

Day 8

M O N D A Y I 0 A u g u s t	LUNCH	Calories	Fat (g)	Chol. (mg)	Sodium (mg)
	Spaghetti w/Meat Sauce	440	13	47	632
	Strip Loin Steak	457.56	28.45	153.08	105.46
	Roast Turkey	250	10.13	105.87	100
	DINNER	Calories	Fat (g)	Chol. (mg)	Sodium (mg)
Roast Pork Loin	195	7.72	62.33	325	
Pot Roast	341.06	23.6	90.36	374.41	
Baked Stuffed Fish	143	2.6	97.84	356.48	

Day 9

T U E S D A Y I 1 A u g u s t	LUNCH	Calories	Fat (g)	Chol. (mg)	Sodium (mg)
	Country Captain	279	12	94	375
	Meat Loaf	448	24	94.3	617
	Turkey Ala King	236	8.5	70	938.71
	DINNER	Calories	Fat (g)	Chol. (mg)	Sodium (mg)
Teriyaki Chicken	473	19	258	1018	
Veal Parmesan	415	24	185	266	
Plt. Alaska	500	14	13.6	951	

Day 10

W E N E S D A Y I 2 A u g u s t	LUNCH	Calories	Fat (g)	Chol. (mg)	Sodium (mg)
	Lasagna	332	18	12.3	N/A
	hamburger Parmesan	446	28.3	91.32	379.4
	Grilled Italian Sausage	216	17.2	52	618
	DINNER	Calories	Fat (g)	Chol. (mg)	Sodium (mg)
Lemon Herbed Chicken	150	3.23	61.99	151	
Sweet & Sour Pork	301	14	86	241	
Jambalaya	110	N/A	N/A	N/A	

Day 11

T H U R S D A Y I 3 A u g u s t	LUNCH	Calories	Fat (g)	Chol. (mg)	Sodium (mg)
	Chicken Cordon Bleu	350	N/A	N/A	N/A
	Veal Jaegerschnitzel w/Mushroom Sauce	214	6	141	167
	Roast Pork Loin	341.06	7.72	62.33	325
	DINNER	Calories	Fat (g)	Chol. (mg)	Sodium (mg)
Beef & Noodles	533.28	25.3	132.8	1107.11	
Southern Fried Catfish	331	19	251	422	
Herbed Baked Chicken	280.9	11.6	159.34	456.34	

Day 12

F R I D A Y I 4 A u g u s t	LUNCH	Calories	Fat (g)	Chol. (mg)	Sodium (mg)
	Lasagna	332	18	12.3	N/A
	Spaghetti w/Meatsauce	440	13	47	632
	Chicken Cacciatore	507	19	260	1045
	DINNER	Calories	Fat (g)	Chol. (mg)	Sodium (mg)
Mexican Baked Chicken	274.9	11.2	159.23	446.44	
Country Style Steak	549.16	37.07	142.13	545.18	
Stuffed Green Peppers	326	17	60	758	

Day 13

S A T U R D A Y I 5 A u g u s t	LUNCH	Calories	Fat (g)	Chol. (mg)	Sodium (mg)
	Fish Almondine	188	7	97	380
	Stir Fry Chicken w/Broccoli	250	11	68	559
	Pork Chops w/Mushroom Gravy	396	22	116	376
	DINNER	Calories	Fat (g)	Chol. (mg)	Sodium (mg)
Crispy Baked Chicken	187	3.35	62.96	178	
Baked Canned Ham	254	10	67	1707	
Ground Beef Yakisoba	492	24	93.9	711.04	

Day 14

S U N D A Y I 6 A u g u s t	LUNCH	Calories	Fat (g)	Chol. (mg)	Sodium (mg)
	Ginger BBQ Chicken	261	11	71	512
	Fried Shrimp	135.5	6.9	99	193
	Texas Hash	304.4	18.4	35.9	378.5
	DINNER	Calories	Fat (g)	Chol. (mg)	Sodium (mg)
Chicken Parmesan	267.3	7.9	110.1	905	
Sauerbraten	552	19	107	508	
Baked Fish	153	4.1	96.62	492.11	

HENSMAN DINING MENU
10 AUG. TO 16 AUG.