

Glencroft Center for Modern Aging

Towers 2023 Menu

Regular

Week 5

Sunday May-28	Monday May-29	Tuesday May-30	Wednesday May-31	Thursday Jun-01	Friday Jun-02	Saturday Jun-03
Breakfast						
Hot Cereal Fruit Cocktail Scrambled Eggs Assorted Pastry Choice of Milk Choice of Coffee/Tea Juice	Hot Cereal Orange Wedges French Toast Sausage Patty Choice of Milk Choice of Coffee/Tea Juice	Hot Cereal Peaches Cheesy Scrambled Eggs Bacon Choice of Toast Choice of Milk Choice of Coffee/Tea Juice	Hot Cereal Grapes Canadian Bacon Croissant Sandwich Seasoned Potatoes Cubes Choice of Milk Choice of Coffee/Tea Juice	Hot Cereal Pineapple Tidbits Maple Sausage Vegetable Casserole Toasted English Muffin Choice of Milk Choice of Coffee/Tea Juice	Hot Cereal Cinnamon Applesauce Buttermilk Pancakes Sausage Links Choice of Milk Choice of Coffee/Tea Juice	Hot Cereal Fresh Banana Hard Boiled Egg Bacon Assorted Muffins Choice of Milk Choice of Coffee/Tea Juice
Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal
Lunch						
Broccoli Cheddar Soup Three Bean Salad Honey Mustard Pork Chop White Rice Capri Blend Vegetable Dinner Roll Peanut Butter Cookie Assorted Beverages	Tomato Basil Soup Cucumber Salad Honey Lemon Chicken Baked Sweet Potato Cinnamon Honey Butter Parslied Cauliflower Dinner Roll Banana Cream Pie Assorted Beverages	Asian Vegetable Soup Garden Salad Beef Stew Mashed Potatoes Chef Blend Vegetables Biscuit Apple Crunch Assorted Beverages	Carrot Tarragon Soup Ambrosia Herb Crusted Pollock Garnish- Lemon Wedge, Parslied Noodles Seasoned Broccoli Dinner Roll Butterscotch Bar Assorted Beverages	Beef Noodle Soup Creamy Cole Slaw BBQ Pork Loin Dill Potatoes Honey Glazed Carrots Dinner Roll Sugar Cookie Assorted Beverages	Cream of Potato Soup Tomato Cucumber Salad Philly Cheese Steak Sandwich Onion Rings Pickle Spear Citrus Gelatin Assorted Beverages	Pasta e Fagioli Soup Caesar Salad Spaghetti with Meatballs and Marinara Italian Blend Vegetable Garlic Bread Peach Cobbler Assorted Beverages
Dinner						
Broccoli Cheddar Soup Tuna Melt Tater Tots Pickle Spear Marble Cake Assorted Beverages	Tomato Basil Soup Scalloped Ham & Potatoes Monte Carlo Blend Vegetables Dinner Roll Cranberry Crunch Bar Assorted Beverages	Asian Vegetable Soup Sweet & Sour Chicken White Rice Asian Blend Vegetable Garnish- Fortune Cookie Pineapple Cream Pudding Assorted Beverages	Carrot Tarragon Soup Beef Tomato Macaroni Caaserole Island Mix Vegetable Blend Small Croissant Chocolate Pudding Assorted Beverages	Beef Noodle Soup Soft Shell Beef Tacos Salsa and Sour Cream Spanish Rice Confetti Corn Churro Assorted Beverages	Cream of Potato Soup Creamy Macaroni Salad Bacon Chicken Tender Wrap Dipping Sauce - Ranch Assorted Chips Ice Cream Assorted Beverages	Pasta e Fagioli Soup Crab Cakes Cocktail Sauce Rice Pilaf California Blend Vegetable Dinner Roll Cherry Chocolate Bar Assorted Beverages



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Diet: Regular

Daily Values (Based On 2000 Calorie Goal
2020-2025 DG)

Week 5 - DAILY SUMMARY

	KCAL KCAL	PRO Gram	CHO Gram	FIBTG GRAM	SUGAR GRAM	ADDSGR Gram	FAT Gram	SFA Gram	CHOL MG	NA MG	CA MG	FE MG	VITD MCG	VITC MG	K MG	P MG	
Nutritional Goal	2,000.00	100.00	275.00	25.00	65.00	50.00	65.00	20.00	300.00	2,300.00	1,200.00	8.00	20.00	90.00	4,700.00	700.00	
Sunday	2575	93.99	346.04	22.2	111.32	11.6	96.93	31.043	422	4686	1567	10.78	8.1	65.5	2334	1341	
Monday	2779	95.52	321.61	25.4	149.57	24.4	134.11	48.021	425	2951	1005	10.13	338.6	131.3	2927	1046	
Tuesday	2277	97.16	335.64	16.3	140.54	36.7	61.49	17.833	506	4087	885	13.21	3.8	126.5	2512	1187	
Wednesday	2326	89.66	319.56	21.9	158.93	32.3	82.95	30.363	379	2381	1136	11.09	7	87.6	2525	1110	
Thursday	2837	128.86	346.24	22.3	139.93	24.2	107.43	38.547	545	4447	1391	16.39	134	84.8	4076	1303	
Friday	2661	97.28	331.46	12.6	107.57	15.2	107.74	35.923	244	4493	1515	9.77	7	70.2	2597	1387	
Saturday	2947	97.99	421.44	31.6	134.9	11.2	104.14	32.966	293	5508	1192	14.68	4.3	57.8	2713	1299	

Daily Average

Meals	2,628.86	100.07	346.00	21.76	134.68	22.23	99.26	33.53	402.00	4,079.00	1,241.57	12.29	71.83	89.10	2,812.00	1,239.00	NaN
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Daily Average %

Week 5	131.44%	100.07%	125.82%	87.04%	207.20%	44.46%	152.71%	167.65%	134.00%	177.35%	103.46%	153.63%	359.15%	99.00%	59.83%	177.00%	
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