

Glencroft Center for Modern Aging

Towers 2026 Menu

Regular

Week 2

Sunday Jan-11	Monday Jan-12	Tuesday Jan-13	Wednesday Jan-14	Thursday Jan-15	Friday Jan-16	Saturday Jan-17
Breakfast						
Hot Cereal Peaches French Toast Sausage Patty Milk Coffee/Tea Juice	Hot Cereal Tropical Fruit Cup Waffle Bacon Milk Coffee/Tea Juice	Hot Cereal Mandarin Orange Vegetable Cheese Frittata English Muffin Milk Coffee/Tea Juice	Hot Cereal Pineapple Tidbits Cheese Omelet Cube Hash Browns Toast Milk Coffee/Tea Juice	Hot Cereal Fruit Cocktail Buttermilk Pancakes Canadian Bacon Milk Coffee/Tea Juice	Hot Cereal Cinnamon Applesauce Scrambled Eggs Biscuits & Gravy Milk Coffee/Tea Juice	Hot Cereal Sliced Banana Cheesy Scrambled Eggs Bacon Bagel with Cream Cheese 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						
Corn Chowder Caesar Salad Country Fried Steak Country Gravy Mashed Potatoes Seasoned Chef Vegetables Dinner Roll Apple Pie Assorted Beverages	Split Pea Soup Spinach Salad Baked Ham Roasted Sweet Potatoes Seasoned Zucchini Pineapple Cake Assorted Beverages	Cream of Mushroom Soup House Salad Chicken Coq Au Vin Mashed Potatoes Roasted Carrots Vanilla Pudding Assorted Beverages	Tomato Soup Lemon Carrot Dill Salad Beef Stuffed Cabbage Roll Mashed Potatoes Seasoned Broccoli Frosted Chocolate Cake Assorted Beverages	Pork Pozole Tomato Salad Mexican Lasagna Calabacitas Salsa Cinnamon Churro Assorted Beverages	Potato Chowder Creamy Cole Slaw Lemon Baked Fish Baked Potato Mixed Blend Vegetable Lemon Sorbet Assorted Beverages	Italian Wedding Soup Tomato Cucumber Salad Spaghetti with Meat Sauce Italian Green Beans Garlic Bread Chocolate Chip Cookie Assorted Beverages
Dinner						
Corn Chowder Chicken Patty & Cheese on Bun Lettuce and Tomato Slice Tater Tots Pickle Spear Chocolate Pudding Assorted Beverages	Split Pea Soup Creamy Chicken Pasta Mixed Vegetable Dinner Roll with Butter Ice Cream Assorted Beverages	Cream of Mushroom Soup Bean & Cheese Burritos Spanish Rice Roasted Corn Churro Assorted Beverages	Tomato Soup Bacon, Turkey & Ham Club Sandwich Assorted Chips Pickle Spear Citrus Gelatin Assorted Beverages	Pork Pozole Braised Beef Tips Parslied Noodles Steamed Corn Rainbow Sherbet Assorted Beverages	Potato Chowder Chicken Teriyaki White Rice Asian Blend Vegetable Peach Cobbler Assorted Beverages	Italian Wedding Soup Loaded Baked Potato with Beef & Bean Chili & Cheese Garnish- Sour Cream Coconut Cream Pie Assorted Beverages



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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	3047	100.77	371.01	18.8	158.94	40.8	132.01	43.517	250	5862	1314	13.74	5.7	182.1	3239	885	
Monday	2010	87.11	287.91	29.6	145.03	31.7	60.54	19.274	197	2639	1206	16.36	4	227	3078	989	
Tuesday	2586	106.68	345.88	20.3	153.62	25.1	88.15	31.867	601	3171	1478	17.66	6	186.2	3162	1302	
Wednesday	2228	86	310.79	20.5	160.01	34.3	75.71	23.64	393	4523	1003	13.96	4.5	265.5	3432	659	
Thursday	2120	94.11	281.18	20.8	142.28	17.1	76.21	27.46	271	2828	856	10.34	3.3	209.6	2854	975	
Friday	2598	98.17	391.88	16.1	177.47	83.1	72.17	25.482	518	3427	768	10.08	4.2	192	2629	846	
Saturday	2948	109.92	397.7	27.4	131.05	29.2	111.33	44.401	455	3701	912	14.14	3.8	205.3	2667	801	

Daily Average

Meals	2,505.29	97.54	340.91	21.93	152.63	37.33	88.02	30.81	383.57	3,735.86	1,076.71	13.75	4.50	209.67	3,008.71	922.43	NaN
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Daily Average %

Week 2	125.26%	97.54%	123.97%	87.72%	234.82%	74.66%	135.42%	154.05%	127.86%	162.43%	89.73%	171.88%	22.50%	232.97%	100.29%	131.78%	
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 2	2,505.29	97.54	340.91	21.93	152.63	37.33	88.02	30.81	383.57	3,735.86	1,076.71	13.75	4.50	209.67	3,008.71	922.43	NaN

Cycle Average

Total	2,505.29	97.54	340.91	21.93	152.63	37.33	88.02	30.81	383.57	3,735.86	1,076.71	13.75	4.50	209.67	3,008.71	922.43	0.00
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