

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

MONDAY	Calories per serving	753	% Cal.	
WEEK 4	Saturated fat (g)	9		
	Total Fat (g)	20	24%	
>VEAL MARSALA	Protein (g)	37	20%	
>SCALLOPED POTATOES	Carbohydrates (g)	106	56%	
>STEWED TOMATOES	Cholesterol (mg)	62		Fiber (g) 7
>MULTI-GRAIN DINNER ROLL	Vitamin C (mg)	42		
>FRUIT YOGURT	Vitamin A (IU)	1969		
	Sodium (mg)	847		
TUESDAY	Calories per serving	977	% Cal.	
	Saturated fat (g)	4		
>CHICKEN W/ BASIL CREAM SAUCE	Total Fat (g)	22	20%	
	Protein (g)	57	23%	
>BROWN RICE FLORENTINE	Carbohydrates (g)	137	56%	
>PEAS & CARROTS	Cholesterol (mg)	104		Fiber (g) 11
>WHEAT BREAD	Vitamin C (mg)	64		
>PINEAPPLE ORANGE SALAD	Vitamin A (IU)	14867		
>GRAMMA'S APPLE BAR	Sodium (mg)	750		
WEDNESDAY	Calories per serving	856	% Cal.	
	Saturated fat (g)	10		
	Total Fat (g)	34	36%	
>TATER TOT CASSEROLE	Protein (g)	38	18%	
>GREEN BEANS	Carbohydrates (g)	87	41%	
>MIXED GREEN SALAD	Cholesterol (mg)	130		Fiber (g) 5
>CORN BREAD	Vitamin C (mg)	58		
>FRUIT COCKTAIL	Vitamin A (IU)	9822		
	Sodium (mg)	856		
THURSDAY	Calories per serving	635	% Cal.	
	Saturated fat (g)	10		
	Total Fat (g)	26	37%	
>SLICED BAVARIAN STYLE BRATWURST	Protein (g)	27	17%	
	Carbohydrates (g)	73	46%	
>DICED PARSLIED POTATOES	Cholesterol (mg)	61		Fiber (g) 6
>CARROTS	Vitamin C (mg)	81		
>RYE BREAD	Vitamin A (IU)	23292		
>FRESH MELON	Sodium (mg)	852		
FRIDAY	Calories per serving	711	% Cal.	
	Saturated fat (g)	5		
	Total Fat (g)	21	27%	
>POTATO CRUSTED FISH FILET	Protein (g)	31	17%	
>BAKED POTATO	Carbohydrates (g)	101	57%	
>CALIFORNIA BLEND	Cholesterol (mg)	76		Fiber (g) 9
>WHEAT BREAD	Vitamin C (mg)	66		
>LEMON MANDARIN PUDDING	Vitamin A (IU)	2009		
	Sodium (mg)	821		
Weekly avgs. per meal	Calories	786	% Cal.	
	Saturated fat (g)	8		Fiber (g) 7.6
	Total Fat (g)	25	28%	
	Protein (g)	38	19%	
	Carbohydrates (g)	101	51%	
	Cholesterol (mg)	87		
	Vitamin C (mg)	62		
	Vitamin A (IU)	10392		
	Sodium (mg)	825		