

Glencroft Center for Modern Aging

Towers 2025 Menu

Regular

Week 1

Sunday Jul-13	Monday Jul-14	Tuesday Jul-15	Wednesday Jul-16	Thursday Jul-17	Friday Jul-18	Saturday Jul-19
Breakfast						
Hot Cereal Fruit Cocktail Assorted Pastry Scrambled Eggs Milk Coffee/Tea Juice	Hot Cereal Mandarin Orange Baked French Toast Turkey Sausage Links Milk Coffee/Tea Juice	Hot Cereal Peaches Cheesy Scrambled Eggs Corned Beef Hash Toast Milk Coffee/Tea Juice	Hot Cereal Mango Slices Sausage, Egg & Cheese Casserole Salsa Cube Seasoned Hash Browns Milk Coffee/Tea Juice	Hot Cereal Pineapple Tidbits Scrambled Eggs Sausage Patty English Muffin Milk Coffee/Tea Juice	Hot Cereal Scalloped Apples Buttermilk Pancakes Maple Chicken Sausage Patty Milk Coffee/Tea Juice	Hot Cereal Sliced Banana Cheesy Scrambled Eggs Bacon Muffin Milk 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						
Vegetable Soup Three Bean Salad Meat Lasagna Zucchini & Summer Squash Garlic Bread Apple Pie Assorted Beverages	Tomato Basil Soup Caesar Salad Roasted Turkey w/ Gravy Garlic Mashed Potatoes California Blend Vegetable Dinner Roll Citrus Gelatin Assorted Beverages	Cream of Mushroom Soup Red Beet Salad Swedish Meatballs Parslied Cauliflower Dinner Roll Peach Crunch Assorted Beverages	Split Pea with Ham Soup Creamy Cole Slaw Pork Loin Macaroni & Cheese Chef Blend Vegetables Dinner Roll Pineapple Upside Down Cake Assorted Beverages	Corn Chowder Ambrosia Rosemary Roasted Chicken Roasted Potatoes Seasoned Carrots Dinner Roll Strawberry Mousse	Minestrone Soup Cucumber Salad Lemon Baked Fish Baked Potato Chef Blend Vegetables Dinner Roll Cherry Cobbler Assorted Beverages	Butternut Squash Soup House Salad Beef Chili w/ Tortilla Strips Garnish- Sour Cream Steamed Corn Corn Muffin Ice Cream Assorted Beverages
Dinner						
Vegetable Soup Grilled Ham & Cheese Sandwich Pickle Spear Assorted Chips Ice Cream Assorted Beverages	Chicken Pozole Beef Hot Dog French Fries Pickle Spear Cherry Cake Assorted Beverages	Cream of Mushroom Soup Jambalaya Mixed Blend Vegetable Cornbread Coconut Pudding Assorted Beverages	Split Pea with Ham Soup Soft Shell Beef Taco Garnish- Sour Cream Fire Roasted Confetti Corn Churro Assorted Beverages	Corn Chowder Sweet & Sour Pork Fried Rice Asian Blend Vegetable Garnish- Fortune Cookie Vanilla Pudding Assorted Beverages	Minestrone Soup Shepherd's Pie Steamed Corn Dinner Roll Sugar Cookie Assorted Beverages	Butternut Squash Soup Indivial 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	3,000.00	700.00	
Sunday	2396	75.74	344.19	21.1	170.31	38.4	85.02	28.887	347	4842	1286	11.66	4.1	200.2	2969	888	
Monday	2545	110.45	327.01	14	145.25	38.4	86.63	31.086	388	5671	1232	12.25	5.2	176.3	1980	859	
Tuesday	2666	95.79	363.83	21.6	187.69	84.3	92.28	33.412	750	3820	1215	16.35	8.1	216.6	3200	1211	
Wednesday	3137	143.06	361.65	27.6	156.36	42.3	128.43	45.438	668	3924	1528	18.02	5.5	185.2	3687	1183	
Thursday	2526	128.17	338.13	15.5	153.64	15.2	79.12	27.262	602	3499	1060	14.8	7.6	177.4	3002	1217	
Friday	2415	92.42	363.57	20.8	168.56	67.4	68.39	19.388	190	2781	778	14.33	7.7	210.5	2767	1049	
Saturday	2907	102.2	338.25	25.3	156.93	43.6	132.36	51.298	546	2963	1029	18.17	5.1	224.2	2785	866	

Daily Average

Meals	2,656.00	106.83	348.09	20.84	162.68	47.09	96.03	33.82	498.71	3,928.57	1,161.14	15.08	6.19	198.63	2,912.86	1,039.00	NaN
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Daily Average %

Week 1	132.80%	106.83%	126.58%	83.36%	250.28%	94.18%	147.74%	169.10%	166.24%	170.81%	96.76%	188.50%	30.95%	220.70%	97.10%	148.43%	
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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	
Week 1	2,656.00	106.83	348.09	20.84	162.68	47.09	96.03	33.82	498.71	3,928.57	1,161.14	15.08	6.19	198.63	2,912.86	1,039.00	NaN

Cycle Average

Total	2,656.00	106.83	348.09	20.84	162.68	47.09	96.03	33.82	498.71	3,928.57	1,161.14	15.08	6.19	198.63	2,912.86	1,039.00	0.00
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