

Glencroft Center for Modern Aging

Towers 2025 Menu

Regular

Week 5

Sunday Jul-06	Monday Jul-07	Tuesday Jul-08	Wednesday Jul-09	Thursday Jul-10	Friday Jul-11	Saturday Jul-12
Breakfast						
Hot Cereal Fruit Cocktail Scrambled Eggs Assorted Pastry Milk Coffee/Tea Juice	Hot Cereal Orange Wedges French Toast Sausage Patty Milk Coffee/Tea Juice	Hot Cereal Peaches Cheesy Scrambled Eggs Bacon Toast Milk Coffee/Tea Juice	Hot Cereal Scalloped Apples Canadian Bacon Croissant Sandwich Seasoned Potatoes Cubes Milk Coffee/Tea Juice	Hot Cereal Pineapple Southwestern Egg Casserole English Muffin Milk Coffee/Tea Juice	Hot Cereal Cinnamon Applesauce Buttermilk Pancakes Sausage Links Milk Coffee/Tea Juice	Hot Cereal Sliced Banana Cheesy Scrambled Eggs Bacon Assorted Muffins 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						
Broccoli Cheddar Soup Three Bean Salad Honey Mustard Pork Chop White Rice Capri Blend Vegetable Dinner Roll Citrus Gelatin with Whip Assorted Beverages	Tomato Soup Cucumber Salad Spaghetti with Meat Sauce Chef Blend Vegetables Garlic Bread Banana Cream Pie Assorted Beverages	Vegetable Soup Spinach Salad Beef Stew Cornbread Chocolate Cream Pie Assorted Beverages	Corn Chowder Red Beet Salad Country Ham Baked Sweet Potato Brussels Sprouts Apple Cobbler Assorted Beverages	Beef Noodle Soup Creamy Cole Slaw BBQ Pork Loin Glazed Baby Carrots Dinner Roll Chocolate Brownie Assorted Beverages	Tortilla Soup House Salad Baked Fish Baked Potato Parslied Cauliflower Strawberry Rhubarb Pie Assorted Beverages	Pasta e Fagioli Soup Caesar Salad Meatball Submarine French Fries Chocolate Chip Banana Cake Assorted Beverages
Dinner						
Broccoli Cheddar Soup Tuna Melt Tater Tots Pickle Spear Rainbow Sherbet Assorted Beverages	Tomato Soup Ham & Potato Casserole Monte Carlo Blend Vegetables Dinner Roll Lemon Cake Assorted Beverages	Vegetable Soup Chicken Tacos Salsa and Sour Cream Spanish Rice Refried Beans Churro Assorted Beverages	Corn Chowder Sweet & Sour Chicken White Rice Asian Blend Vegetable Garnish- Fortune Cookie Pineapple Cream Pudding Assorted Beverages	Beef Noodle Soup Beef Tomato Macaroni Island Mix Vegetable Blend Small Croissant Citrus Gelatin Assorted Beverages	Tortilla Soup Chicken Bacon Wrap Dipping Sauce - Ranch Assorted Chips Sugar Cookie Assorted Beverages	Pasta e Fagioli Soup Crab Cakes Rice Pilaf California Blend Vegetable Dinner Roll Ice Cream 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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