

Vegetarian Entrées at Dinner and Sunday Brunch, 2010-2014 A Report to the Nutrition Committee and Dining Services

Background

Nutritional analyses of vegetarian entrées served at dinners and Sunday brunches have been the subject of past reports starting in 2010, with the latest dated July 24, 2013. These analyses relied on the following definition agreed to by both the Nutrition Committee and Dining Services:

A Nutritionally Satisfactory Entrée is an entrée with a serving size portion having

- at least 10 grams of Protein and
- less than 8 grams of Saturated Fat and
- less than 400 milligrams of Sodium

In this report we update prior analyses with results from the 2013/2014 Fall/Winter and the current 2014 Spring/Summer menu cycles. Detailed results of these two most recent menu cycles can be found in tables on pages 3-4.

In these tables, nutritional values in **bold** indicate values that do not meet the standard required by our definition of a nutritionally satisfactory entrée and the symbol ■ appears in the margin for each such nutritional value. The symbol □ is added for each “close call,” i.e. an entrée that misses meeting the required standard of protein, saturated fat, or sodium by at most 5%. For example, an entrée with 8g Saturated Fat rather than less than 8g or with 407mg of Sodium is a “close call” with the paired symbols (■□) appearing in the margin. Since only slight adjustments by Dining Services of the recipes for these entrées would make them nutritionally satisfactory with respect to the required standard (protein, saturated fat, or sodium), in this report we continue past practice and identify them as nutritionally satisfactory in the relevant standard.

Results

The results of the current 2014 analyses along with those of the earlier analyses are summarized in the following table. See next page. (No analyses were requested by the Nutrition Committee during 2012, so the 2011/2012 Fall/Winter and 2012 Spring/Summer menu cycles do not appear in this summary.)

MENU CYCLEVEGETARIAN ENTRÉES

| | | Total Number | Number (%) Nutritionally Satisfactory | Number (%) Nutritionally Unsatisfactory |
|--|-------------------------|--------------|---|---|
| Sept 15, 2010 thru Oct 19, 2010 | (2010/2011 Fall/Winter) | 35 | 25 (71%) | 10 (29%) |
| June 8, 2011 thru July 12, 2011 | (2011 Spring/Summer) | 34 | 25 (74%) | 9 (26%) |
| Jan 9, 2013 thru Feb 13, 2013 | (2012/2013 Fall/Winter) | 35 | 24 (69%) | 11 (31%) |
| May 29, 2013 thru July 2, 2013 | (2013 Spring/Summer) | 35 | 21 (60%) | 14 (40%) |
| Jan 1, 2014 thru Feb 4, 2014 | (2013-2014 Fall/Winter) | 35 | 24 (69%) | 11 (31%) |
| June 11, 2014 thru July 15, 2014 | (2014 Spring/Summer) | 35 | 24 (69%) | 11 (31%) |
| TOTALS | | 209 | 143 (68%) | 66 (32%) |

The percentage of nutritionally satisfactory vegetarian entrées varies from a high of 74% in the 2011 spring/summer menu cycle to a low of 60% in the 2013 spring/summer menu cycle. The high of 74% still indicates that about a quarter of the vegetarian entrées in this “best” menu cycle were nutritionally unsatisfactory. The improvement from the low 60% nutritionally satisfactory vegetarian entrées in the 2013 Spring/Summer menu cycle to 69% in the most recent menu cycles still leaves 31% that are nutritionally unsatisfactory.

Overall, it is more than a little disappointing that 32% or almost 1 in 3 of all 209 vegetarian entrées at dinners and Sunday brunches during the above menu cycles are nutritionally unsatisfactory. We urge Dining Services to produce a very much more satisfactory nutritional record for residents interested in vegetarian entrées.

SG September 24, 2014

VEGETARIAN ENTRÉES at Dinner and Sunday Brunch: 2013-2014 Fall/Winter
Menu Cycle (Wednesday, January 1, 2014 thru Tuesday, February 4, 2013)

| DATE | ENTRÉE | PROTEIN grams/serving | SAT. FAT grams/serving | SODIUM milligrams/serving | |
|----------|--|--------------------------|---------------------------|------------------------------|--------|
| 01/01/14 | Wild Rice & Tofu Supreme | 10 | 2 | 46 | |
| 01/02/14 | Tomato Stuffed with Corn Soufflé | 11 | 2 | 288 | |
| 01/03/14 | Tofu & Ratatouille Stuffed Potato | 8 | 0 | 95 | ■ |
| 01/04/14 | Apricot Orange BBQ Tofu | 11 | 1 | 263 | |
| 01/05/14 | Portobello Mushroom Stuffed with Spinach and Polenta | 8 | 2 | 373 | ■ |
| 01/06/14 | Butter Bean Stew with Peanut Sauce | 12 | 2 | 227 | |
| 01/07/14 | Spicy Lentil Spaghetti | 16 | 1 | 46 | |
| 01/08/14 | Eggplant, Tofu, and Pasta | 14 | 1 | 16 | |
| 01/09/14 | Tofu with Curry Coconut Sauce | 13 | 9 | 58 | ■ |
| 01/10/14 | Farfalle Pasta with Squash, Spinach and Mushrooms | 12 | 3 | 159 | |
| 01/11/14 | Polenta w/ Smoky Mushroom Ragout | 10 | 3 | 289 | |
| 01/12/14 | Butternut and Caramelized Onion Tart | 9 | 8 | 441 | ■(■□)■ |
| 01/13/14 | Pad Thai Spicy Tofu | 7 | 1 | 235 | ■ |
| 01/14/14 | Vegan Sweet & Sour Lentils w/ Rice | 12 | 0 | 122 | |
| 01/15/14 | Roasted Vegetable Lasagna | 14 | 4 | 480 | ■ |
| 01/16/14 | Apple, Walnut, and Tofu Stuffed Acorn Squash | 12 | 2 | 156 | |
| 01/17/14 | Cuban Black Beans & Rice | 14 | 0 | 41 | |
| 01/18/14 | Orzo Portobello Casserole | 17 | 3 | 197 | |
| 01/19/14 | Green Peppers Stuffed with Spinach and Artichokes | 10 | 6 | 299 | |
| 01/20/14 | Green Marinated Tofu with Black Bean Salsa | 10 | 0 | 17 | |
| 01/21/14 | Portobello Mushroom Stuffed with Ricotta | 11 | 5 | 228 | |
| 01/22/14 | Vegan Spicy Lentil Stew | 13 | 0 | 385 | |
| 01/23/14 | Vegan Vegetable Chili | 11 | 0 | 328 | |
| 01/24/14 | Spicy Lentil Spaghetti | 31 | 0 | 62 | |
| 01/25/14 | Moroccan Tagine Stew | 10 | 1 | 76 | |
| 01/26/14 | Tofu and Crunchy Vegetables | 11 | 2 | 303 | |
| 01/27/14 | Eggplant Lasagna with Garlic Béchamel Sauce | 12 | 8 | 195 | (■□) |
| 01/28/14 | Caribbean Rice and Beans | 22 | 2 | 93 | |
| 01/29/14 | Vegan Caramelized Tofu | 8 | 3 | 460 | ■ ■ |
| 01/30/14 | Vegan Pyramid | 6 | 1 | 590 | ■ ■ |
| 01/31/14 | Vegetarian Baked Ziti | 20 | 5 | 399 | |
| 02/01/14 | Spiced Couscous with Vegetables | 8 | 0 | 143 | ■ |
| 02/02/14 | Baked Lemon Rosemary Tofu | 8 | 1 | 21 | ■ |
| 02/03/14 | Bulgarian Red Pepper Stew | 6 | 1 | 154 | ■ |
| 02/04/14 | Tunisian Vegetable Stew | 12 | 1 | 70 | |

VEGETARIAN ENTRÉES at Dinner and Sunday Brunch: 2014 Spring/Summer
Menu Cycle (Wednesday, June 11, 2014 thru Tuesday, July 15, 2014)

| DATE | ENTRÉE | PROTEIN grams/serving | SAT. FAT grams/serving | SODIUM milligrams/serving | |
|----------|--|--------------------------|---------------------------|------------------------------|-------|
| 06/11/14 | Portobello Mushroom Stuffed with Corn and Mushrooms <i>GF</i> | 10 | 2 | 212 | |
| 06/12/14 | Pasta with Chick Peas & Bell Peppers | 13 | 4 | 403 | (■□) |
| 06/13/14 | Vegetarian Black Bean Chili <i>GF</i> | 13 | 1 | 100 | |
| 06/14/14 | Tomato Stuffed with Corn Soufflé <i>GF</i> | 11 | 2 | 288 | |
| 06/15/14 | Asparagus and Bow Tie Pasta w/ Cheese <i>GF</i> | 16 | 4 | 101 | |
| 06/16/14 | Quinoa & Mushroom Stuffed Pepper | 8 | 1 | 358 | ■ |
| 06/17/14 | Eggplant Parmesan <i>GF</i> | 11 | 5 | 362 | |
| 06/18/14 | Tofu w/ Wild Mushroom Sauce On Rice Noodles <i>GF</i> | 10 | 1 | 178 | |
| 06/19/14 | Tofu and Couscous Paella | 6 | 1 | 25 | ■ |
| 06/20/14 | Spicy Lentil Penne Pasta | 16 | 1 | 46 | |
| 06/21/14 | Tofu and Cashew Stir Fry | 12 | 1 | 254 | |
| 06/22/14 | Pasta Fantastica | 11 | 1 | 135 | |
| 06/23/14 | Green Curry Tofu and Bok Choy <i>GF</i> | 8 | 8 | 119 | ■(■□) |
| 06/24/14 | BBQ Tofu w/ Greens and Noodles | 11 | 1 | 496 | ■ |
| 06/25/14 | Roasted Vegetable Lasagna | 14 | 4 | 480 | ■ |
| 06/26/14 | African Potato Red Bean Stew <i>GF</i> | 11 | 1 | 309 | |
| 06/27/14 | Vegan Jambalaya <i>GF</i> | 12 | 2 | 173 | |
| 06/28/14 | Pasta with Spinach and Tofu | 12 | 2 | 352 | |
| 06/29/14 | Belgian Waffles | 6 | 1 | 225 | ■ |
| 06/30/14 | Asparagus with Bowtie and Cheese | 16 | 4 | 101 | |
| 07/01/14 | Spinach Ravioli w/ Red Pepper Sauce | 19 | 6 | 321 | |
| 07/02/14 | Creamy Spinach Lasagna | 16 | 7 | 593 | ■ |
| 07/03/14 | Cuban Black Beans and Rice <i>GF</i> | 13 | 0 | 37 | |
| 07/04/14 | Stuffed Portobello w/ Eggplant <i>GF</i> | 6 | 1 | 71 | ■ |
| 07/05/14 | Spiced BBQ Tofu <i>GF</i> | 23 | 2 | 289 | |
| 07/06/14 | Blueberry Pancake | 2 | 4 | 305 | ■ |
| 07/07/14 | Vegan Summer Sisters Stew <i>GF</i> | 12 | 0 | 119 | |
| 07/08/14 | Vegan Quinoa Black Bean Chili <i>GF</i> | 10 | 0 | 310 | |
| 07/09/14 | Vegetable Lo Mein Tofu | 8 | 1 | 198 | ■ |
| 07/10/14 | Vegan Wild Rice & Tofu Supreme | 23 | 4 | 104 | |
| 07/11/14 | Eggplant Steak w/ Gorgonzola Cheese <i>GF</i> | 12 | 7 | 310 | |
| 07/12/14 | Pasta w/ Spinach, Chick Peas & Garlic | 15 | 2 | 36 | |
| 07/13/14 | Portobello Mushroom with Roasted Vegetables and Bleu Cheese | 10 | 5 | 407 | (■□) |
| 07/14/14 | Butter Bean Stew | 12 | 2 | 227 | |
| 07/15/14 | Vegan Pyramid | 6 | 1 | 590 | ■■ |