

BROOME COUNTY OFFICE FOR AGING

Nutritional Information

Menu for February 6 to February 10

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 6	Calories
Macaroni & Cheese	314
Stewed Tomatoes	62
Brussels Sprouts	33
Sherbet	109

Tuesday, February 7	Calories
Ranch Chicken Sandwich	254
Sloppy Joe Sandwich	437
Hearty Vegetable Soup	100
Seasoned Potato Wedges	181
Bread Pudding w/ Raisins	211

Wednesday, February 8	Calories
Ham w/ Pineapple Sauce	172
Liver w/ Onions	150
Corn	57
Pineapples & Mandarin Oranges	87

Thursday, February 9	Calories
Spaghetti w/ Meat Sauce	681
Italian Style Green Beans	23
Side Salad, Italian Dressing	50
Blonde Brownie	189

Friday, February 10	Calories
Beer Battered Fish	225
Pepper Steak, Gravy	365, 15
Mashed Potatoes, Gravy	91, 15
Peas & Carrots	52
Lime Fruited Gelatin	85

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

