

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

MONDAY	Calories per serving	635	% Cal.		
WEEK 4	Saturated fat (g)	10			
	Total Fat (g)	26	37%		
>SLICED BAVARIAN STYLE BRATWURST	Protein (g)	27	17%		
>DICED PARSLIED POTATOES	Carbohydrates (g)	73	46%		
>CARROTS	Cholesterol (mg)	61		Fiber (g)	6
>RYE BREAD	Vitamin C (mg)	81			
>FRESH MELON	Vitamin A (IU)	23292			
	Sodium (mg)	852			
TUESDAY	Calories per serving	909	% Cal.		
	Saturated fat (g)	3			
>CHICKEN CHARDONNAY	Total Fat (g)	17	17%		
>MASHED POTATOES	Protein (g)	54	24%		
>PEAS & CARROTS	Carbohydrates (g)	132	58%		
>WHEAT BREAD	Cholesterol (mg)	104		Fiber (g)	8
>PINEAPPLE ORANGE SALAD	Vitamin C (mg)	78			
>GRAMMA'S APPLE BAR	Vitamin A (IU)	12927			
	Sodium (mg)	767			
WEDNESDAY	Calories per serving	641	% Cal.		
	Saturated fat (g)	7			
	Total Fat (g)	25	35%		
>BEEF & CABBAGE CASSEROLE	Protein (g)	29	18%		
>GREEN BEANS	Carbohydrates (g)	76	47%		
>MIXED GREEN SALAD	Cholesterol (mg)	88		Fiber (g)	4
>CORN BREAD	Vitamin C (mg)	83			
>FRUIT COCKTAIL	Vitamin A (IU)	6620			
	Sodium (mg)	648			
THURSDAY	Calories per serving	745	% Cal.		
	Saturated fat (g)	9			
>VEAL MARSALA	Total Fat (g)	20	24%		
>SCALLOPED POTATOES	Protein (g)	33	18%		
>STEWED TOMATOES	Carbohydrates (g)	108	58%		
>MULTI-GRAIN DINNER ROLL	Cholesterol (mg)	62		Fiber (g)	6
>CHILLED PEARS	Vitamin C (mg)	43			
	Vitamin A (IU)	1469			
	Sodium (mg)	803			
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)	2026			
	Sodium (mg)	821			
Weekly avgs. per meal	Calories	728	% Cal.		
	Saturated fat (g)	7		Fiber (g)	6.6
	Total Fat (g)	22	27%		
	Protein (g)	35	19%		
	Carbohydrates (g)	98	54%		
	Cholesterol (mg)	78			
	Vitamin C (mg)	70			
	Vitamin A (IU)	9267			
	Sodium (mg)	778			