

JCS- KOSHER HDM C2W4 05-09

Female

Age: 70

Height: 5 ft. 7 in.

Weight: 135.00 lb.

Lightly Active

BMI: 21.14

Item Name	Item Quantity	Item Measure	Cals (kcal)	Prot (g)	Carb (g)	Fib (g)	Fat (g)	Chol (mg)	Calc (mg)	B6 (mg)
1- Monday										
Pasta, ckd f/fresh	6.00	oz	222.82	8.76	42.40	2.98	1.79	56.13	10.21	0.06
Sauce, spaghetti, w/meat, prep f/recipe	3.00	oz	98.53	5.56	7.26	--	5.73	15.94	20.14	0.18
Vegetables, ckd f/fzn, drnd, 10oz pkg	4.00	oz	73.71	3.24	14.84	4.99	0.17	0.00	28.35	0.08
Milk, nonfat/skim, calc fort	1.00	cup	86.45	8.40	11.98	0.00	0.44	4.94	503.88	0.10
Bread, whole wheat, slice	1.00	pce	69.16	3.63	11.56	1.90	0.94	0.00	29.96	0.06
Margarine, 80% fat, unsalted	1.00	tsp	34.03	0.04	0.04	0.00	3.81	0.00	0.80	0.00
Juice, apple, unswtnd, w/vit C, cnd/btl	4.00	fl-oz	58.28	0.07	14.48	0.12	0.14	0.00	8.68	0.04
1- Monday Total			642.98	29.70	102.56	9.99	13.02	77.01	602.02	0.52
2- Tuesday										
Fish, salmon, pink, fillet, bkd/brld	3.00	oz	126.72	21.74	0.00	0.00	3.76	56.98	14.46	0.20
Sauce, lemon butter dill	0.50	oz	58.65	0.00	1.96	--	4.89	0.00	--	--
Potatoes, rstd	4.00	oz	160.53	4.21	36.54	3.25	0.20	0.00	14.23	0.50
Margarine, 80% fat, unsalted	1.00	tsp	34.03	0.04	0.04	0.00	3.81	0.00	0.80	0.00
Milk, nonfat/skim, calc fort	1.00	cup	86.45	8.40	11.98	0.00	0.44	4.94	503.88	0.10
Juice Drink, grape, swtnd, w/add vit C, prep f/fzn conc	4.00	fl-oz	63.75	0.24	15.94	0.12	0.11	0.00	5.00	0.05
Bread, whole wheat, slice	1.00	pce	69.16	3.63	11.56	1.90	0.94	0.00	29.96	0.06
Cauliflower, ckd f/fzn, drained, 1" pces	4.00	oz	21.55	1.83	4.25	3.06	0.25	0.00	19.28	0.10
Peppers, bell, red, sweet, fresh, chpd	0.13	cup	5.77	0.18	1.12	0.37	0.06	0.00	1.30	0.05
2- Tuesday Total			626.61	40.27	83.39	8.70	14.46	61.92	588.91	1.06
3- Wednesday										
Rice, white, long grain, ckd	4.00	oz	147.41	3.05	31.94	0.45	0.32	0.00	11.34	0.11
Bread, whole wheat, slice	1.00	pce	69.16	3.63	11.56	1.90	0.94	0.00	29.96	0.06
Margarine, 80% fat, unsalted	1.00	tsp	34.03	0.04	0.04	0.00	3.81	0.00	0.80	0.00
Milk, nonfat/skim, calc fort	1.00	cup	86.45	8.40	11.98	0.00	0.44	4.94	503.88	0.10
Juice Drink, grape, swtnd, w/add vit C, prep f/fzn conc	4.00	fl-oz	63.75	0.24	15.94	0.12	0.11	0.00	5.00	0.05
Chicken, ground, pan browned	3.00	oz	160.74	19.80	0.00	0.00	9.29	91.00	6.80	0.46
Bread Crumbs, plain, grated, dry	0.13	cup	53.33	1.80	9.72	0.61	0.72	0.00	24.71	0.02
Corn, yellow, sweet, kernels, ckd f/fzn, drained	0.50	cup	66.42	2.09	15.83	1.97	0.55	0.00	2.46	0.08
3- Wednesday Total			681.29	39.05	97.01	5.05	16.18	95.94	584.95	0.88

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Item Name	Item Quantity	Item Measure	Cals (kcal)	Prot (g)	Carb (g)	Fib (g)	Fat (g)	Chol (mg)	Calc (mg)	B6 (mg)
4- Thursday										
Beef, bottom round roast, lean, ckd, 1/8" trim	2.00	oz	92.42	15.88	0.00	0.00	3.24	42.52	3.40	0.21
Stew, beef, cnd, svg	2.00	oz	53.86	2.80	3.84	0.85	3.05	9.07	6.80	0.07
Vegetables, ckd f/fzn, drnd, 10oz pkg	4.00	oz	73.71	3.24	14.84	4.99	0.17	0.00	28.35	0.08
Snap Beans, green, ckd, drained	4.00	oz	39.69	2.14	8.94	3.63	0.32	0.00	49.89	0.06
Potatoes, peeled, ckd, diced	4.00	oz	97.52	1.94	22.69	2.04	0.11	0.00	9.07	0.31
Milk, nonfat/skim, calc fort	1.00	cup	86.45	8.40	11.98	0.00	0.44	4.94	503.88	0.10
Margarine, 80% fat, unsalted	1.00	tsp	34.03	0.04	0.04	0.00	3.81	0.00	0.80	0.00
Bread, whole wheat, slice	1.00	pce	69.16	3.63	11.56	1.90	0.94	0.00	29.96	0.06
Juice, orange, unswtnd, cnd	4.00	fl-oz	52.29	0.73	12.26	0.25	0.17	0.00	9.96	0.11
4- Thursday Total			599.13	38.80	86.15	13.66	12.25	56.53	642.11	1.00
5- Friday										
Chicken, broiler/fryer, breast, w/o skin, rstd	3.00	oz	140.33	26.38	0.00	0.00	3.04	72.29	12.76	0.51
Sauce, soy, low sod	1.00	Tbs	10.00	1.00	1.00	--	0.00	0.00	2.40	--
Vegetables, ckd f/fzn, drnd, 10oz pkg	4.00	oz	73.71	3.24	14.84	4.99	0.17	0.00	28.35	0.08
Rice, brown, long grain, ckd	4.00	oz	125.87	2.93	26.04	2.04	1.02	0.00	11.34	0.16
Juice, orange, unswtnd, cnd	4.00	fl-oz	52.29	0.73	12.26	0.25	0.17	0.00	9.96	0.11
Bread, whole wheat, slice	1.00	pce	69.16	3.63	11.56	1.90	0.94	0.00	29.96	0.06
Margarine, 80% fat, unsalted	1.00	tsp	34.03	0.04	0.04	0.00	3.81	0.00	0.80	0.00
Milk, nonfat/skim, calc fort	1.00	cup	86.45	8.40	11.98	0.00	0.44	4.94	503.88	0.10
5- Friday Total			591.84	46.35	77.72	9.18	9.59	77.23	599.45	1.02
6- Saturday										
Dish, fish fillet, brd/batter fried	3.00	oz	197.31	12.47	14.43	0.43	10.45	28.92	15.31	0.09
Pasta, macaroni, enrich, ckd	0.50	cup	110.60	4.06	21.60	1.26	0.65	0.00	4.90	0.03
Vegetables, ckd f/fzn, drnd, 10oz pkg	4.00	oz	73.71	3.24	14.84	4.99	0.17	0.00	28.35	0.08
Milk, nonfat/skim, calc fort	1.00	cup	86.45	8.40	11.98	0.00	0.44	4.94	503.88	0.10
Margarine, 80% fat, unsalted	1.00	tsp	34.03	0.04	0.04	0.00	3.81	0.00	0.80	0.00
Juice, apple, unswtnd, w/vit C, cnd/btl	4.00	fl-oz	58.28	0.07	14.48	0.12	0.14	0.00	8.68	0.04
Bread, whole wheat, slice	1.00	pce	69.16	3.63	11.56	1.90	0.94	0.00	29.96	0.06
6- Saturday Total			629.54	31.91	88.93	8.70	16.60	33.86	591.88	0.40
7- Sunday										

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7- Sunday										
Chicken, broiler/fryer, leg, w/skin, rstd	1.50	oz	98.65	11.04	0.00	0.00	5.72	39.12	5.10	0.14
Chicken, broiler/fryer, thigh, w/skin, rstd	1.50	oz	105.03	10.66	0.00	0.00	6.59	39.55	5.10	0.13
Rice, white, long grain, ckd	0.50	cup	102.70	2.13	22.25	0.32	0.22	0.00	7.90	0.07
Beans, garbanzo, mature, ckd	2.00	oz	92.98	5.02	15.55	4.31	1.47	0.00	27.78	0.08
Margarine, 80% fat, unsalted	1.00	tsp	34.03	0.04	0.04	0.00	3.81	0.00	0.80	0.00
Milk, nonfat/skim, calc fort	1.00	cup	86.45	8.40	11.98	0.00	0.44	4.94	503.88	0.10
Juice, pineapple, unswtnd, w/add vit C, cnd	4.00	fl-oz	66.25	0.45	16.09	0.25	0.15	0.00	16.25	0.12
Bread, whole wheat, slice	1.00	pce	69.16	3.63	11.56	1.90	0.94	0.00	29.96	0.06
7- Sunday Total			655.25	41.37	77.47	6.78	19.34	83.61	596.77	0.70
Average of 7 days			632.38	38.21	87.60	8.87	14.49	69.44	600.87	0.80

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Item Name	B12 (mcg)	A-RAE (RAE)	Vit C (mg)	Magn (mg)	Sod (mg)	Zinc (mg)	Pot (mg)			
1- Monday										
Pasta, ckd f/fresh	0.24	10.21	0.00	30.62	10.21	0.95	40.82			
Sauce, spaghetti, w/meat, prep f/recipe	0.49	125.23	12.82	21.41	297.79	1.18	376.75			
Vegetables, ckd f/fzn, drnd, 10oz pkg	0.00	242.67	3.63	24.95	39.69	0.56	191.64			
Milk, nonfat/skim, calc fort	0.94	338.39	2.47	27.17	128.44	0.99	410.02			
Bread, whole wheat, slice	0.00	0.04	0.00	22.96	132.16	0.50	69.44			
Margarine, 80% fat, unsalted	0.00	38.77	0.00	0.09	0.09	0.00	1.18			
Juice, apple, unswtnd, w/vit C, cnd/btl	0.00	0.06	51.58	3.72	3.72	0.04	147.56			
1- Monday Total	1.67	755.37	70.50	130.92	612.10	4.22	1,237.41			
2- Tuesday										
Fish, salmon, pink, fillet, bkd/brld	2.94	34.87	0.00	28.07	73.14	0.60	352.09			
Sauce, lemon butter dill	--	--	--	--	102.64	--	--			
Potatoes, rstd	0.00	0.00	32.03	42.68	12.19	0.79	1,103.47			
Margarine, 80% fat, unsalted	0.00	38.77	0.00	0.09	0.09	0.00	1.18			
Milk, nonfat/skim, calc fort	0.94	338.39	2.47	27.17	128.44	0.99	410.02			
Juice Drink, grape, swtnd, w/add vit C, prep f/fzn conc	0.00	0.50	29.87	5.00	2.50	0.05	26.25			
Bread, whole wheat, slice	0.00	0.04	0.00	22.96	132.16	0.50	69.44			
Cauliflower, ckd f/fzn, drained, 1" pces	0.00	0.57	35.49	10.21	20.41	0.15	157.62			
Peppers, bell, red, sweet, fresh, chpd	0.00	29.24	23.78	2.23	0.74	0.05	39.30			
2- Tuesday Total	3.88	442.38	123.64	138.41	472.31	3.13	2,159.37			
3- Wednesday										
Rice, white, long grain, ckd	0.00	0.00	0.00	13.61	1.13	0.56	39.69			
Bread, whole wheat, slice	0.00	0.04	0.00	22.96	132.16	0.50	69.44			
Margarine, 80% fat, unsalted	0.00	38.77	0.00	0.09	0.09	0.00	1.18			
Milk, nonfat/skim, calc fort	0.94	338.39	2.47	27.17	128.44	0.99	410.02			
Juice Drink, grape, swtnd, w/add vit C, prep f/fzn conc	0.00	0.50	29.87	5.00	2.50	0.05	26.25			
Chicken, ground, pan browned	0.43	0.00	0.00	23.81	63.79	1.63	575.77			
Bread Crumbs, plain, grated, dry	0.05	0.00	0.00	5.80	98.82	0.20	26.46			
Corn, yellow, sweet, kernels, ckd f/fzn, drained	0.00	8.20	2.87	22.96	0.82	0.52	191.06			

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Item Name	B12 (mcg)	A-RAE (RAE)	Vit C (mg)	Magn (mg)	Sod (mg)	Zinc (mg)	Pot (mg)			
3- Wednesday Total	1.42	385.90	35.21	121.40	427.75	4.45	1,339.87			
4- Thursday										
Beef, bottom round roast, lean, ckd, 1/8" trim	0.87	0.00	0.00	10.77	20.98	2.73	130.41			
Stew, beef, cnd, svg	0.21	49.89	2.49	7.94	231.33	0.46	98.65			
Vegetables, ckd f/fzn, drnd, 10oz pkg	0.00	242.67	3.63	24.95	39.69	0.56	191.64			
Snap Beans, green, ckd, drained	0.00	39.69	11.00	20.41	1.13	0.28	165.56			
Potatoes, peeled, ckd, diced	0.00	0.17	8.39	22.68	5.67	0.31	371.94			
Milk, nonfat/skim, calc fort	0.94	338.39	2.47	27.17	128.44	0.99	410.02			
Margarine, 80% fat, unsalted	0.00	38.77	0.00	0.09	0.09	0.00	1.18			
Bread, whole wheat, slice	0.00	0.04	0.00	22.96	132.16	0.50	69.44			
Juice, orange, unswtnd, cnd	0.00	11.20	42.83	13.69	2.49	0.09	217.87			
4- Thursday Total	2.02	720.82	70.81	150.66	561.98	5.92	1,656.71			
5- Friday										
Chicken, broiler/fryer, breast, w/o skin, rstd	0.29	5.10	0.00	24.66	62.93	0.85	217.72			
Sauce, soy, low sod	--	--	0.39	--	390.00	--	40.90			
Vegetables, ckd f/fzn, drnd, 10oz pkg	0.00	242.67	3.63	24.95	39.69	0.56	191.64			
Rice, brown, long grain, ckd	0.00	0.00	0.00	48.76	5.67	0.71	48.76			
Juice, orange, unswtnd, cnd	0.00	11.20	42.83	13.69	2.49	0.09	217.87			
Bread, whole wheat, slice	0.00	0.04	0.00	22.96	132.16	0.50	69.44			
Margarine, 80% fat, unsalted	0.00	38.77	0.00	0.09	0.09	0.00	1.18			
Milk, nonfat/skim, calc fort	0.94	338.39	2.47	27.17	128.44	0.99	410.02			
5- Friday Total	1.23	636.17	49.32	162.28	761.47	3.70	1,197.53			
6- Saturday										
Dish, fish fillet, brd/batter fried	0.94	9.36	0.00	20.41	452.45	0.37	272.15			
Pasta, macaroni, enrich, ckd	0.00	0.00	0.00	12.60	0.70	0.36	30.80			
Vegetables, ckd f/fzn, drnd, 10oz pkg	0.00	242.67	3.63	24.95	39.69	0.56	191.64			
Milk, nonfat/skim, calc fort	0.94	338.39	2.47	27.17	128.44	0.99	410.02			
Margarine, 80% fat, unsalted	0.00	38.77	0.00	0.09	0.09	0.00	1.18			
Juice, apple, unswtnd, w/vit C, cnd/btl	0.00	0.06	51.58	3.72	3.72	0.04	147.56			
Bread, whole wheat, slice	0.00	0.04	0.00	22.96	132.16	0.50	69.44			
6- Saturday Total	1.88	629.29	57.68	111.90	757.25	2.82	1,122.79			

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7- Sunday										
Chicken, broiler/fryer, leg, w/skin, rstd	0.13	17.43	0.00	9.78	37.00	1.11	95.68			
Chicken, broiler/fryer, thigh, w/skin, rstd	0.12	21.26	0.00	9.36	35.72	1.00	94.40			
Rice, white, long grain, ckd	0.00	0.00	0.00	9.48	0.79	0.39	27.65			
Beans, garbanzo, mature, ckd	0.00	0.57	0.74	27.22	3.97	0.87	164.99			
Margarine, 80% fat, unsalted	0.00	38.77	0.00	0.09	0.09	0.00	1.18			
Milk, nonfat/skim, calc fort	0.94	338.39	2.47	27.17	128.44	0.99	410.02			
Juice, pineapple, unswtnd, w/add vit C, cnd	0.00	0.31	54.75	15.00	2.50	0.14	162.50			
Bread, whole wheat, slice	0.00	0.04	0.00	22.96	132.16	0.50	69.44			
7- Sunday Total	1.19	416.77	57.96	121.06	340.67	5.00	1,025.86			
Average of 7 days	1.90	569.53	66.45	133.80	561.93	4.18	1,391.36			