

HOFFMAN HOUSE MENU ANALYSIS FOR
THE SENIOR NUTRITION PROGRAM
SIX WEEK FALL / WINTER 2017 CYCLE

MONDAY	Calories per serving	743	% Cal.		
WEEK 3	Saturated fat (g)	6			
	Total Fat (g)	15	18%		
>HOT ROAST BEEF	Protein (g)	49	26%		
>MASHED POTATOES/GRAV	Carbohydrates (g)	102	55%		
>NORTHERN BEAN & TOMAT MEDLEY	Cholesterol (mg)	87		Fiber (g)	13
	Vitamin C (mg)	115			
>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	801	% Cal.		
	Saturated fat (g)	6			
>TURKEY DIVAN	Total Fat (g)	20	22%		
>VEGETABLE RICE PILAF	Protein (g)	41	20%		
>BROCCOLI	Carbohydrates (g)	115	57%		
>CHEF'S FRUIT	Cholesterol (mg)	62		Fiber (g)	4
>BISCUIT	Vitamin C (mg)	162			
>OATMEAL RAISIN COOKIE	Vitamin A (IU)	4958			
	Sodium (mg)	640			
THURSDAY	Calories per serving	827	% 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)	121	59%		
>RAISIN BREAD	Cholesterol (mg)	282		Fiber (g)	7
>CRANBERRY JUICE	Vitamin C (mg)	70			
>BANANA	Vitamin A (IU)	1446			
	Sodium (mg)	817			
FRIDAY	Calories per serving	734	% Cal.		
	Saturated fat (g)	3			
	Total Fat (g)	11	13%		
>CHICKEN BREAST PARMES.	Protein (g)	52	28%		
>PENNE PASTA / MARINARA	Carbohydrates (g)	107	58%		
>SQUASH MEDLEY	Cholesterol (mg)	88		Fiber (g)	10
>FRENCH BREAD	Vitamin C (mg)	69			
>CHILLED PEACHES	Vitamin A (IU)	5920			
	Sodium (mg)	601			
Weekly avgs. per meal	Calories	770	% Cal.		
	Saturated fat (g)	6		Fiber (g)	9.2
	Total Fat (g)	17	20%		
	Protein (g)	43	23%		
	Carbohydrates (g)	110	57%		
	Cholesterol (mg)	116			
	Vitamin C (mg)	94			
	Vitamin A (IU)	4424			
	Sodium (mg)	723			