

Glencroft Center for Modern Aging

Towers 2023 Menu

Regular

Week 1

Sunday Jun-04	Monday Jun-05	Tuesday Jun-06	Wednesday Jun-07	Thursday Jun-08	Friday Jun-09	Saturday Jun-10
Breakfast						
Hot Cereal Fruit Cocktail Assorted Pastry Scrambled Eggs Choice of Milk Choice of Coffee/Tea Juice	Hot Cereal Mandarin Orange Baked French Toast Turkey Sausage Links Choice of Milk Choice of Coffee/Tea Juice	Hot Cereal Peaches Cheesy Scrambled Eggs Corned Beef Hash Choice of Toast Choice of Milk Choice of Coffee/Tea Juice	Hot Cereal Mango Slices Sausage, Egg, Cheese Tornado Salsa Cube Seasoned Hash Browns Choice of Milk Choice of Coffee/Tea Juice	Hot Cereal Pineapple Tidbits Scrambled Eggs Sausage Patty Toasted English Muffin Choice of Milk Choice of Coffee/Tea Juice	Hot Cereal Scalloped Apples Buttermilk Pancakes Maple Chicken Sausage Patty Choice of Milk Choice of Coffee/Tea Juice	Hot Cereal Fresh Banana Hard Boiled Egg Bacon Assorted Muffin 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						
Minestrone Soup Red Beet Salad Swedish Meatballs Parslied Noodles Roasted Zucchini Dinner Roll Blueberry Crunch Assorted Beverages	Tomato Soup Creamy Cole Slaw BBQ Chicken Macaroni & Cheese Corn on the Cob Dinner Roll Citrus Gelatin Assorted Beverages	Vegetable Soup Tomato Cucumber Salad Honey Baked Ham Baked Sweet Potato Seasoned Green Beans Dinner Roll Chocolate Cream Pie Assorted Beverages	Corn Chowder Three Bean Salad Citrus Fish White Rice Parslied Cauliflower Dinner Roll Apple Cobbler Assorted Beverages	Cream of Mushroom Soup Southwest Corn Salad Sloppy Joe Sweet Potato Fries Corn Nuggets Chocolate Brownie	Pork Pozole Watermelon Wedge Soft Shell Chicken Tacos Spanish Rice Refried Beans Tres Leches Assorted Beverages	Butternut Squash Soup House Salad Beef Chili w/ Tortilla Strips Garnish- Sour Cream Corn Muffin Apple Spice Cake Assorted Beverages
Dinner						
Minestrone Soup Grilled Ham & Cheese Sandwich Pickle Spear Assorted Chips Ice Cream Assorted Beverages	Tomato Soup Spaghetti with Meat Sauce Italian Blend Vegetable Garlic Bread Cherry Cake Assorted Beverages	Vegetable Soup BBQ Pork Loin Roasted Potatoes Mixed Vegetable Dinner Roll Chocolate Pudding Assorted Beverages	Corn Chowder Cheese Enchilada Garnish- Sour Cream Refried Beans Spanish Rice Ambrosia Assorted Beverages	Cream of Mushroom Soup Sweet & Sour Pork Fried Rice Asian Blend Vegetable Garnish- Fortune Cookie Vanilla Pudding Assorted Beverages	Pork Pozole Caesar Salad Vegetable Pizza Dipping Sauce - Ranch Sugar Cookie Assorted Beverages	Butternut Squash Soup Chicken Pot Pie Chef Blend Vegetables Dinner Roll Apple Turnover Assorted Beverages



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Diet: Regular

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

Week 1 - 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	2284	71.27	328.07	18.5	146.21	23.4	81.62	24.917	380	4164	1101	12.07	8.4	62	2766	1158	
Monday	2764	128.13	378.85	21.3	133.86	14.3	82.05	26.756	431	3838	1089	14.53	5.9	53.3	3521	1321	
Tuesday	2512	114.32	338.12	22.1	168.17	18.5	82.91	32.615	547	5058	1105	16.32	6	114.7	3766	1214	
Wednesday	2459	87.25	403.92	34.1	145.25	16.8	58.53	20.58	140	4587	897	13.15	6.5	89.6	3497	973	
Thursday	2488	97.92	343.68	16.7	115.5	16.8	86.36	24.211	472	4663	916	14.45	5.5	69.5	2372	766	
Friday	2820	129.64	332.94	22.8	136.16	32.7	114.17	38.952	328	5254	1681	15.94	3.9	72.8	3318	1531	
Saturday	2594	92.82	319.49	22	115.4	24.3	110.28	41.016	376	2944	845	14.68	5.8	89.4	2326	820	

Daily Average

Meals	2,560.14	103.05	349.30	22.50	137.22	20.97	87.99	29.86	382.00	4,358.29	1,090.57	14.45	6.00	78.76	3,080.86	1,111.86	NaN
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Daily Average %

Week 1	128.01%	103.05%	127.02%	90.00%	211.11%	41.94%	135.37%	149.30%	127.33%	189.49%	90.88%	180.63%	30.00%	87.51%	65.55%	158.84%	
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