

HOFFMAN HOUSE MENU ANALYSIS FOR
 THE SENIOR NUTRITION PROGRAM
 SIX WEEK SPRING - SUMMER 2017 CYCLE

MONDAY	Calories per serving	795	% Cal.	
WEEK 5	Saturated fat (g)	8		
	Total Fat (g)	27	31%	
>BBQ RIBLET	Protein (g)	39	20%	
>BAKED POTATO	Carbohydrates (g)	100	50%	
>PARSLIED CAULIFLOWER	Cholesterol (mg)	61		Fiber (g) 14
>SLICED WHEAT BUN	Vitamin C (mg)	120		
>MIXED FRUIT	Vitamin A (IU)	5225		
	Sodium (mg)	917		
TUESDAY	Calories per serving	698	% Cal.	
	Saturated fat (g)	8		
>ITALIAN SAUSAGE/MARINA	Total Fat (g)	21	27%	
>SCALLOPED POTATOES	Protein (g)	36	21%	
>BRUSSELS SPROUTS	Carbohydrates (g)	90	52%	
>MULTI - GRAIN DINNER ROL	Cholesterol (mg)	62		Fiber (g) 9
>FRESH MELON	Vitamin C (mg)	178		
	Vitamin A (IU)	4733		
	Sodium (mg)	1012		
WEDNESDAY	Calories per serving	764	% Cal.	
	Saturated fat (g)	6		
	Total Fat (g)	21	25%	
>JAMBALYA	Protein (g)	42	22%	
>BROWN RICE & RED PEPPE	Carbohydrates (g)	102	53%	
>BROCCOLI	Cholesterol (mg)	114		Fiber (g) 5
>CORN BREAD	Vitamin C (mg)	126		
>CHILLED PEARS	Vitamin A (IU)	4470		
	Sodium (mg)	662		
THURSDAY	Calories per serving	838	% Cal.	
	Saturated fat (g)	6		
>DILLED TUNA SALAD	Total Fat (g)	38	41%	
SANDWICH	Protein (g)	44	21%	
>LETTUCE AND TOMATO	Carbohydrates (g)	80	38%	
>GARBANZO & KIDNEY BEAN	Cholesterol (mg)	66		Fiber (g) 11
SLIVERED CARROTS BALSA	Vitamin C (mg)	34		
>WHEAT SANDWICH BUN	Vitamin A (IU)	10162		
>CHILLED PEACHES	Sodium (mg)	779		
FRIDAY	Calories per serving	730	% Cal.	
	Saturated fat (g)	3		
	Total Fat (g)	11	14%	
>CHICKEN MARBELLA	Protein (g)	43	24%	
>RICE FLORENTINE	Carbohydrates (g)	111	61%	
>COUNTRY BLEND	Cholesterol (mg)	74		Fiber (g) 13
>WHOLE WHEAT BREAD	Vitamin C (mg)	100		
>WHOLE ORANGE	Vitamin A (IU)	12371		
	Sodium (mg)	571		
Weeky avgs. per meal	Calories	765	% Cal.	
	Saturated fat (g)	6		
	Total Fat (g)	24	28%	
	Protein (g)	41	21%	
	Carbohydrates (g)	97	51%	
	Cholesterol (mg)	75		
	Vitamin C (mg)	112		
	Vitamin A (IU)	7392		
	Sodium (mg)	788		
	Fiber (g)	10		