

HOFFMAN HOUSE MENU ANALYSIS FOR
THE SENIOR NUTRITION PROGRAM
FOR THE FALL / WINTER 17 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	733	% Cal.	
	Saturated fat (g)	5	6% FIBER	11
	Total Fat (g)	16	20%	
>SHAVED PORK W/ MEDITERRANEAN SAUCE	Protein (g)	49	27%	
>SCALLOPED POTATOES	Carbohydrates (g)	98	53%	
>BRUSSELS SPROUTS	Cholesterol (mg)	83		
>MULTI GRAIN BREAD	Vitamin C (mg)	95		
>APPLE SAUCE	Vitamin A (IU)	1716		
	Sodium (mg)	694		
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)	121	51%	
>FRENCH BREAD	Cholesterol (mg)	56		
>WARM PEACH COBLER	Vitamin C (mg)	70		
	Vitamin A (IU)	4973		
	Sodium (mg)	1049		
THURSDAY	Calories per serving	792	% Cal.	
	Saturated fat (g)	10	11% FIBER	9
	Total Fat (g)	30	34%	
>TATER TOT CASSEROLE	Protein (g)	39	20%	
>GREEN BEANS	Carbohydrates (g)	90	45%	
>CAULIFLOWER &RED PEPP	Cholesterol (mg)	81		
>WHEAT BREAD	Vitamin C (mg)	103		
>MANDARIN ORANGES	Vitamin A (IU)	1089		
	Sodium (mg)	857		
FRIDAY	Calories per serving	757	% Cal.	
	Saturated fat (g)	4	5% FIBER	11
	Total Fat (g)	19	23%	
>FISH TACO	Protein (g)	39	21%	
>SPANISH RICE	Carbohydrates (g)	107	57%	
>PINTO BEANS	Cholesterol (mg)	66		
>SHREDDED LETTUCE	Vitamin C (mg)	46		
>FLOUR TORTILLA	Vitamin A (IU)	2603		
>FRESH MELON	Sodium (mg)	855		
Weekly avgs. per meal	Calories	781	% Cal.	
	Saturated fat (g)	6.6	8% FIBER	9.4
	Total Fat (g)	21.6	25%	
	Protein (g)	42	22%	
	Carbohydrates (g)	103.8	53%	
	Cholesterol (mg)	69.6		
	Vitamin C (mg)	101.6		
	Vitamin A (IU)	8423.6		
	Sodium (mg)	799.8		