

May 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
5/3/2021	710	67	3 CHX	120	214	6	431	782
5/4/2021	697	75	3 P	64	155	6	389	1045
5/5/2021	573	82	3 V	37	357	12	425	699
5/6/2021	733	76	3 M	71	266	9	470	904
5/7/2021	610	70	3 T	45	320	17	445	903
Average					263	10	432	
5/10/2021	565	73	3 CHX	47	240	5	364	744
5/11/2021	664	65	3 F	75	178	7	381	453
5/12/2021	574	72	2 P	43	2169	7	396	481
5/13/2021	601	72	3 T	89	190	9	596	735
5/14/2021	592	76	3 M	110	160	8	387	654
Average					587	7	425	
5/17/2021	706	63	3 M	93	533	8	457	689
5/18/2021	574	72	3 CHX	43	161	7	396	481
5/19/2021	607	72	3 T	121	249	8	438	697
5/20/2021	573	60	3 P	41	365	7	414	720
5/21/2021	563	72	3 M	77	623	6	569	963
Average					386	7	454	
5/24/2021	604	54	3 P	25	782	5	430	612
5/25/2021	633	76	3 F	33	301	6	453	746
5/26/2021	624	65	3 CHX	58	536	7	391	485
5/27/2021	677	71	3 M	51	1300	10	466	705
5/28/2021	588	60	3 V	25	440	12	504	988
Average					672	8	449	

Abbreviations:

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