

Village of Wentworth Heights, Hamilton Ontario
Meal Analysis for Lunch - SAMPLE

CALCIUM

Regular Menu: _____ **Calcium:**

Choice #1

125 ml. Vegetable Bean Chowder	35 mg.
2 oz. Fish Cakes	10.7 mg.
½ Cup Hash Brown Potatoes	11.2 mg.
2 Tbsp. Dill Sauce	0 mg.
½ Cup Broccoli	30.6 mg.

Total Calcium: (Goal is 400 mg.) = 94.1 (w/Chocolate Chip Cookies)

Dessert Options

125 ml. Orange Sherbet	40 mg.
-OR-	
2 Chocolate Chip Cookies	6.6 mg.

Choice #2

1 Grilled Cheese Sandwich	218.5 mg.
1 Tbsp. Ketchup	2.7 mg.
1 Cup Marinated Green Bean Salad	65.8 mg.

Total Calcium: (Goal is 400 mg.) = **362 mg.**
(w/ Bean Chowder & Orange Sherbet)



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Meal Analysis for Lunch - SAMPLE

CALCIUM

Calcium Enriched Menu: **Calcium:**

Choice #1

125 ml. Cream of Tomato Soup, Prepared w/ Milk	79.4 mg.
2 oz. Fish Cakes	10.7 mg.
2 Tbsp. Yogurt Dill Sauce	56 mg.
175 ml. Mashed Potato, Prepared w/ Milk	35 mg.
½ Cup Broccoli	30.6 mg.

Total Calcium: (Goal is 400 mg.) = 362.7 mg. (w/ Tomato Soup & Rice Pudding)

Dessert Options

125 ml. Peach Frozen Yogurt	113 mg.
-OR-	
125 ml. Rice Pudding, Prepared w/ Milk	151 mg.

Choice #2

1 Grilled Cheese Sandwich	218.5 mg.
1 Tbsp. Ketchup	2.7 mg.
Green Bean Salad w/ Sour Cream Dressing	93.6 mg.

Total Calcium: (Goal is 400 mg.) = **427.8 mg.**
(w/ Peach Frozen Yogurt)

