

Menu Report

Menu: Thanksgiving Day

Total Days: 1

Total Foods: 9

Avg. Daily Cals: 881.00

Day	Meal	Food	Amt/Portion	Wt
Day 1				879.719
		60 Roast Turkey Breast	3.000 OUNCE	86.760
		124 Fresh Cranberry Sauce	0.250 CUP	52.674
		61 Cornbread Stuffing	0.500 CUP	129.057
		116 Pan Giblet Gravy	0.250 CUP	47.188
		129 Broccoli and Onion Au Gratin	0.500 CUP	140.567
		127 Company Pumpkin Pie	1.000 SLICE	137.276
		128 Whole Wheat Roll	1.000 ITEM	37.498
		116 Margarine, Soft	1.000 TSP	4.700
		51 Reduced Fat Milk, 2%	8.000 FL OZ	244.000

Thanksgiving Day

Menu Nutrient Analysis

Goal: DRI: RDA/AI-MALE-70+ YEARS

Company:

Days: 1

Kcals / Day: 881

Cycle Length: 1 week

Foods: 9

Feeding Figure: 100

Nutrient	Value	Goal	% Goal	Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	880.784	2000.000	44%	Zinc (mg)	4.466	11.000	41%
Protein (gm)	49.954	70.000	71%	Copper (mg)	0.456	0.900	51%
Carbohydrate (gm)	111.941	300.000	37%	Manganese (mg)	1.469	2.300	64%
Fat, total (gm)	27.697	65.000	43%	Selenium (mg)	0.064	0.055	116%
Alcohol (gm)				Fluoride (µg)	123.453	4.000	3086%
Cholesterol (mg)	95.521	300.000	32%	Chromium (mg)	0.017	30.000	0%
Saturated Fat (gm)	7.259	20.000	36%	Molybdenum (µg)	26.026	45.000	58%
Monounsaturated Fat (gm)	8.721	25.000	35%	Dietary Fiber, total (gm)	10.624	25.000	42%
Polyunsaturated Fat (gm)	9.657	20.000	48%	Soluble Fiber (gm)			
MFA 18:1, Oleic (gm)				Insoluble Fiber (gm)			
PFA 18:2, Linoleic (gm)				Crude Fiber (gm)			
PFA 18:3, Linolenic (gm)				Sugar, total (gm)			
PFA 20:5, EPA (gm)				Glucose (gm)			
PFA 22:6, DHA (gm)				Galactose (gm)			
Sodium (mg)	992.649	2400.000	41%	Fructose (gm)			
Potassium (mg)	1736.212	3500.000	50%	Sucrose (gm)			
Vitamin A (RE)	1600.502	900.000	178%	Lactose (gm)			
Vitamin A (IU)	13346.809	4500.000	297%	Maltose (gm)			
Beta-Carotene (µg)				Tryptophan (mg)			
Vitamin C (mg)	57.098	90.000	63%	Threonine (mg)			
Calcium (mg)	582.542	1200.000	49%	Isoleucine (mg)			
Iron (mg)	6.878	8.000	86%	Leucine (mg)			
Vitamin D (ug)	4.782	15.000	32%	Lysine (mg)			
Vitamin D (IU)	191.262	600.000	32%	Methionine (mg)			
Vitamin E	5.931	15.000	40%	Cystine (mg)			
Vitamin E (IU)				Phenylalanine (mg)			
Alpha-Tocopherol (mg)				Tyrosine (mg)			
Thiamin (mg)	0.731	1.100	66%	Valine (mg)			
Riboflavin (mg)	1.200	1.100	109%	Arginine (mg)			
Niacin (mg)	11.430	14.000	82%	Histidine (mg)			
Pyridoxine/Vit B6 (mg)	0.979	1.500	65%	Alanine (mg)			
Folate (µg)	156.538	400.000	39%	Aspartic Acid (mg)			
Cobalamin/Vit B12 (µg)	2.924	2.400	122%	Glutamic Acid (mg)			
Biotin (µg)	9.412	30.000	31%	Glycine (mg)			
Pantothenic Acid (mg)	3.247	5.000	65%	Proline (mg)			
Vitamin K (µg)	259.784	90.000	289%	Serine (mg)			
Phosphorus (mg)	800.721	700.000	114%	Moisture (gm)			
Iodine (µg)		150.000		Ash (gm)			
Magnesium (mg)	143.419	420.000	34%	Caffeine (mg)			

Daily Average

% of Kcals

Protein	22%
Carbohydrate	50%
Fat, total	28%
Alcohol	0%

Exchanges

Bread/Starch	1.0
Fruit	
Other Carbohydrate	2.5
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	2.0
Meat - Very Lean	
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	1.5



Recipe Report - Roast Turkey Breast

Food ID: 60 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 96 No. Ingredients: 2
 Source: Custom

Preparation

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

Ingredient	Kcal	Wt
Roast Turkey Breast	9566.424	8676.000
19 POUND Fryer Roaster Turkey Breast, Meat Only, Raw	9566.424	8618.400
.5 CUP LAWRY'S Salt Free 17 Season Seasoning	0.000	57.600

Instructions:

Instructions...Remove skin if still attached. Sprinkle seasoning powder over turkey breast meat. May use your own mixture of salt free seasoning (garlic powder, onion powder, pepper) to season turkey. Place turkey breasts in non stick baking pans. Do not cover. Insert meat thermometer into thickest part of meat. Bake at 375 degrees to internal temperature of 180 degrees. If turkey begins to get too brown, cover with aluminum foil.



Recipe Report - Fresh Cranberry Sauce

Food ID: 124 Portion/Amount: 0.25 CUP Servings: 100.00 Kcals / Serving: 77 No. Ingredients: 3
Source: Custom

Preparation

None

Preparation Time: 0

Cooking Time:

Cooking Temp: deg F

Ingredient	Wt
Fresh Cranberry Sauce	5267.400
5 POUND High Bush Cranberries	2268.000
4 POUND White Granulated Sugar	1814.400
5 CUP Tap Water	1185.000

Instructions:

Instructions...

Wash cranberries and remove stems. Combine all ingredients and bring to a boil. Boil gently until cranberries pop. Chill. Serve 1/4 cup.

For diabetics, may substitute sugar with Splenda in equal volume.



Recipe Report - Corn Bread

Food ID: 132
Source: Custom

Portion/Amount: 1.00 PIECE

Servings: 100.00

Kcals / Serving: 127

No. Ingredients: 8

Preparation

Baked

Preparation Time: 0

Cooking Time: 0 hrs. 25 min.

Cooking Temp: 425 deg F

Ingredient	Wt
Corn Bread	5218.416
2 qt (2 lb 3 1/2 oz) flour	1006.539
2 qt (2 lb 11 oz) cornmeal	1219.277
1/2 cup (3 oz) baking powder	85.050
1 1/3 cups (9 1/4 oz) sugar	262.237
2 tsp salt	12.000
14.000 OUNCE Egg Substitute, Liquid	396.900
2 qt skim milk	1960.000
1 1/3 cups (9 3/4 oz) oil	276.413

Instructions:

For 100 servings: mix flour, cornmeal, baking powder, sugar, and salt thoroughly. Mix egg substitute, milk, and oil. Add to dry ingredients, stirring only until dry ingredients are moistened; batter will be lumpy. Pour into 2 greased baking pans (about 12 by 20 inches), about 2 1/2 quarts or 5 pounds 11 ounces batter per pan. Bake at 425 degrees F for 25 to 30 minutes or until lightly browned. Serving size: 1 piece, about 2"x2".



Recipe Report - Cornbread Stuffing

Food ID: 61 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 134 No. Ingredients: 7
 Source: Custom

Preparation

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

Ingredient	Wt
Cornbread Stuffing	12905.699
.5 CUP Margarine, Soft	112.800
2 POUND Onions, Chopped	907.200
3 POUND Celery, Diced	1360.800
7 POUND Corn Bread	3175.200
3.5 POUND Whole Wheat Bread	1587.600
6 QUART Low Sodium Chicken Broth, Canned	5760.000
1.000 TBSP Ground Sage	2.100

Instructions:

Instructions...Saute onions and celery in margarine until tender. May add water if it begins to stick. Add cornbread (made day before) and bread (day old) to sauteed vegetables. Combine chicken broth and sage. Pour over bread mixture. Stir to moisten. Place dressing in baking pans sprayed with Pam. Bake at 375 degrees F for 20-30 minutes or until hot and lightly browned. Serve with #8 dipper for 1/2 cup serving.



Recipe Report - Pan Giblet Gravy

Food ID: 116
Source: Custom

Portion/Amount: 0.25 CUP

Servings: 100.00

Kcals / Serving: 35

No. Ingredients: 5

Preparation

None

Preparation Time: 0

Cooking Time:

Cooking Temp: deg F

Ingredient	Wt
Pan Giblet Gravy	4718.800
.75 CUP Canola Oil	163.200
2 CUP All Purpose Wheat Flour, White, Bleached, Enriched, Sifted	230.000
.5 GALLON Low Sodium Chicken Broth, Canned	1920.000
.5 GALLON Chicken Broth, Condensed, Prepared with Water	1952.000
1 POUND Turkey Giblets, Simmered	453.600

Instructions:

Instructions...

Add flour to fat and blend. Add broth slowly, stirring constantly. Place over medium heat and stir until mixture starts to thicken. Add precooked chopped giblets, blend. Heat to serving temperature. Serving size 1/4 cup.



Recipe Report - Broccoli and Onion Au Gratin

Food ID: 129 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 84 No. Ingredients: 7
Source: Custom

Preparation

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

Ingredient	Wt
Broccoli and Onion Au Gratin	14056.681
20 lb frozen broccoli spears	7815.680
3 qt (3 lb 9 oz) frozen pearl onions	1445.850
1.000 CUP Margarine, Soft	225.600
2 cups (9 oz) flour	255.150
1 tsp white pepper	2.400
1 gal skim milk	3920.000
14 OUNCE KRAFT 2% Milk Natural Reduced Fat Cheddar Cheese, Sharp	392.000

Instructions:

For 100 servings: Cook broccoli and onions in 2 qt boiling water until tender. Drain. Place cooked vegetables in 4 baking pans (12"x20"), about 5 lb per pan. Melt margarine; stir in flour and add pepper. Gradually stir in milk. Cook, stirring constantly, until thickened. Pour sauce over vegetables, about 4-1/4 c or 2 lb 4 oz per pan. Sprinkle cheese over sauce and vegetables. Bake at 350 degrees F for 15 minutes or until cheese is melted and lightly browned. Serving size: 1/2 c



Recipe Report - Company Pumpkin Pie

Food ID: 127 Portion/Amount: 1.00 SLICE Servings: 96.00 Kcals / Serving: 200 No. Ingredients: 12
 Source: Custom

Preparation

Baked
 Preparation Time: 0
 Cooking Time: 0 hrs. 40 min.
 Cooking Temp: 375 deg F

Ingredient	Wt
Company Pumpkin Pie	13178.478
3 qt (3 lb 5 oz) flour	1502.777
1.75 POUND Margarine, Soft	793.800
1 1/2 cup cold water	355.500
1 gal nonfat milk	3920.000
4 1/2 qt (9 lb 8 oz) canned pumpkin	4309.200
1 POUND White Granulated Sugar	453.600
1 POUND Brown Sugar, Packed	453.600
1 1/2 cups (6 3/4 oz) flour	191.363
1 1/3 Tbsp cinnamon	9.177
2 tsp nutmeg	4.400
1 Tbsp allspice	5.700
2.6 POUND Egg Substitute, Liquid	1179.360

Instructions:

For 100 servings: for crust, mix flour and margarine until size of small peas. Add water and mix just until dry ingredients are moistened. Roll out 12 crusts on lightly floured surface, using about 8 oz dough for each crust. Line 12 pie pans, about 9 inches in diameter, with pastry. For filling, add pumpkin to milk; heat until bubbles appear. Mix sugars, flour, and spices. Add egg substitute to sugar and flour mixture; mix well. Stir egg mixture into hot pumpkin mixture. Fill pie crusts with mixture using 3-3/4 c or 2 lb per pan. Bake at 375 degrees F for 40 minutes or until filling is set. Serving size: 1/8 pie. Makes 12 pies. Serving size: 1/8 pie.



Recipe Report - Whole Wheat Roll

Food ID: 128
Source: Custom

Portion/Amount: 1.00 ITEM

Servings: 100.00

Kcals / Serving: 100

No. Ingredients: 8

Preparation

Baked

Preparation Time: 0

Cooking Time: 0 hrs. 15 min.

Cooking Temp: 400 deg F

Ingredient	Wt
Whole Wheat Roll	3749.752
2 qt 1/2 cup (2 lb 4 oz) whole wheat flour	1020.600
2 qt (2 lb 3 1/2 oz) white flour	1006.539
1/2 cup (3 1/2 oz) sugar	99.225
4 pkg (1/4 oz ea) active dry yeast	28.350
2 Tbsp salt	36.000
1 qt 1/2 cup skim milk	1102.500
1 cup (7 1/2 oz) oil	205.538
1 CUP Egg Substitute, Liquid	251.000

Instructions:

For 100 servings: mix flours together, and then mix 2 quarts flour with sugar, yeast, and salt. Heat milk and oil until warm. Stir into flour mixture. Add egg substitute; beat well. Mix in remaining flour, making a soft dough that leaves the sides of the bowl. Knead until dough is smooth and elastic. (Kneading may be done in mixing machine.) Place dough in lightly greased bowl and turn over once to grease upper side of dough. Cover and let rise in warm place until double in size, about 1-1/2 hours. Punch down dough to remove air bubbles. Shape into rolls about 1-1/4 oz each. Place rolls on sheet pans. Let rise until double in size, about 1 hour. Bake at 400 degrees F for 15 minutes, or until lightly browned. Serving size: 1 roll.