	Calories per serving	713	% Cal.	
	Saturated fat (g)	12		FIBER 7
	Total Fat (g)	25	42%	
>SALISBURY STEAK/GRAVY	Protein (g)	33	19%	
>MASHED POTATOES	Carbohydrates (g)	90	44%	
>HARVARD BEETS	Cholesterol (mg)	80		
>MULTI-GRAIN DINNER ROLL	Vitamin C (mg)	57		
>PINEAPPLE TIDBITS	Vitamin A (IU)	1091		
	Sodium (mg)	867		
THURSDAY	Calories per serving	756	% Cal.	
	Saturated fat (g)	6		FIBER 7
	Total Fat (g)	16	30%	
>HOT DOG	Protein (g)	29	17%	
>OVEN FRIES	Carbohydrates (g)	123	52%	
>COUNTRY BLEND VEGETABLES	Cholesterol (mg)	46		
>WHEAT HOT DOG BUN	Vitamin C (mg)	39		
>BANANA	Vitamin A (IU)	4836		
	Sodium (mg)	838		
FRIDAY	Calories per serving	693	% Cal.	
	Saturated fat (g)	6	33%	FIBER 5
	Total Fat (g)	17	22%	
>CHEESE RAVIOLI W/ PARMESAN MARINARA SAUCE	Protein (g)	31	18%	
>ZUCCHINI & ONIONS	Carbohydrates (g)	104	60%	
>BUTTER BEANS & CARROTS	Cholesterol (mg)	147		
>GARLIC BREAD	Vitamin C (mg)	30		
>PEANUT BUTTER COOKIE	Vitamin A (IU)	14264		
	Sodium (mg)	612		
Weekly avgs. per meal	Calories	761	% Cal.	
	Saturated fat (g)	7.8	9%	FIBER 7.2
	Total Fat (g)	19.8	23%	
	Protein (g)	37.2	20%	
	Carbohydrates (g)	108.6	57%	
	Cholesterol (mg)	93		
	Vitamin C (mg)	53		
	Vitamin A (IU)	7552.4		
	Sodium (mg)	758		