

# Nutritional Analysis Meals On Wheels

All calculations include milk, a roll and 1 tsp. margarine for dinners and milk, 1 tsp. margarine and juice for breakfasts.

Meal Number & Name	Calories*	Protein gm	Carbo-hydrate gm	Fiber gm	Total* Fat gm	Vitamin A RE	Thiamin B1 mg	Riboflavin B2 mg	Niacin B3 mg	Vitamin C mg	Calcium mg	Iron mg	Potassium mg	Sodium* mg
1. Pork Patty	745	47	75	8.4	30	1193	1.12	.91	7.7	25	559	5.7	1554	838
2. Baked Ham	560	40	76	10.5	12	1257	1.14	.81	7.0	57	391	4.8	1333	1689
3. Baked Beans & Franks	713	35	92	16.0	26	686	.48	.72	6.3	36	553	4.2	1348	2366
4. Macaroni and Cheese	749	29	116	6.2	20	516	.56	1.00	5.0	52	662	4.4	860	1267
5. Chicken Casserole	609	44	81	10.2	13	470	.63	.67	13.6	22	386	4.8	978	662
6. Fried Chicken	556	49	63	8.6	12.6	302	.46	.77	16	52	479	3.1	1452	854
7. Turkey	652	41	93	10.4	14	870	.43	.62	9.3	20	394	3.5	1540	777
8. Italian Veal and Beef Patty	669	31	77	8.3	28	367	.53	.76	7.0	20	535	4.8	1211	1591
9. Salisbury Steak	618	42	56	7.8	25	1942	.33	.71	8.2	24	414	4.7	1331	979
10. Beef Hash	581	35	66	8.3	21	370	.51	.71	7.0	20	388	5.2	1313	1053
11. Country Fried Steak	606	36	66	9.9	22	299	.53	.80	7.7	39	434	4.9	1295	1196
12. Meatloaf	614	34	63	7.8	26	661	.51	.76	6.5	22	447	3.9	1251	1368
13. Braised Tips	590	48	69	6.7	14	1202	.49	.88	6.8	25	544	7.5	1199	627
14. Spaghetti	640	32	87	10.0	21	394	.50	.79	8.0	30	439	5.8	1390	1084
15. Beef Stew	712	31	91	6.9	27	892	.46	.70	8.0	31	429	5.0	1465	978
16. Swedish Meatballs	601	36	76	11.0	19	544	.53	.84	7.6	75	503	5.8	1409	1252
17. Mushroom Omelet	794	42	54	7.0	47	639	.35	1.10	3.6	31	823	4.1	1146	1445
18. Crab Macaroni Casserole	667	35	88	8.0	21	490	.48	1.00	5.3	56	666	5.3	1024	1968
19. Baked Fish	468	42	51	8.2	12	1441	.42	.82	6.0	32	640	4.2	1691	1106
20. Chicken Patty	581	29	63	8.0	25	779	.36	.60	8.0	27	410	3.0	1281	1069
21. Pizza	682	39	77	7.3	25	365	.51	.81	8.6	44	586	3.7	1025	915
22. Egg Sandwich w/Sausage	699	45	56	10.7	34	706	.89	1.13	6.1	93	837	4.3	1345	1860
23. Fish Stuffed w/BrocCheese	696	25	98	4.4	24	445	.42	.50	5.9	19	407	4.8	714	704
24. Cheese Manicotti	1056	41	148	7.3	36	1455	.47	.90	4.2	57	920	5.8	1254	1206
26. Chicken Pot Pie	759	47	88	14.8	25	2781	.81	.95	13.7	30	525	6.1	1693	941
27. Teriyaki Chicken	735	75	77	7.9	12.7	1183	.55	.86	27.5	64	517	5.1	1450	1885
28. Hamburger Stroganoff	709	48	79	10.4	24	951	.73	1.03	6.3	54	514	6.8	1209	981
29. Chili-Stuffed Potato	631	40	91	12.6	14.8	535	.49	1.57	6.1	99	589	7.3	1913	1242
30. Vegetable Lasagna	623	34	82	9.6	20	767	.49	.75	4.1	26	809	4.7	1154	1181
31. Gardenburger	723	30	131	14.5	10.8	354	.59	.78	6.5	31	535	2.8	1138	983

B1. Cheese Omelet	684	26	75	5.0	31	466	1.30	.86	4.1	69	496	3.9	1173	1114
B2. Scrambled Eggs	631	36	71	5.7	24	460	1.47	1.44	5.8	112	487	4.7	1268	1140
B3. French Toast	754	36	93	5.9	28	605	1.45	1.52	5.8	71	584	5.5	1377	906
B4. Blueberry Pancakes	555	29	61	5.0	23	466	1.29	1.35	4.5	70	480	3.9	1115	761
B5. Egg Substitute	458	30	57	5.0	12	499	1.36	1.19	4.5	70	458	4.9	1215	669

\* roll contributes 93 calories, 167 mg sodium; margarine contributes 36 calories, 4 grams fat and 48 mg. sodium; milk contributes 86 calories, 126 mg sodium.