

HOFFMAN HOUSE MENU ANALYSIS FOR  
THE SENIOR NUTRITION PROGRAM  
FOR THE FALL / WINTER 17 CYCLE MENU

WEEK # 1

MONDAY	Calories per serving	812	% Cal.	
	Saturated fat (g)	7	100% FIBER	11
	Total Fat (g)	27	41%	
>PORK ROAST W/ CINNAMON APPLES	Protein (g)	45	22%	
	Carbohydrates (g)	106	42%	
>AU GRATIN POTATOES	Cholesterol (mg)	107		
>PEAS AND CARROTS	Vitamin C (mg)	39		
>WHEAT BREAD	Vitamin A (IU)	15770		
>PUMPKIN BAR	Sodium (mg)	652		
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
>SALISBURY STEAK/GRAVY	Total Fat (g)	25	42%	
>MASHED POTATOES	Protein (g)	33	19%	
>HARVARD BEETS	Carbohydrates (g)	90	44%	
>MULTI-GRAIN DINNER ROLL	Cholesterol (mg)	80		
>PINEAPPLE TIDBITS	Vitamin C (mg)	57		
	Vitamin A (IU)	1091		
	Sodium (mg)	867		
THURSDAY	Calories per serving	763	% Cal.	
	Saturated fat (g)	6	FIBER	10
>HOT DOG	Total Fat (g)	16	30%	
>OVEN FRIES	Protein (g)	29	17%	
>COUNTRY BLEND VEGETABLE	Carbohydrates (g)	126	52%	
>WHEAT HOT DOG BUN	Cholesterol (mg)	46		
>BANANA	Vitamin C (mg)	40		
	Vitamin A (IU)	4840		
	Sodium (mg)	837		
FRIDAY	Calories per serving	823	% Cal.	
	Saturated fat (g)	6	33% FIBER	6
>CHEESE RAVIOLI W/ PARMESAN MARINARA SALSA	Total Fat (g)	17	19%	
>ZUCCHINI W RED PEPPERS	Protein (g)	32	16%	
>BUTTER BEANS & CARROTS	Carbohydrates (g)	134	65%	
>GARLIC BREAD	Cholesterol (mg)	147		
>FRUIT CUP	Vitamin C (mg)	124		
>PEANUT BUTTER COOKIE	Vitamin A (IU)	14666		
	Sodium (mg)	616		
Weekly avgs. per meal	Calories	783	% Cal.	
	Saturated fat (g)	7.8	9% FIBER	8
	Total Fat (g)	20.4	23%	
	Protein (g)	36.4	19%	
	Carbohydrates (g)	115.2	59%	
	Cholesterol (mg)	93		
	Vitamin C (mg)	71.4		
	Vitamin A (IU)	7560.4		
	Sodium (mg)	737.4		