

Glencroft Center for Modern Aging

Towers 2023 Menu

Regular

Week 4

Sunday May-21	Monday May-22	Tuesday May-23	Wednesday May-24	Thursday May-25	Friday May-26	Saturday May-27
Breakfast						
Hot Cereal Peaches French Toast Sausage Patty Choice of Milk Choice of Coffee/Tea Juice	Hot Cereal Scalloped Apples Waffle w/ Syrup Bacon Choice of Milk Choice of Coffee/Tea Juice	Hot Cereal Mandarin Orange Vegetable Cheese Frittata Toasted English Muffin Choice of Milk Choice of Coffee/Tea Juice	Hot Cereal Pineapple Tidbits Cheese Omelet Cube Seasoned Hash Browns Choice of Toast Choice of Milk Choice of Coffee/Tea Juice	Hot Cereal Fruit Cocktail Buttermilk Pancakes Turkey Sausage Links Syrup Choice of Milk Choice of Coffee/Tea Juice	Hot Cereal Tropical Fruit Cup Scrambled Eggs Biscuit Country Gravy Choice of Milk Choice of Coffee/Tea Juice	Hot Cereal Fresh Banana Hard Boiled Egg Bacon Bagel with Cream Cheese 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						
Black Bean Soup Chopped Salad Herb Roasted Turkey Scalloped Potatoes Roasted Zucchini Dinner Roll Carrot Cake Assorted Beverages	Chicken & Rice Soup German Potato Salad Bratwurst & Sauerkraut Baked Beans Brussels Sprouts German Chocolate Cake Dinner Roll Assorted Beverages	Jamaican Soup Jamaican Cucumber Salad Jerk Chicken Jamaican Red Beans & Rice Roasted Zucchini Dinner Roll Cheesecake Assorted Beverages	Egg Drop Soup House Salad Shrimp Fried Rice Seasoned Broccoli Egg Rolls Oatmeal Raisin Cookie Assorted Beverages	Corn Chowder Hawaiian Salad Soft Fish Tacos w/ Mandarin Coleslaw Fries Hawaiian Cake Assorted Beverages	Lentil Soup Tomato Cucumber Salad Beef Stroganoff Egg Noodles Parslied Cauliflower Dinner Roll Pound Cake with Strawberries Assorted Beverages	Cream of Potato Soup Southwest Corn Salad Liver & Onions Roasted Carrots Mashed Potatoes Dinner Roll Apple Pie Assorted Beverages
Dinner						
Black Bean Soup Cheese Ravioli with Marinara California Blend Vegetable Garlic Breadstick Chocolate Chip Cookie Assorted Beverages	Chicken & Rice Soup Sloppy Joe Corn Nuggets Pickle Spear Key Lime Cake Assorted Beverages	Jamaican Soup Honey Lemon Chicken Long Grain & Wild Rice Seasoned Broccoli Chocolate PB Parfait Assorted Beverages	Egg Drop Soup Grilled Turkey & Swiss Sandwich Assorted Chips Pickle Spear Rainbow Sherbet Assorted Beverages	Corn Chowder Pork Stir Fry Garlic Rice Asian Blend Vegetable Garnish- Fortune Cookie Chocolate Brownie Assorted Beverages	Lentil Soup Pasta Primavera with Chicken Chef Blend Vegetables Texas Toast Garlic Bread Banana Cake Assorted Beverages	Cream of Potato Soup Cheeseburger Lettuce/Tomato/Onion Fries Pickle Spear Ice Cream Assorted Beverages



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Diet: Regular

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

Week 4 - 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	2445	90.97	339.66	24	129.02	11.8	80.29	24.846	262	4304	844	16.13	235.8	81.8	3445	838	
Monday	2482	92.97	345.52	27.2	103.21	23.5	85.34	26.795	217	5701	1029	15	4.3	79.6	2131	783	
Tuesday	2835	140.9	324.58	18.9	144.44	18.3	111.78	34.771	825	2673	1210	17.68	6.8	86.5	3556	1509	
Wednesday	2122	76.88	312.25	17.5	123.94	17.5	64.81	20.843	398	4122	1215	12.3	6.8	73.4	2666	1135	
Thursday	2644	82.46	375.46	17.1	138.76	18.5	96.79	29.514	223	3941	1025	10.68	9.1	56.3	2262	1355	
Friday	2518	103.51	359.95	35.6	92.51	11.2	79.9	23.538	454	3636	919	19.62	4.5	156.8	2953	1244	
Saturday	2717	108.31	347.39	24.1	142.23	41.6	105.05	40.434	597	3539	1224	11.37	7.1	70.1	2521	1227	

Daily Average

Meals	2,537.57	99.43	343.54	23.49	124.87	20.34	89.14	28.68	425.14	3,988.00	1,066.57	14.68	39.20	86.36	2,790.57	1,155.86	NaN
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Daily Average %

Week 4	126.88%	99.43%	124.92%	93.96%	192.11%	40.68%	137.14%	143.40%	141.71%	173.39%	88.88%	183.50%	196.00%	95.96%	59.37%	165.12%	
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