

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

WEEK # 2

MONDAY	Calories per serving	666	% Cal.	
	Saturated fat (g)	4	5% FIBER	4
	Total Fat (g)	10	14%	
>ROAST TURKEY & GRAVY	Protein (g)	40	24%	
>BAKED SWEET POTATOES	Carbohydrates (g)	103	58%	
>BROCCOLI	Cholesterol (mg)	62		
>BREAD STUFFING	Vitamin C (mg)	194		
>CHEF'S FRUIT	Vitamin A (IU)	31737		
	Sodium (mg)	544		
TUESDAY	Calories per serving	801	% Cal.	
	Saturated fat (g)	5	6% FIBER	10
	Total Fat (g)	22	25%	
>SHAVED PORK MADEIRA MEDITERRANEAN SAUCE	Protein (g)	51	25%	
>SCALLOPED POTATOES	Carbohydrates (g)	100	50%	
>BRUSSELS SPROUTS	Cholesterol (mg)	83		
>MULTI GRAIN BREAD	Vitamin C (mg)	94		
>RANGER COOKIE	Vitamin A (IU)	1716		
	Sodium (mg)	768		
WEDNESDAY	Calories per serving	957	% Cal.	
	Saturated fat (g)	10	9% FIBER	12
	Total Fat (g)	33	31%	
>SPAGHETTI & MEATBALL MARINARA	Protein (g)	43	18%	
>MIXED SALAD GREENS w/ CHICK PEAS	Carbohydrates (g)	120	50%	
>FRENCH BREAD	Cholesterol (mg)	56		
>WARM PEACH APPLESAUCE	Vitamin C (mg)	70		
	Vitamin A (IU)	4973		
	Sodium (mg)	1049		
THURSDAY	Calories per serving	791	% Cal.	
	Saturated fat (g)	9	10% FIBER	5
	Total Fat (g)	29	33%	
>OVEN ROASTED HERBED CHICKEN	Protein (g)	56	28%	
>CAULIFLOWER MASHED POTATOES	Carbohydrates (g)	76	38%	
>CARROTS & CHIVES	Cholesterol (mg)	158		
>WHEAT BREAD	Vitamin C (mg)	61		
>MANDARIN ORANGES	Vitamin A (IU)	22801		
	Sodium (mg)	562		
FRIDAY	Calories per serving	712	% Cal.	
	Saturated fat (g)	9	11% FIBER	5
	Total Fat (g)	25	32%	
>HAMBURGER CHOP SUEY	Protein (g)	33	19%	
>VEGETABLE FRIED RICE	Carbohydrates (g)	88	49%	
>ORIENTAL BLEND	Cholesterol (mg)	99		
>CHOW MEIN NOODLES	Vitamin C (mg)	70		
>DICED MELON	Vitamin A (IU)	4567		
>FORTUNE COOKIE	Sodium (mg)	538		
Weekly avgs. per meal	Calories	785.4	% Cal.	
	Saturated fat (g)	7.4	8% FIBER	7.2
	Total Fat (g)	23.8	27%	
	Protein (g)	44.6	23%	
	Carbohydrates (g)	97.4	50%	
	Cholesterol (mg)	91.6		
	Vitamin C (mg)	97.8		
	Vitamin A (IU)	13159		
	Sodium (mg)	692.2		