

HOFFMAN HOUSE MENU ANALYSIS FOR
THE SENIOR NUTRITION PROGRAM
SIX WEEK FALL / WINTER 2016 CYCLE

MONDAY	Calories per serving	743	% Cal.	
WEEK 3	Saturated fat (g)	6		
	Total Fat (g)	15	18%	
>HOT ROAST BEEF SANDWIC	Protein (g)	49	26%	
>MASHED POTATOES/GRAV\	Carbohydrates (g)	102	55%	
>NORTHERN BEAN & TOMAT	Cholesterol (mg)	87		Fiber (g) 13
MEDLEY	Vitamin C (mg)	115		
>WHOLE WHEAT BREAD	Vitamin A (IU)	1149		
>FRESH ORANGE	Sodium (mg)	748		
TUESDAY	Calories per serving	747	% Cal.	
	Saturated fat (g)	6		
>BBQ RIBLET	Total Fat (g)	19	23%	
>OVEN FRIES	Protein (g)	38	20%	
>MIXED SALAD GREENS	Carbohydrates (g)	105	56%	
>WHEAT SANDWICH BUN	Cholesterol (mg)	62		Fiber (g) 12
>WARM CINNAMON APPLES	Vitamin C (mg)	54		
	Vitamin A (IU)	8648		
	Sodium (mg)	811		
WEDNESDAY	Calories per serving	844	% Cal.	
	Saturated fat (g)	6		
>TURKEY DIVAN	Total Fat (g)	21	22%	
>VEGETABLE RICE PILAF	Protein (g)	42	20%	
>BROCCOLI	Carbohydrates (g)	121	57%	
>CHEF'S FRUIT	Cholesterol (mg)	62		Fiber (g) 4
>BISCUIT	Vitamin C (mg)	162		
>OATMEAL RAISIN COOKIE	Vitamin A (IU)	4958		
	Sodium (mg)	749		
THURSDAY	Calories per serving	821	% Cal.	
BREAKFAST	Saturated fat (g)	11		
>WESTERN STRATA BAKE	Total Fat (g)	22	24%	
>HASH BROWNE POTATOE	Protein (g)	37	18%	
>MAPLE GLAZED PEARS	Carbohydrates (g)	118	57%	
>RAISIN BREAD	Cholesterol (mg)	282		Fiber (g) 4
>CRANBERRY JUICE	Vitamin C (mg)	69		
>BANANA	Vitamin A (IU)	1443		
	Sodium (mg)	818		
FRIDAY	Calories per serving	741	% Cal.	
	Saturated fat (g)	3		
	Total Fat (g)	11	13%	
>CHICKEN BREAST PARMES.	Protein (g)	52	28%	
>PENNE PASTA / MARINARA	Carbohydrates (g)	108	58%	
>SQUASH MEDLEY	Cholesterol (mg)	88		Fiber (g) 10
>FRENCH BREAD	Vitamin C (mg)	68		
>CHILLED PEACHES	Vitamin A (IU)	5896		
	Sodium (mg)	618		
Weekly avgs. per meal	Calories	779	% Cal.	
	Saturated fat (g)	6		Fiber (g) 8.6
	Total Fat (g)	18	20%	
	Protein (g)	44	22%	
	Carbohydrates (g)	111	57%	
	Cholesterol (mg)	116		
	Vitamin C (mg)	94		
	Vitamin A (IU)	4419		
	Sodium (mg)	749		