

April 2021 Senior Nutrition Component Table

	Calories	Carbs	Protein	Vitamin C	Vitamin A	Fiber	Calcium	Sodium
Date	Kcal >550	CHO 70 g	Protein 2 oz daily	C 25 mg/d	A 233ug x 3 d/wk	Fiber 7 g ave weekly	Calcium 400 mg ave wk	Na <1000 mg
4/1/2021	550	60	3 F	88	342	6	450	328
4/2/2021	569	70	3 CHX	100	313	9	406	647
Average					328	8	428	
4/5/2021	584	72	3 CHX	32	195	9	378	316
4/6/2021	550	72	3 T	69	176	6	461	570
4/7/2021	550	71	3 M	112	268	8	406	996
4/8/2021	560	69	3 SF	63	308	7	476	1056
4/9/2021	565	71	3 F	47	390	7	419	437
Average					267	7	428	
4/12/2021	640	69	3 P	42	155	10	576	594
4/13/2021	640	75	3 V	55	420	6	407	941
4/14/2021	579	71	3 SF	50	787	8	380	606
4/15/2021	608	74	3 CHX	25	144	7	347	550
4/16/2021	626	76	3 M	167	314	10	440	999
Average					338	8	430	
4/19/2021	550	68	3 T	74	283	9	499	559
4/20/2021	550	66	3 M	39	192	6	397	713
4/21/2021	597	64	3 F	44	164	5	376	702
4/22/2021	677	74	3 M	25	185	10	702	978
4/23/2021	569	72	3 P	26	289	9	355	932
Average					223	8	466	
4/26/2021	703	63	3 F	25	254	6	525	1022
4/27/2021	711	75	3 CHX	94	449	14	722	709
4/28/2021	610	76	2 T/1B	58	157	13	601	942
4/29/2021	654	73	3 M	36	177	5	441	448
4/30/2021	643	73	3 P	107	172	10	593	500
Average					242	10	576	

Abbreviations:

B = Beans	V = Vegetarian	CHX = Chicken	SF = Seafood
M = Beef	F = Fish	P = Pork	
T = Turkey	C = Cheese	B = Beans	