

**Glencroft Center for Modern Aging**

**Towers 2024 Menu**

**Regular**

**Week 2**

<b>Sunday</b> Apr-21	<b>Monday</b> Apr-22	<b>Tuesday</b> Apr-23	<b>Wednesday</b> Apr-24	<b>Thursday</b> Apr-25	<b>Friday</b> Apr-26	<b>Saturday</b> Apr-27
<b>Breakfast</b>						
Hot Cereal Peaches French Toast Sausage Patty Choice of Milk Coffee/Tea Juice	Hot Cereal Tropical Fruit Cup Waffle Bacon Choice of Milk Coffee/Tea Juice	Hot Cereal Mandarin Orange Vegetable Cheese Frittata Toasted English Muffin Choice of Milk Coffee/Tea Juice	Hot Cereal Pineapple Tidbits Cheese Omelet Cube Seasoned Hash Browns Toast Choice of Milk Coffee/Tea Juice	Hot Cereal Fruit Cocktail Buttermilk Pancakes Canadian Bacon Choice of Milk Coffee/Tea Juice	Hot Cereal Cinnamon Applesauce Scrambled Eggs Biscuits and Gravy Choice of Milk Coffee/Tea Juice	Hot Cereal Fresh Banana Hard Boiled Egg Bacon Bagel with Cream Cheese Choice of Milk Coffee/Tea Juice
Choice of Cold Cereal						
<b>Lunch</b>						
Chicken Noodle Soup Three Bean Salad Curry Braised Chicken Thighs White Rice Seasoned Broccoli Dinner Roll Peach Crunch Assorted Beverages	Beef Mexican Soup Garden Pasta Salad Beef Enchilada Casserole Pinto Beans Fire Roasted Confetti Corn Apple Pie Assorted Beverages	Roasted Cauliflower Soup House Salad Roast Pork Loin Baked Sweet Potato Roasted Zucchini Dinner Roll Cherry Chocolate Bar Assorted Beverages	Italian Wedding Soup Creamy Cole Slaw Chicken Tenders Fries Hushpuppies Blueberry Crisp Assorted Beverages	Split Pea with Ham Soup Ambrosia Open Face Roast Beef Sandwich w/ Gravy Mashed Potatoes Dilled Carrots Chocolate Brownie Assorted Beverages	Vegetable Soup Tomato Cucumber Salad Lemon Baked Fish Garlic Buttered Red Potatoes Capri Blend Vegetable Hawaiian Cake Assorted Beverages	Broccoli Cheddar Soup Lemon Carrot Dill Salad Braised Beef Tips White Rice Steamed Corn Dinner Roll Rainbow Sherbet Assorted Beverages
<b>Dinner</b>						
Chicken Noodle Soup Fish Sandwich with Cheese Garnish - Tartar Sauce Lettuce/Tomato Slice Tater Tots Pickle Spear Chocolate Pudding Assorted Beverages	Beef Mexican Soup Creamy Chicken Pasta California Blend Vegetable Dinner Roll Blondies Assorted Beverages	Roasted Cauliflower Soup Hard Shell Beef Tacos Refried Beans Spanish Rice Oatmeal Raisin Cookie Assorted Beverages	Italian Wedding Soup Chicken Teriyaki White Rice Asian Blend Vegetable Garnish- Fortune Cookie Citrus Gelatin Assorted Beverages	Split Pea with Ham Soup Loaded Baked Potato with Beef Bean Chili & Cheese Garnish- Sour Cream Coconut Cream Pie Assorted Beverages	Vegetable Soup Bacon, Turkey & Ham Club Sandwich Assorted Chips Pickle Spear Peach Cobbler Assorted Beverages	Broccoli Cheddar Soup Cheese Ravioli with Marinara Italian Green Beans Garlic Bread Chocolate Chip Cookie Assorted Beverages



Glencroft Center for Modern Aging

Diet: Regular

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

Week 2 - 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	3,000.00	700.00	
Sunday	2977	112.3	359.33	21.1	148.36	18.5	123.33	36.797	430	4462	1249	15.35	8.5	222.5	3183	1294	
Monday	2483	96.62	342.06	22.8	142.02	38.9	82.71	29.183	210	3665	1204	16.72	4.8	252.7	3087	1019	
Tuesday	2634	123.72	325.36	27.2	130.57	17.5	93.94	34.411	663	3488	1353	19.18	4.8	255.1	3448	1319	
Wednesday	2321	97.01	344.82	16	153.64	30.7	68.88	17.346	418	2949	856	9.7	9.7	176.4	1748	775	
Thursday	2671	119.1	376.77	36.9	156.14	12.7	80.85	35.136	241	3297	1018	17.26	116	229.6	4157	1424	
Friday	2526	76.37	371.75	18.8	164.29	39.7	88.55	34.285	457	5538	978	9.52	4.6	224.7	3171	1132	
Saturday	2635	96.53	366.72	23.3	124.97	19.1	92	33.438	319	3568	1491	14.54	8.1	197.6	2637	1372	

Daily Average

Meals	2,606.71	103.09	355.26	23.73	145.71	25.30	90.04	31.51	391.14	3,852.43	1,164.14	14.61	22.36	222.66	3,061.57	1,190.71	NaN
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Daily Average %

Week 2	130.34%	103.09%	129.19%	94.92%	224.17%	50.60%	138.52%	157.55%	130.38%	167.50%	97.01%	182.63%	111.80%	247.40%	102.05%	170.10%	
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