

BROOME COUNTY OFFICE FOR AGING

Nutritional Information

Menu for February 20 to February 24

At the Office for Aging, we are committed to offering a variety of menu choices that are tasty, affordable, and meet your daily dietary needs. We are providing nutrition information to help you make food choices that increase your enjoyment of your meals and promote healthier food-related decisions.

Monday, February 20	Calories
Centers Closed	

Tuesday, February 21	Calories
Cheesy Shell Casserole	516
Wax Beans w/ Pimento	41
Italian Blend Vegetables	58
Banana	132

Wednesday, February 22	Calories
Pierogies w/ Onions	210
Scandinavian Blend Veggies	65
Side Salad, Sundried Tomato Dressing	29, 80
Chocolate Chip Bar	199

Thursday, February 23	Calories
Roast Turkey w/ Gravy	93, 12
Mashed Potatoes	91, 12
Broccoli Florets	21
Cherry Fruited Gelatin	31

Friday, February 24	Calories
Chicken Rib BBQ	180
Breaded Fish, Tartar Sauce	213, 54
Seasoned Potato Wedges	181
Coleslaw	32
Pineapple Tidbits	53

Offered Daily	Calories
1% Milk	110
Margarine	36
Bread or Roll	60-171

Daily Caloric Requirements

	Men over 50	Women over 50
Not Active	2,000	1,600
Moderately Active	2,200—2,400	1,800
Active	2,400-2,800	2,000

Nutrition analysis provided by CBORD

www.eatright.org, 4/10

PLEASE NOTE THAT ALL AMOUNTS GIVEN FOR CALORIES ARE APPROXIMATE