Menu Report

Menu: Winter Week 1

Total Days: 5
Total Foods: 34
Avg. Daily Cals: 667.00

Day	Meal	Food	Amt/Portion	Protein	Fat	Chol	Sat Fat	Sodium	Vit C	Calcium	Vit D (ug)	Vit E (ATE)	Folate	Diet Fiber
Day 1				41.706	18.484	77.236	5.827	689.470	78.199	437.631	3.465	2.809	123.099	10.151
	Lunch													
		4 Chicken-Corn Casserole	0.500 CUP	22.086	5.467	58.583	1.371	227.247	11.455	51.427	0.181	0.584	32.680	1.597
		5 Creamier Mashed Potatoes	0.500 CUP	2.893	1.956	0.353	0.362	40.504	13.845	31.873	0.377	0.342	9.912	1.706
		110 Chicken Gravy	2.000 TBSP	0.922	1.153	0.000	0.226	24.038	0.089	3.079	0.090	0.143	1.234	0.056
		641 Green Peas, Frozen, Boiled, Drained	0.500 CUP	4.120	0.216	0.000	0.039	69.600	7.920	19.200	0.000	0.136	46.880	4.400
		5650 Mandarin Oranges, Canned in Juice	0.500 CUP	0.772	0.037	0.000	0.004	6.223	42.565	13.690	0.000	0.623	5.725	0.436
		4928 Whole Wheat Bread	1.000 SLICE	2.750	1.191	0.000	0.260	149.405	0.000	20.412		0.246	14.175	1.956
		116 Margarine, Soft	1.000 TSP	0.038	3.779	0.000	0.649	50.697	0.007	1.246	0.377	0.564	0.049	0.000
		51 Reduced Fat Milk, 2%	8.000 FL OZ	8.125	4.685	18.300	2.916	121.756	2.318	296.704	2.440	0.171	12.444	0.000
Day 2				37.269	21.478	73.502	7.861	699.744	59.959	571.564	4.368	3.275	110.458	12.840
	Lunch													
		2 Tasty Meat Loaf	3.000 OUNCE	16.292	8.215	53.085	3.307	154.449	4.197	33.688	0.194	0.563	13.447	1.402
		90 Tomato Sauce for Meat Loaf	2.000 TBSP	0.549	0.447	0.000	0.058	67.141	8.007	5.679	0.000	0.511	5.754	0.667
		3 Scalloped Potatoes with Parsley	0.500 CUP	7.752	2.565	2.117	0.570	151.346	24.116	173.650	1.357	0.440	30.613	2.284
		2725 Green Beans	0.750 CUP	1.502	0.099	0.000	0.021	4.950	13.448	30.525	0.000	0.338	30.112	2.805
		223 Apple	1.000 ITEM	0.262	0.497	0.000	0.080	0.000	7.866	9.660	0.000	0.442	3.864	3.726
		4928 Whole Wheat Bread	1.000 SLICE	2.750	1.191	0.000	0.260	149.405	0.000	20.412		0.246	14.175	1.956
		116 Margarine, Soft	1.000 TSP	0.038	3.779	0.000	0.649	50.697	0.007	1.246	0.377	0.564	0.049	0.000
		51 Reduced Fat Milk, 2%	8.000 FL OZ	8.125	4.685	18.300	2.916	121.756	2.318	296.704	2.440	0.171	12.444	0.000
Day 3				42.208	17.453	91.740	6.136	537.667	36.177	503.185	2.998	2.882	155.341	9.757
	Lunch													
		103 Roasted Beef - Round	3.000 OUNCE	26.101	5.370	73.440	1.872	59.162	0.212	10.858	0.000	0.134	7.914	0.183
		91 Orange - Glazed Sweet Potatoes	0.500 CUP	1.666	2.216	0.000	0.407	70.207	18.756	25.785	0.181	0.623	15.672	3.583

Day	Meal	Food	Amt/Portion	Protein	Fat	Chol	Sat Fat	Sodium	Vit C	Calcium	Vit D (ug)	Vit E (ATE)	Folate	Diet Fiber
		661 Spinach, Chopped, Frozen, Boiled, Drained	0.500 CUP	2.983	0.199	0.000	0.031	81.700	11.685	138.700	0.000	0.907	102.125	2.850
		978 Fruit Cocktail, Canned in Juice	0.500 CUP	0.545	0.012	0.000	0.001	4.740	3.199	9.480	0.000	0.237	2.962	1.185
		4928 Whole Wheat Bread	1.000 SLICE	2.750	1.191	0.000	0.260	149.405	0.000	20.412		0.246	14.175	1.956
		116 Margarine, Soft	1.000 TSP	0.038	3.779	0.000	0.649	50.697	0.007	1.246	0.377	0.564	0.049	0.000
		51 Reduced Fat Milk, 2%	8.000 FL OZ	8.125	4.685	18.300	2.916	121.756	2.318	296.704	2.440	0.171	12.444	0.000
Day 4				39.389	17.420	81.804	5.231	681.030	76.808	392.125	3.088	2.268	114.363	11.189
	Lunch													
		6 Seasoned Oven Baked Chicken	3.000 OUNCE	19.406	2.794	63.504	0.718	175.045	2.086	10.952	0.000	0.268	6.350	0.000
		1144 Potatoes, Baked	1.000 ITEM	4.646	0.202	0.000	0.053	16.160	26.058	20.200	0.000	0.101	22.220	4.848
		93 Seasoned Vegetable Medley	0.500 CUP	2.913	3.003	0.000	0.518	161.690	15.873	29.174	0.271	0.674	24.947	3.487
		25209 Orange Pineapple Gelatin	1.000 PIECE	1.511	1.766	0.000	0.117	6.277	30.466	13.437	0.000	0.244	34.178	0.898
		4928 Whole Wheat Bread	1.000 SLICE	2.750	1.191	0.000	0.260	149.405	0.000	20.412		0.246	14.175	1.956
		116 Margarine, Soft	1.000 TSP	0.038	3.779	0.000	0.649	50.697	0.007	1.246	0.377	0.564	0.049	0.000
		51 Reduced Fat Milk, 2%	8.000 FL OZ	8.125	4.685	18.300	2.916	121.756	2.318	296.704	2.440	0.171	12.444	0.000
Day 5				32.413	13.982	134.178	5.603	832.200	26.408	464.605	2.826	2.107	207.576	13.082
	Lunch													
		8 Bean Soup with Ham	1.000 CUP	11.659	1.984	6.373	0.707	208.550	5.215	80.358	0.000	0.406	133.915	6.619
		9 Egg Salad Sandwich on Whole Wheat Bread	1.000 ITEM	11.924	7.140	109.505	1.941	497.114	0.927	73.620	0.386	0.934	45.636	4.203
		94 Fruit Salad with Strawberries	0.500 CUP	0.705	0.173	0.000	0.039	4.780	17.948	13.923	0.000	0.596	15.581	2.260
		51 Reduced Fat Milk, 2%	8.000 FL OZ	8.125	4.685	18.300	2.916	121.756	2.318	296.704	2.440	0.171	12.444	0.000

Winter Week 1

Menu Nutrient Analysis
Company: West Virginia Bureau of Senior
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 34

Kcals / Day: 667
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	667.454	2000.000	33%
Protein (gm)	38.597	70.000	55%
Carbohydrate (gm)	92.632	300.000	31%
Fat, total (gm)	17.763	65.000	27%
Alcohol (gm)			
Cholesterol (mg)	91.692	300.000	31%
Saturated Fat (gm)	6.132	20.000	31%
Monounsaturated Fat (gm)	5.799	25.000	23%
Polyunsaturated Fat (gm)	3.966	20.000	20%
MFA 18:1, Oleic (gm)			
PFA 18:2, Linoleic (gm)			
PFA 18:3, Linolenic (gm)			
PFA 20:5, EPA (gm)			
PFA 22:6, DHA (gm)			
Sodium (mg)	688.022	2400.000	29%
Potassium (mg)	1793.834	3500.000	51%
Vitamin A (RE)	723.911	900.000	80%
Vitamin A (IU)	5824.366	4500.000	129%
Beta-Carotene (µg)			
Vitamin C (mg)	55.510	90.000	62%
Calcium (mg)	473.822	1200.000	39%
Iron (mg)	5.952	8.000	74%
Vitamin D (ug)	3.349	15.000	22%
Vitamin D (IU)	133.961	600.000	22%
Vitamin E	2.668	15.000	18%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.642	1.100	58%
Riboflavin (mg)	0.896	1.100	81%
Niacin (mg)	9.255	14.000	66%
Pyridoxine/Vit B6 (mg)	0.993	1.500	66%
Folate (µg)	142.167	400.000	36%
Cobalamin/Vit B12 (µg)	2.192	2.400	91%
Biotin (µg)	9.261	30.000	31%
Pantothenic Acid (mg)	2.542	5.000	51%
Vitamin K (µg)	20.382	90.000	23%
Phosphorus (mg)	665.407	700.000	95%
Iodine (µg)		150.000	
Magnesium (mg)	167.021	420.000	40%

Nutrient	Value	Goal	% Goal
Zinc (mg)	5.554	11.000	50%
Copper (mg)	0.721	0.900	80%
Manganese (mg)	2.033	2.300	88%
Selenium (mg)	0.048	0.055	87%
Fluoride (µg)	243.709	4.000	6093%
Chromium (mg)	0.023	30.000	0%
Molybdenum (µg)	20.614	45.000	46%
Dietary Fiber, total (gm)	11.404	25.000	46%
Soluble Fiber (gm)			
Insoluble Fiber (gm)			
Crude Fiber (gm)			
Sugar, total (gm)			
Glucose (gm)			
Galactose (gm)			
Fructose (gm)			
Sucrose (gm)			
Lactose (gm)			
Maltose (gm)			
Tryptophan (mg)			
Threonine (mg)			
Isoleucine (mg)			
Leucine (mg)			
Lysine (mg)			
Methionine (mg)			
Cystine (mg)			
Phenylalanine (mg)			
Tyrosine (mg)			
Valine (mg)			
Arginine (mg)			
Histidine (mg)			
Alanine (mg)			
Aspartic Acid (mg)			
Glutamic Acid (mg)			
Glycine (mg)			
Proline (mg)			
Serine (mg)			
Moisture (gm)			
Ash (gm)			
Caffeine (mg)			

Daily Average

% of Kcals

Protein	23%
Carbohydrate	54%
Fat, total	23%
Alcohol	0%

Exchanges

Bread/Starch	4.0
Fruit	1.0
Other Carbohydrate	
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	1.0
Meat - Very Lean	1.0
Meat - Lean	1.0
Meat - Medium Fat	
Meat - High Fat	
Fat	1.0

Winter Week 1

Menu Nutrient Analysis
Company: West Virginia Bureau of Senior
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 34

Kcals / Day: 667
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	662.431	2000.000	33%
Protein (gm)	41.706	70.000	60%
Carbohydrate (gm)	86.627	300.000	29%
Fat, total (gm)	18.484	65.000	28%
Alcohol (gm)			
Cholesterol (mg)	77.236	300.000	26%
Saturated Fat (gm)	5.827	20.000	29%
Monounsaturated Fat (gm)	6.009	25.000	24%
Polyunsaturated Fat (gm)	5.141	20.000	26%
MFA 18:1, Oleic (gm)			
PFA 18:2, Linoleic (gm)			
PFA 18:3, Linolenic (gm)			
PFA 20:5, EPA (gm)			
PFA 22:6, DHA (gm)			
Sodium (mg)	689.470	2400.000	29%
Potassium (mg)	1720.217	3500.000	49%
Vitamin A (RE)	414.191	900.000	46%
Vitamin A (IU)	2599.882	4500.000	58%
Beta-Carotene (µg)			
Vitamin C (mg)	78.199	90.000	87%
Calcium (mg)	437.631	1200.000	36%
Iron (mg)	5.068	8.000	63%
Vitamin D (ug)	3.465	15.000	23%
Vitamin D (IU)	138.615	600.000	23%
Vitamin E	2.809	15.000	19%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.771	1.100	70%
Riboflavin (mg)	0.866	1.100	79%
Niacin (mg)	13.447	14.000	96%
Pyridoxine/Vit B6 (mg)	1.036	1.500	69%
Folate (µg)	123.099	400.000	31%
Cobalamin/Vit B12 (µg)	1.367	2.400	57%
Biotin (µg)	5.349	30.000	18%
Pantothenic Acid (mg)	2.762	5.000	55%
Vitamin K (µg)	20.136	90.000	22%
Phosphorus (mg)	690.185	700.000	99%
Iodine (µg)		150.000	
Magnesium (mg)	154.374	420.000	37%

Nutrient	Value	Goal	% Goal
Zinc (mg)	5.106	11.000	46%
Copper (mg)	0.632	0.900	70%
Manganese (mg)	1.473	2.300	64%
Selenium (mg)	0.040	0.055	73%
Fluoride (µg)	80.861	4.000	2022%
Chromium (mg)	0.033	30.000	0%
Molybdenum (µg)	13.416	45.000	30%
Dietary Fiber, total (gm)	10.151	25.000	41%
Soluble Fiber (gm)			
Insoluble Fiber (gm)			
Crude Fiber (gm)			
Sugar, total (gm)			
Glucose (gm)			
Galactose (gm)			
Fructose (gm)			
Sucrose (gm)			
Lactose (gm)			
Maltose (gm)			
Tryptophan (mg)			
Threonine (mg)			
Isoleucine (mg)			
Leucine (mg)			
Lysine (mg)			
Methionine (mg)			
Cystine (mg)			
Phenylalanine (mg)			
Tyrosine (mg)			
Valine (mg)			
Arginine (mg)			
Histidine (mg)			
Alanine (mg)			
Aspartic Acid (mg)			
Glutamic Acid (mg)			
Glycine (mg)			
Proline (mg)			
Serine (mg)			
Moisture (gm)			
Ash (gm)			
Caffeine (mg)			

Day 1

% of Kcals

Protein	25%
Carbohydrate	51%
Fat, total	24%
Alcohol	0%

Exchanges

Bread/Starch	4.0
Fruit	1.0
Other Carbohydrate	
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	
Meat - Very Lean	2.5
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	2.0

Winter Week 1

Menu Nutrient Analysis
Company: West Virginia Bureau of Senior
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 34

Kcals / Day: 667
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	713.478	2000.000	36%
Protein (gm)	37.269	70.000	53%
Carbohydrate (gm)	97.902	300.000	33%
Fat, total (gm)	21.478	65.000	33%
Alcohol (gm)			
Cholesterol (mg)	73.502	300.000	25%
Saturated Fat (gm)	7.861	20.000	39%
Monounsaturated Fat (gm)	7.479	25.000	30%
Polyunsaturated Fat (gm)	3.997	20.000	20%
MFA 18:1, Oleic (gm)			
PFA 18:2, Linoleic (gm)			
PFA 18:3, Linolenic (gm)			
PFA 20:5, EPA (gm)			
PFA 22:6, DHA (gm)			
Sodium (mg)	699.744	2400.000	29%
Potassium (mg)	2164.170	3500.000	62%
Vitamin A (RE)	406.538	900.000	45%
Vitamin A (IU)	2281.402	4500.000	51%
Beta-Carotene (µg)			
Vitamin C (mg)	59.959	90.000	67%
Calcium (mg)	571.564	1200.000	48%
Iron (mg)	6.222	8.000	78%
Vitamin D (ug)	4.368	15.000	29%
Vitamin D (IU)	174.709	600.000	29%
Vitamin E	3.275	15.000	22%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.700	1.100	64%
Riboflavin (mg)	1.030	1.100	94%
Niacin (mg)	8.432	14.000	60%
Pyridoxine/Vit B6 (mg)	1.049	1.500	70%
Folate (µg)	110.458	400.000	28%
Cobalamin/Vit B12 (µg)	3.448	2.400	144%
Biotin (µg)	10.616	30.000	35%
Pantothenic Acid (mg)	2.575	5.000	52%
Vitamin K (µg)	46.339	90.000	51%
Phosphorus (mg)	739.739	700.000	106%
Iodine (µg)		150.000	
Magnesium (mg)	167.936	420.000	40%

Nutrient	Value	Goal	% Goal
Zinc (mg)	5.709	11.000	52%
Copper (mg)	0.754	0.900	84%
Manganese (mg)	1.772	2.300	77%
Selenium (mg)	0.046	0.055	84%
Fluoride (µg)	222.721	4.000	5568%
Chromium (mg)	0.026	30.000	0%
Molybdenum (µg)	22.054	45.000	49%
Dietary Fiber, total (gm)	12.840	25.000	51%
Soluble Fiber (gm)			
Insoluble Fiber (gm)			
Crude Fiber (gm)			
Sugar, total (gm)			
Glucose (gm)			
Galactose (gm)			
Fructose (gm)			
Sucrose (gm)			
Lactose (gm)			
Maltose (gm)			
Tryptophan (mg)			
Threonine (mg)			
Isoleucine (mg)			
Leucine (mg)			
Lysine (mg)			
Methionine (mg)			
Cystine (mg)			
Phenylalanine (mg)			
Tyrosine (mg)			
Valine (mg)			
Arginine (mg)			
Histidine (mg)			
Alanine (mg)			
Aspartic Acid (mg)			
Glutamic Acid (mg)			
Glycine (mg)			
Proline (mg)			
Serine (mg)			
Moisture (gm)			
Ash (gm)			
Caffeine (mg)			

Day 2

% of Kcals

Protein	20%
Carbohydrate	53%
Fat, total	26%
Alcohol	0%

Exchanges

Bread/Starch	3.0
Fruit	1.0
Other Carbohydrate	
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	1.5
Meat - Very Lean	
Meat - Lean	2.0
Meat - Medium Fat	
Meat - High Fat	
Fat	2.0

Winter Week 1

Menu Nutrient Analysis
Company: West Virginia Bureau of Senior
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 34

Kcals / Day: 667
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	632.101	2000.000	32%
Protein (gm)	42.208	70.000	60%
Carbohydrate (gm)	79.863	300.000	27%
Fat, total (gm)	17.453	65.000	27%
Alcohol (gm)			
Cholesterol (mg)	91.740	300.000	31%
Saturated Fat (gm)	6.136	20.000	31%
Monounsaturated Fat (gm)	5.972	25.000	24%
Polyunsaturated Fat (gm)	3.343	20.000	17%
MFA 18:1, Oleic (gm)			
PFA 18:2, Linoleic (gm)			
PFA 18:3, Linolenic (gm)			
PFA 20:5, EPA (gm)			
PFA 22:6, DHA (gm)			
Sodium (mg)	537.667	2400.000	22%
Potassium (mg)	1487.740	3500.000	43%
Vitamin A (RE)	1785.865	900.000	198%
Vitamin A (IU)	16654.910	4500.000	370%
Beta-Carotene (µg)			
Vitamin C (mg)	36.177	90.000	40%
Calcium (mg)	503.185	1200.000	42%
Iron (mg)	6.838	8.000	85%
Vitamin D (ug)	2.998	15.000	20%
Vitamin D (IU)	119.918	600.000	20%
Vitamin E	2.882	15.000	19%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.402	1.100	37%
Riboflavin (mg)	0.937	1.100	85%
Niacin (mg)	6.030	14.000	43%
Pyridoxine/Vit B6 (mg)	0.807	1.500	54%
Folate (µg)	155.341	400.000	39%
Cobalamin/Vit B12 (µg)	3.517	2.400	147%
Biotin (µg)	11.810	30.000	39%
Pantothenic Acid (mg)	2.005	5.000	40%
Vitamin K (µg)	1.799	90.000	2%
Phosphorus (mg)	615.964	700.000	88%
Iodine (µg)		150.000	
Magnesium (mg)	174.791	420.000	42%

Nutrient	Value	Goal	% Goal
Zinc (mg)	8.906	11.000	81%
Copper (mg)	0.642	0.900	71%
Manganese (mg)	2.501	2.300	109%
Selenium (mg)	0.053	0.055	96%
Fluoride (µg)	168.200	4.000	4205%
Chromium (mg)	0.007	30.000	0%
Molybdenum (µg)	38.583	45.000	86%
Dietary Fiber, total (gm)	9.757	25.000	39%
Soluble Fiber (gm)			
Insoluble Fiber (gm)			
Crude Fiber (gm)			
Sugar, total (gm)			
Glucose (gm)			
Galactose (gm)			
Fructose (gm)			
Sucrose (gm)			
Lactose (gm)			
Maltose (gm)			
Tryptophan (mg)			
Threonine (mg)			
Isoleucine (mg)			
Leucine (mg)			
Lysine (mg)			
Methionine (mg)			
Cystine (mg)			
Phenylalanine (mg)			
Tyrosine (mg)			
Valine (mg)			
Arginine (mg)			
Histidine (mg)			
Alanine (mg)			
Aspartic Acid (mg)			
Glutamic Acid (mg)			
Glycine (mg)			
Proline (mg)			
Serine (mg)			
Moisture (gm)			
Ash (gm)			
Caffeine (mg)			

Day 3

% of Kcals

Protein	26%
Carbohydrate	49%
Fat, total	24%
Alcohol	0%

Exchanges

Bread/Starch	2.5
Fruit	2.0
Other Carbohydrate	
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	1.0
Meat - Very Lean	
Meat - Lean	3.0
Meat - Medium Fat	
Meat - High Fat	
Fat	1.0

Winter Week 1

Menu Nutrient Analysis
Company: West Virginia Bureau of Senior
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 34

Kcals / Day: 667
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	726.202	2000.000	36%
Protein (gm)	39.389	70.000	56%
Carbohydrate (gm)	106.457	300.000	35%
Fat, total (gm)	17.420	65.000	27%
Alcohol (gm)			
Cholesterol (mg)	81.804	300.000	27%
Saturated Fat (gm)	5.231	20.000	26%
Monounsaturated Fat (gm)	5.363	25.000	21%
Polyunsaturated Fat (gm)	5.296	20.000	26%
MFA 18:1, Oleic (gm)			
PFA 18:2, Linoleic (gm)			
PFA 18:3, Linolenic (gm)			
PFA 20:5, EPA (gm)			
PFA 22:6, DHA (gm)			
Sodium (mg)	681.030	2400.000	28%
Potassium (mg)	2304.978	3500.000	66%
Vitamin A (RE)	693.918	900.000	77%
Vitamin A (IU)	5590.633	4500.000	124%
Beta-Carotene (µg)			
Vitamin C (mg)	76.808	90.000	85%
Calcium (mg)	392.125	1200.000	33%
Iron (mg)	5.835	8.000	73%
Vitamin D (ug)	3.088	15.000	21%
Vitamin D (IU)	123.538	600.000	21%
Vitamin E	2.268	15.000	15%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.679	1.100	62%
Riboflavin (mg)	0.764	1.100	69%
Niacin (mg)	13.210	14.000	94%
Pyridoxine/Vit B6 (mg)	1.430	1.500	95%
Folate (µg)	114.363	400.000	29%
Cobalamin/Vit B12 (µg)	1.234	2.400	51%
Biotin (µg)	6.266	30.000	21%
Pantothenic Acid (mg)	3.351	5.000	67%
Vitamin K (µg)	23.419	90.000	26%
Phosphorus (mg)	645.047	700.000	92%
Iodine (µg)		150.000	
Magnesium (mg)	171.436	420.000	41%

Nutrient	Value	Goal	% Goal
Zinc (mg)	4.140	11.000	38%
Copper (mg)	0.938	0.900	104%
Manganese (mg)	1.980	2.300	86%
Selenium (mg)	0.042	0.055	76%
Fluoride (µg)	638.200	4.000	15955%
Chromium (mg)	0.040	30.000	0%
Molybdenum (µg)	11.300	45.000	25%
Dietary Fiber, total (gm)	11.189	25.000	45%
Soluble Fiber (gm)			
Insoluble Fiber (gm)			
Crude Fiber (gm)			
Sugar, total (gm)			
Glucose (gm)			
Galactose (gm)			
Fructose (gm)			
Sucrose (gm)			
Lactose (gm)			
Maltose (gm)			
Tryptophan (mg)			
Threonine (mg)			
Isoleucine (mg)			
Leucine (mg)			
Lysine (mg)			
Methionine (mg)			
Cystine (mg)			
Phenylalanine (mg)			
Tyrosine (mg)			
Valine (mg)			
Arginine (mg)			
Histidine (mg)			
Alanine (mg)			
Aspartic Acid (mg)			
Glutamic Acid (mg)			
Glycine (mg)			
Proline (mg)			
Serine (mg)			
Moisture (gm)			
Ash (gm)			
Caffeine (mg)			

Day 4

% of Kcals

Protein	21%
Carbohydrate	58%
Fat, total	21%
Alcohol	0%

Exchanges

Bread/Starch	5.5
Fruit	
Other Carbohydrate	1.0
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	3.0
Meat - Very Lean	
Meat - Lean	2.0
Meat - Medium Fat	
Meat - High Fat	
Fat	1.0

Winter Week 1

Menu Nutrient Analysis
Company: West Virginia Bureau of Senior
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 5
Foods: 34

Kcals / Day: 667
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	603.058	2000.000	30%
Protein (gm)	32.413	70.000	46%
Carbohydrate (gm)	92.312	300.000	31%
Fat, total (gm)	13.982	65.000	22%
Alcohol (gm)			
Cholesterol (mg)	134.178	300.000	45%
Saturated Fat (gm)	5.603	20.000	28%
Monounsaturated Fat (gm)	4.170	25.000	17%
Polyunsaturated Fat (gm)	2.052	20.000	10%
MFA 18:1, Oleic (gm)			
PFA 18:2, Linoleic (gm)			
PFA 18:3, Linolenic (gm)			
PFA 20:5, EPA (gm)			
PFA 22:6, DHA (gm)			
Sodium (mg)	832.200	2400.000	35%
Potassium (mg)	1292.067	3500.000	37%
Vitamin A (RE)	319.041	900.000	35%
Vitamin A (IU)	1995.006	4500.000	44%
Beta-Carotene (µg)			
Vitamin C (mg)	26.408	90.000	29%
Calcium (mg)	464.605	1200.000	39%
Iron (mg)	5.796	8.000	72%
Vitamin D (ug)	2.826	15.000	19%
Vitamin D (IU)	113.026	600.000	19%
Vitamin E	2.107	15.000	14%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.657	1.100	60%
Riboflavin (mg)	0.882	1.100	80%
Niacin (mg)	5.156	14.000	37%
Pyridoxine/Vit B6 (mg)	0.641	1.500	43%
Folate (µg)	207.576	400.000	52%
Cobalamin/Vit B12 (µg)	1.394	2.400	58%
Biotin (µg)	12.263	30.000	41%
Pantothenic Acid (mg)	2.019	5.000	40%
Vitamin K (µg)	10.216	90.000	11%
Phosphorus (mg)	636.102	700.000	91%
Iodine (µg)		150.000	
Magnesium (mg)	166.568	420.000	40%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.908	11.000	36%
Copper (mg)	0.637	0.900	71%
Manganese (mg)	2.437	2.300	106%
Selenium (mg)	0.061	0.055	111%
Fluoride (µg)	108.563	4.000	2714%
Chromium (mg)	0.009	30.000	0%
Molybdenum (µg)	17.717	45.000	39%
Dietary Fiber, total (gm)	13.082	25.000	52%
Soluble Fiber (gm)			
Insoluble Fiber (gm)			
Crude Fiber (gm)			
Sugar, total (gm)			
Glucose (gm)			
Galactose (gm)			
Fructose (gm)			
Sucrose (gm)			
Lactose (gm)			
Maltose (gm)			
Tryptophan (mg)			
Threonine (mg)			
Isoleucine (mg)			
Leucine (mg)			
Lysine (mg)			
Methionine (mg)			
Cystine (mg)			
Phenylalanine (mg)			
Tyrosine (mg)			
Valine (mg)			
Arginine (mg)			
Histidine (mg)			
Alanine (mg)			
Aspartic Acid (mg)			
Glutamic Acid (mg)			
Glycine (mg)			
Proline (mg)			
Serine (mg)			
Moisture (gm)			
Ash (gm)			
Caffeine (mg)			

Day 5

% of Kcals

Protein	21%
Carbohydrate	59%
Fat, total	20%
Alcohol	0%

Exchanges

Bread/Starch	4.0
Fruit	1.0
Other Carbohydrate	
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	
Meat - Very Lean	1.0
Meat - Lean	
Meat - Medium Fat	1.0
Meat - High Fat	
Fat	1.0

Recipe Report - Chicken-Corn Casserole

Food ID: 4 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 203 No. Ingredients: 11
Source: Custom

Preparation

Baked
Preparation Time: 0
Cooking Time: 0 hrs. 45 min.
Cooking Temp: 350 deg F

Ingredient	Amt	Portion
Chicken-Corn Casserole		
Chicken, Meat Only, Raw	18.000	POUND
Onion, Whole, Frozen	8.000	OUNCE
Green Bell or Sweet Pepper	10.000	OUNCE
Celery, Diced	8.500	OUNCE
Margarine, Soft	1.000	CUP
All Purpose Wheat Flour, White, Bleached, Enriched	12.000	OUNCE
Ground Black Pepper	2.000	TSP
Low Sodium Chicken Broth, Canned	1.250	GALLON
Sweet Corn, Frozen Kernels	13.000	POUND
Low Fat Cheddar or Colby Cheese	1.500	POUND
Plain Bread Crumbs	7.500	OUNCE

Instructions:

For 100 servings: Boil chicken until tender in enough water to cover. Broth will be used in recipe. Cook onions, green peppers, and celery in margarine until tender. Stir in flour and pepper. Gradually stir in chicken broth. Cook, stirring constantly, until thickened. Mix hot mixture with corn, chicken, and cheese. Pour into 4 baking pans (12"x20"), about 3-1/2 qt or 7 lb 12 oz per pan. Sprinkle breadcrumbs evenly over mixture in pans, about 2-3/4 oz per pan. Bake at 350 degrees F for 45 minutes or until bubbly and crumbs are lightly browned. Serving size: 1/2 cup or about 5 oz weight. Variation: Use turkey broth and cooked turkey in place of chicken broth and cooked chicken.

Recipe Report - Creamier Mashed Potatoes

Food ID: 5 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 107 No. Ingredients: 3
Source: Custom

Preparation

Cooked
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Creamier Mashed Potatoes		
Potatoes, Flesh and Skin, Large	23.500	POUND
Nonfat, Skim or Fat Free Milk	2.000	QUART
Margarine, Soft	1.000	CUP

Instructions:

Boil potatoes until tender. Drain. Mash potatoes in mixer until smooth. Gradually add enough milk to moisten. Add margarine. Mix well. Mix on high speed until potatoes are light and fluffy. Serving size: 1/2 c

Recipe Report - Chicken Gravy

Food ID: 110 Portion/Amount: 2.00 TBSP Servings: 100.00 Kcals / Serving: 19 No. Ingredients: 4
Source: Custom

Preparation

None
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Chicken Gravy		
Low Sodium Beef Broth or Consomme, Canned	1.000	GALLON
Margarine, Soft	0.500	CUP
All Purpose Wheat Flour, White, Bleached, Enriched	1.000	CUP
Dried Parsley	0.500	CUP

Instructions:

Instructions..Bring chicken broth to a boil. In a separate container, melt margarine. Add flour and parsley. Cook over low heat 3-5 minutes, stirring constantly. Add hot broth to flour mixture stirring constantly. Bring to a boil. Makes 100 servings - about 2 tablespoons each.

Recipe Report - Tasty Meat Loaf

Food ID: 2 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 175 No. Ingredients: 16
Source: Custom

Preparation

Baked
Preparation Time: 0
Cooking Time: 1 hrs. 15 min.
Cooking Temp: 350 deg F

Ingredient	Amt	Portion
Tasty Meat Loaf		
Tomato Paste, Canned	1.750	POUND
Tap Water	2.000	CUP
Beef Broth Bouillon and Consomme, Condensed, Prepared with Water	1.000	QUART
Instant Nonfat Dry Milk with Added Vitamin A	4.500	OUNCE
Beef Flank, Choice, Separable Lean and Fat, 0in. Fat, Raw	15.000	POUND
Quick Oatmeal, Dry	1.750	POUND
Egg, Raw	14.500	OUNCE
Onions, Chopped	1.000	POUND
Celery, Diced	1.000	POUND
Dried Parsley	0.500	CUP
Ground Black Pepper	1.000	TBSP
Garlic Powder	2.000	TBSP
Ground Basil	1.500	TSP
Ground Oregano	1.500	TSP
Dried Marjoram	1.000	TSP
Ground Thyme	0.250	TSP

Instructions:

For 100 servings: Combine tomato paste, water, stock, and dry milk in mixer for 2 minutes on medium speed. Grind flank steak or use ground beef that is 90% lean or 10% fat. Add ground beef, oats, eggs, onions, celery, parsley flakes, pepper, garlic powder, and seasonings. Mix on low speed for 3 minutes or until blended. Do not over-mix. Place mixture into each of 2 steam table pans (12"x20"x2-1/2"). Press mixture into steam table pans. Smooth top. Separate mixture down the middle lengthwise into 2 equal loaves. Bake in a conventional oven at 350 degrees F for 1-1/4 - 1-1/2 hours. Drain fat from pans. Let meat loaf stand 20 minutes. Slice each loaf into 25 slices,

approximately 3/4" thick or 3 oz..

Recipe Report - Tomato Sauce for Meat Loaf

Food ID: 90 Portion/Amount: 2.00 TBSP Servings: 128.00 Kcals / Serving: 16 No. Ingredients: 12
Source: Custom

Preparation

Simmered
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Tomato Sauce for Meat Loaf		
Corn Oil	3.000	TBSP
Onions, Chopped	13.500	OUNCE
Tomato Paste, Canned	2.313	POUND
Red Tomato	6.375	POUND
Tap Water	2.000	CUP
Ground Black Pepper	0.500	TSP
Dried Parsley	0.250	CUP
Garlic Powder	1.000	TBSP
Ground Basil	1.000	TSP
Ground Oregano	1.000	TSP
Dried Marjoram	0.750	TSP
Ground Thyme	0.250	TSP

Instructions:

Heat oil. Add onions and cook approximately 5 minutes. Add tomato paste, canned tomatoes, water, pepper, parsley flakes, garlic powder, and seasonings. Mix well and bring to boil. Reduce heat and simmer, uncovered, 25-30 minutes. Serve over MEAT LOAF, MEAT BALLS, or SALISBURY STEAK. Serving size: 2 T.

Recipe Report - Scalloped Potatoes with Parsley

Food ID: 3 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 191 No. Ingredients: 8
Source: Custom

Preparation

Baked
Preparation Time: 0
Cooking Time: 0 hrs. 45 min.
Cooking Temp: deg F

Ingredient	Amt	Portion
Scalloped Potatoes with Parsley		
Potatoes, Flesh and Skin, Medium	25.000	POUND
Margarine, Soft	1.000	CUP
Onions, Chopped	1.750	POUND
All Purpose Wheat Flour, White, Bleached, Enriched	13.500	OUNCE
Nonfat, Skim or Fat Free Milk	3.000	GALLON
Ground Black Pepper	1.000	TBSP
Dried Parsley	1.000	CUP
Plain Bread Crumbs	1.500	POUND

Instructions:

For 100 servings: Wash potatoes well and slice. Place potatoes into each of 4 steam table pans (12"x20"x2-1/2"), which have been lightly sprayed with Pam. Set aside. Melt margarine. Add onions and cook over medium heat for 5-10 minutes. Blend in flour and cook over medium heat, stirring constantly until golden brown, 6-8 minutes. Slowly stir in milk, pepper, and parsley flakes. Blend well and cook over medium heat, stirring frequently until slightly thickened, 10-15 minutes. Pour 3 qt liquid mixture over potatoes in each pan. Stir to combine. Sprinkle bread crumbs evenly over each pan, approximately 8 oz (1 2/3 cups) per pan. Bake in a conventional oven at 350 degrees F for 45-60 minutes until evenly golden brown on top. Hold for 30 minutes on a 180-190 degree F steam table to allow sufficient time for mixture to set up properly. Portion with No.8 scoop (1/2 cup).

Recipe Report - Roasted Beef - Round

Food ID: 103 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 161 No. Ingredients: 3
Source: Custom

Preparation

Roasted
Preparation Time: 0
Cooking Time: 3 hrs. 15 min.
Cooking Temp: 325 deg F

Ingredient	Amt	Portion
Roasted Beef - Round		
Beef Round Tip, Separable Lean, 0in. Fat, Roasted	20.000	POUND
Ground Black Pepper	0.340	CUP
Ground Basil	0.340	CUP

Instructions:

For 100 servings: Rub outside of meat with pepper and basil. Place roasts on racks in shallow open roasting pans. Allow space in pans between roasts. Insert a meat thermometer into the center of the smallest roast so the tip is not touching bone, fat, or gristle. Roast at 325 degrees F until the thermometer reads 160 degrees F (approximate roasting time 3-1/4 to 4 hr). Remove roast from pan. Move thermometer to the next larger roast; follow this procedure until all the meat is cooked. Let roasts stand 15 to 20 minutes; then slice and serve immediately to insure highest quality. Serving size: 3 ounces.

Recipe Report - Orange - Glazed Sweet Potatoes

Food ID: 91 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 165 No. Ingredients: 7
Source: Custom

Preparation

Baked
Preparation Time: 0
Cooking Time: 0 hrs. 20 min.
Cooking Temp: 375 deg F

Ingredient	Amt	Portion
Orange - Glazed Sweet Potatoes		
Sweet Potato, Canned with Syrup, Drained	25.000	POUND
Margarine, Soft	1.000	CUP
Brown Sugar, Packed	10.500	OUNCE
Orange Juice, Frozen Concentrate	1.500	CUP
Ground Nutmeg	2.000	TSP
Ground Cinnamon	2.000	TSP
Raisins, Seedless	10.000	OUNCE

Instructions:

For 100 servings: drain sweet potatoes, reserving 2 c liquid. Set aside. Place sweet potatoes into each of 4steam table pans (12"x20"x2-1/2"). For glaze: Combine margarine, brown sugar, undiluted orange juice concentrate, sweet potato liquid, nutmeg, and cinnamon. Stir to blend. Bring to boil. Remove from heat. Add raisins. Pour equal amounts of glaze over each pan of sweet potatoes. Bake in a conventional oven at 375 degrees F for 20-30 minutes.

Recipe Report - Seasoned Oven Baked Chicken

Food ID: 6 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 108 No. Ingredients: 3
Source: Custom

Preparation

Baked
Preparation Time: 0
Cooking Time: 1 hrs. 30 min.
Cooking Temp: 400 deg F

Ingredient	Amt	Portion
Seasoned Oven Baked Chicken		
Chicken, Meat Only, Raw	20.000	POUND
LAWRY'S Salt Free 17 Season Seasoning	1.000	CUP
Table Salt	1.500	TBSP

Instructions:

Wash chicken pieces; drain. Place 1 layer deep on sheet pans. Mix salt with seasoning powder. Sprinkle seasoning mix on chicken. Bake at 400 degrees F for 1-1/2 hours or until chicken is tender and golden brown. Serving size: 1 piece, approx 3 oz.

Recipe Report - Seasoned Vegetable Medley

Food ID: 93 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 75 No. Ingredients: 8
Source: Custom

Preparation

Cooked
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Seasoned Vegetable Medley		
Green Peas, Frozen	7.500	POUND
Green Beans, Frozen	5.000	POUND
Carrots, Frozen	5.000	POUND
Cauliflower, Frozen	5.000	POUND
Tap Water	2.000	QUART
Table Salt	1.000	TBSP
Margarine, Soft	1.500	CUP
Cornstarch	2.250	OUNCE
Tap Water	1.000	CUP
Tap Water	2.000	QUART

Instructions:

For 100 servings: cook vegetables in 2 qt boiling water until tender, about 10 minutes. Drain vegetables; save cooking liquid. Add salt and margarine to vegetable liquid and additional water to make 2 quarts total. Heat to boiling. Mix cornstarch with cold water. Gradually stir into boiling liquid mixture. Cook, stirring constantly, until thickened. Pour sauce over cooked vegetables. Serving size: 1/2 c

Recipe Report - Orange Pineapple Gelatin

Food ID: 25209 Portion/Amount: 1.00 PIECE Servings: 100.00 Kcals / Serving: 99 No. Ingredients: 7
Source: FDB

Preparation

Chilled
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Orange Pineapple Gelatin		
Tap Water	1.000	QUART
Dessert Gelatin Mix	6.000	OUNCE
White Granulated Sugar	10.500	OUNCE
Pineapple, Canned in Juice	6.688	POUND
Orange Juice, Unsweetened, Prepared from Frozen Concentrate	1.750	GALLON
Applesauce, Unsweetened, Canned	6.750	POUND
Dried Black Walnuts, Chopped	10.500	OUNCE

Instructions:

For 100 servings: combine water, gelatin, and sugar. Cook over medium heat, stirring frequently until sugar and gelatin dissolve, 2-3 minutes. Remove from heat. Drain pineapple, reserving 1 qt juice. Stir orange juice and pineapple liquid into gelatin mixture. Chill until mixture begins to thicken, approximately 30 minutes. Fold in pineapple, applesauce, and nuts. Pour 7 lb 12 oz (3 qt 1-1/2 c) of fruited gelatin into each of 4 steam table pans (12"x20"x2-1/2"). Refrigerate overnight or until set. Cut each pan 5x5 (25 portions per pan).

Recipe Report - Bean Soup with Ham

Food ID: 8 Portion/Amount: 1.00 CUP Servings: 100.00 Kcals / Serving: 179 No. Ingredients: 11
Source: Custom

Preparation

Simmered
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Bean Soup with Ham		
CAMPBELL'S RTS Low Sodium Chicken Broth	2.000	GALLON
Tap Water	2.500	GALLON
Navy Beans, Boiled	20.250	POUND
Tomato Paste, Canned	3.000	CUP
Onions, Chopped	1.750	POUND
Celery, Diced	13.000	OUNCE
Carrots	13.000	OUNCE
Ground Black Pepper	2.000	TSP
Dried Parsley	0.500	CUP
Ham, Cured, Boneless, Extra Lean and Regular	2.000	POUND
All Purpose Wheat Flour, White, Bleached, Enriched	9.000	OUNCE
Tap Water	2.000	CUP

Instructions:

Combine stock, water, beans, tomato paste, onions, celery, carrots, pepper, parsley flakes, and ham. Bring to boil. (If desired, liquid from cooked beans may be used as part of the stock.) Reduce heat. Cover. Simmer for 20 minutes or until vegetables are tender. Combine flour and water. Mix until smooth. Add flour & water mixture to stock. Stir well and cook over medium heat until thickened, 10-12 minutes. Pour into serving pans. Portion with 8-oz ladle (1 cup).

Recipe Report - Egg Salad Sandwich on Whole Wheat Bread

Food ID: 9 Portion/Amount: 1.00 ITEM Servings: 100.00 Kcals / Serving: 224 No. Ingredients: 9
Source: Custom

Preparation

Mixed
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Egg Salad Sandwich on Whole Wheat Bread		
Hard Boiled Egg	50.000	ITEM
Low Fat Cottage Cheese, 2% Fat	5.000	POUND
Onions, Chopped	1.000	POUND
Celery, Diced	1.813	POUND
Ground Black Pepper	1.000	TBSP
MC CORMICK Ground Mustard Flour	1.000	TBSP
KRAFT Light Mayonnaise	2.000	CUP
Sweet Pickle Relish	1.063	POUND
Whole Wheat Bread	200.000	SLICE

Instructions:

Finely chop eggs. Drain cottage cheese well. Combine eggs, cottage cheese, onions, celery, pepper, dry mustard, mayonnaise, and pickle relish. Mix lightly until well blended. Cover. Refrigerate until ready to use. Portion out 1/4 cup on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until ready to serve.

Recipe Report - Fruit Salad with Strawberries

Food ID: 94 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 79 No. Ingredients: 6
Source: Custom

Preparation

Mixed
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Amt	Portion
Fruit Salad with Strawberries		
Pineapple, Canned in Juice	106.000	OUNCE
Peach Halves, Canned in Light Syrup	106.000	OUNCE
Pear Halves, Canned in Light Syrup	105.000	OUNCE
Strawberries, Unsweetened, Frozen	5.000	QUART
Banana	3.813	POUND
Iceberg Lettuce Leaves	100.000	PIECE

Instructions:

Drain canned fruits. Reserve some of pineapple juice to moisten salad. Dice pears. Mix fruits together gently. Add pineapple juice to keep bananas from turning brown. Chill. Portion with No. 8 scoop onto crisp lettuce leaves.
Serving size: 1/2 cup.