

BROOME COUNTY OFFICE FOR AGING

Nutritional Information

Menu for January 30 to February 3

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, January 30	Calories
Tuna Noodle Casserole	446
Stewed Tomatoes	62
Corn	57
Pumpkin Cookie	137

Tuesday, January 31	Calories
Pierogies w/ Onions	210
Spinach Mushroom Omelet	143
Marinated Vegetables	56
Tossed Salad	50
Banana	132

Wednesday, February 1	Calories
Roast Turkey, Gravy	93, 12
Mashed Sweet Potatoes	196
Broccoli & Cauliflower	32
Chocolate Pudding	190

Thursday, February 2	Calories
Beef Stroganoff, Noodles	170, 159
Baby Beets	26
Carrot Coins	84
Bread Pudding w/ Raisins	211

Friday, February 3	Calories
Fish Florentine, Tartar Sc.	93, 87
Salisbury Steak, Gravy	256, 15
Baked Potato, Margarine	158, 36
Peas w/ Pearl Onions	74
Pears	97

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

