

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

MONDAY	Calories per serving	811	% Cal.	
WEEK 6	Saturated fat (g)	11		
	Total Fat (g)	27	30%	
>BAKED MEATLOAF W/ COUNTRY GRAVY	Protein (g)	41	20%	
>CAULIFLOWER MASHED POTATOES	Carbohydrates (g)	100	49%	
>PEAS & ONIONS	Cholesterol (mg)	117		Fiber (g) 9
>WHOLE WHEAT ROLL	Vitamin C (mg)	62		
>PINEAPPLE TID BITS	Vitamin A (IU)	1169		
	Sodium (mg)	665		
TUESDAY	Calories per serving	801	% Cal.	
	Saturated fat (g)	5		
>FISH SANDWICH	Total Fat (g)	24	27%	
>BAKED POTATO	Protein (g)	33	16%	
>CARROT RAISIN SALAD	Carbohydrates (g)	114	57%	
>WHEAT SANDWICH BUN	Cholesterol (mg)	80		Fiber (g) 11
>WARM PEACH CRUMBLE	Vitamin C (mg)	37		
	Vitamin A (IU)	13752		
	Sodium (mg)	806		
WEDNESDAY	Calories per serving	933	% Cal.	
	Saturated fat (g)	9		
>BBQ CHICKEN THIGH	Total Fat (g)	30	29%	
>OVEN FRIES	Protein (g)	59	25%	
>GREEN BEANS & ONIONS	Carbohydrates (g)	107	46%	
>WHEAT BREAD	Cholesterol (mg)	158		Fiber (g) 7
>FRUIT JELLO	Vitamin C (mg)	62		
	Vitamin A (IU)	1298		
	Sodium (mg)	707		
THURSDAY	Calories per serving	772	% Cal.	
	Saturated fat (g)	10		
	Total Fat (g)	29	34%	
BREAKFAST	Protein (g)	36	19%	
>CHEESE OMELETTE	Carbohydrates (g)	91	47%	
>BISCUIT & >SAUSAGE GRAVY	Cholesterol (mg)	321		Fiber (g) 8
>APPLE JUICE	Vitamin C (mg)	128		
>FRUIT YOGURT	Vitamin A (IU)	1582		
>FRESH ORANGE	Sodium (mg)	817		
FRIDAY	Calories per serving	863	% Cal.	
	Saturated fat (g)	10		
	Total Fat (g)	27	28%	
>SWEDISH MEATBALLS/GRA	Protein (g)	43	20%	
>MASHED POTATOES	Carbohydrates (g)	113	52%	
>BROCCOLI	Cholesterol (mg)	55		Fiber (g) 9
>MULTI GRAIN BREAD	Vitamin C (mg)	84		
>BANANA	Vitamin A (IU)	9452		
	Sodium (mg)	1083		
Weekly avgs. per meal	Calories	836	% Cal.	
	Saturated fat (g)	9		
	Total Fat (g)	27	29%	
	Protein (g)	42	20%	
	Carbohydrates (g)	105	50%	
	Cholesterol (mg)	146		
	Vitamin C (mg)	75		
	Vitamin A (IU)	5451		
	Sodium (mg)	816		
	Fiber (g)	9		