

BROOME COUNTY OFFICE FOR AGING

Nutritional Information

Menu for September 10, 2012 to September 14, 2012

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, September 10	Calories
Chicken ala King with a Biscuit	326
Cut Green Beans	19
Corn	57
Fresh Fruit	132

Tuesday, September 11	Calories
Beef Stroganoff w/ Noodles	329
Carrot Coins	24
Tossed Salad	105
Pineapple Tidbits	53

Wed., September 12	Calories
Liver w/ Onions OR Chicken Marengo	150 or 156
Mashed Potatoes	105
Monte Carlo Blend Veggies	58
Carrot Cake	113

Thursday, September 13	Calories
Ham & Scalloped Potatoes	228
Sliced Beets	41
Three Bean Salad	122
Apple Cobbler	127

Friday, September 14	Calories
Beer Battered Fish OR Salisbury Steak	318 OR 248
Mashed Potatoes	105
Winter Squash	36
Ice Cream Cup	156

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