

BROOME COUNTY OFFICE FOR AGING

Nutritional Information

Menu for February 27 to March 2

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 27	Calories
Tuna Noodle Casserole	561
Stewed Tomatoes	62
Cut Green Beans	19
Orange	46

Tuesday, February 28	Calories
Chicken Salad Sandwich	304
Minestrone Soup	158
Marinated Vegetables	56
Peach Crisp	159

Wednesday, February 29	Calories
Roast Beef w/ Sauerbraten	154, 19
German Potato Salad	160
Red Cabbage Supreme	42
German Chocolate Cake	270

Thursday, March 1	Calories
Chili Cheese Dog	388
O'Brien Potatoes	110
Side Salad, Italian Dressing	29, 21
Cinnamon Applesauce	54

Friday, March 2	Calories
Fish Florentine, Tartar Sauce	93, 54
Salisbury Steak, Gravy	256, 15
Lemon Brown Rice Pilaf	237
Bahamas Blend Vegetables	58
Oatmeal Cookie	173

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