

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

MONDAY	Calories per serving	858	% Cal.	
WEEK 5	Saturated fat (g)	14		
	Total Fat (g)	43	45%	
BREAKFAST	Protein (g)	27	13%	
>BUTTERMILK PANCAKES	Carbohydrates (g)	92	43%	
>BREAKFAST SAUSAGE	Cholesterol (mg)	90		Fiber (g) 4
>MAPLE GLAZED APPLES	Vitamin C (mg)	52		
>ORANGE JUICE	Vitamin A (IU)	1076		
>SLICED PEACHES	Sodium (mg)	787		
TUESDAY	Calories per serving	849	% Cal.	
	Saturated fat (g)	9		
>SPAGHETTI & MEATBALL MARINARA	Total Fat (g)	25	27%	
	Protein (g)	39	18%	
>CHEF'S CHOICE VEGETABLE	Carbohydrates (g)	117	55%	
>GARLIC BREAD	Cholesterol (mg)	55		Fiber (g) 14
>BANANA	Vitamin C (mg)	103		
	Vitamin A (IU)	8979		
	Sodium (mg)	987		
WEDNESDAY	Calories per serving	858	% Cal.	
	Saturated fat (g)	6		
>SLOW ROASTED BEEF/GRAND	Total Fat (g)	22	23%	
>MASHED POTATOES	Protein (g)	50	23%	
>BRUSSELS SPROUTS	Carbohydrates (g)	116	54%	
>MULTI GRAIN BREAD	Cholesterol (mg)	87		Fiber (g) 9
>CHILLED PEARS	Vitamin C (mg)	93		
>RANGER COOKIE	Vitamin A (IU)	683		
	Sodium (mg)	696		
THURSDAY	Calories per serving	685	% Cal.	
	Saturated fat (g)	4		
>CHICKEN TENDERS IN COUNTRY CHICKEN GRAVY	Total Fat (g)	10	10%	
	Protein (g)	45	16%	
>BREAD STUFFING	Carbohydrates (g)	104	74%	
>SWEET POTATO MASHED	Cholesterol (mg)	87		Fiber (g) 7
>NORTHWEST BLEND	Vitamin C (mg)	83		
>CRAN APPLESAUCE	Vitamin A (IU)	37781		
	Sodium (mg)	567		
FRIDAY	Calories per serving	751	% Cal.	
	Saturated fat (g)	3		
	Total Fat (g)	8	13%	
VEGETARIAN DAY	Protein (g)	30	26%	
>HEARTY VEGETABLE STEW	Carbohydrates (g)	138	61%	
>ROTINI MARINARA	Cholesterol (mg)	15		Fiber (g) 7
>HOT BEAN MEDLEY	Vitamin C (mg)	203		
>GARLIC BREAD	Vitamin A (IU)	8390		
>FRUIT CUP	Sodium (mg)	651		
Weekly avgs. per meal	Calories	800	% Cal.	
	Saturated fat (g)	7		
	Total Fat (g)	22	24%	
	Protein (g)	38	19%	
	Carbohydrates (g)	113	57%	
	Cholesterol (mg)	67		
	Vitamin C (mg)	107		
	Vitamin A (IU)	11382		
	Sodium (mg)	738		
	Fiber (g)	8		