

# Nutritive Analysis Instructions –Dining Hall Recipes

University of New Hampshire – Dining

Go to [www.unh.edu/dining](http://www.unh.edu/dining) then choose “**Menus/Locations/Hours**”

-continue, next page

The screenshot shows a Windows Internet Explorer browser window displaying the University of New Hampshire Dining Services website. The browser's address bar shows the URL <http://www.unh.edu/dining/>. The website header features the UNH logo and the text "UNIVERSITY of NEW HAMPSHIRE Dining Services" with a search box. Below the header is a navigation menu with links: Home | Site Map | About | Contact | ID Office |. A large photograph of a dining hall buffet is displayed. Below the photo is a secondary navigation menu: Menus/Locations/Hours | Meal Plans | Payment Options | Specials & Events | Nutrition | For Parents | UNH Dining & Community. Under "Specials & Events", there are sub-links for "Specials" and "Events". The main content area begins with a "Welcome!" section, followed by a paragraph: "At UNH Dining we provide our students, faculty and staff with a variety of healthy, tasty options at almost any hour of the day or night. With 12 retail and dining hall locations and a variety of payment options we have something to fit any appetite or budget. More >". Below this is a "Today's Announcements" section with three links: "» Dining Makes Provisions for Isolated Students with Illness - Click Here for More Details", "» Order a Replacement ID Card Online- Click Here for More Details", and "» Get the Latest UNH Information on H1N1 Virus - Click Here For More Details". At the bottom left, there are social media icons for Facebook and Twitter. The browser's status bar at the bottom shows "Internet" and "100%".

Choose a dining hall location (in this example *Holloway Commons* will be used):

-continue, next page

The screenshot shows a Windows Internet Explorer browser window displaying the University of New Hampshire Dining Services website. The browser's address bar shows the URL <http://www.unh.edu/dining/locations/>. The website header includes the University of New Hampshire logo and the text "UNIVERSITY of NEW HAMPSHIRE Dining Services". A search bar is located in the top right corner. Below the header, there is a navigation menu with links: Home | Site Map | About | Contact | ID Office |. A secondary menu lists: Menus/Locations/Hours | Meal Plans | Payment Options | Specials & Events | Nutrition | For Parents | UNH Dining & Community. The main content area is titled "Home » Menus & Locations" and features a section titled "Menus and Locations". Below this title, there is a link to "Click here to download a map." and a note: "For more information or to see the menu, click on the location name." The page lists three dining locations:

- 1. Elements at Philbrook**  
Located by Williamson & Christensen Halls  
Mon-Fri 7:15am-7:30pm  
Sat-Sun 9:00am-7:30pm  
Late Night: Sun-Thur 7:30pm-11:00pm
- Philbrook Café**  
Located in the lobby of Philbrook Hall  
Mon-Fri 7:30am-1am  
Sat 11am-1am  
Sun 2:30am-1am
- 2. Union Court**  
Located in the Memorial Union Building  
Mon-Thurs 7:30am-7:00pm

A map is partially visible on the right side of the page, showing the location of the dining halls. The University of New Hampshire Dining Services logo is also present on the right side of the page. The browser's status bar at the bottom shows "Internet" and "100%".

In this example, Holloway Commons was selected.  
Then select **“Click for Menu”** within the text:

*-continue, next page*

The screenshot shows a Windows Internet Explorer browser window with the address bar displaying <http://www.unh.edu/dining/locations/holloway.html>. The browser's menu bar includes File, Edit, View, Favorites, Tools, and Help. The toolbar contains icons for Web Search, Bookmarks, Settings, Mail, My Yahoo!, Answers, Games, and Anti-Spy. The page content features the University of New Hampshire Dining Services logo and a search bar. A navigation menu includes links for Home, Site Map, About, Contact, ID Office, Menus/Locations/Hours, Meal Plans, Payment Options, Specials & Events, Nutrition, For Parents, and UNH Dining & Community. The main content area is titled "Holloway Commons" and includes a sub-header "Huge Number of Choices, Contemporary Space" followed by a paragraph describing the dining hall's features. A "CLICK FOR MENU" link is present, along with a "WIFI Accessible" icon. At the bottom, "Payment Options" and contact information (phone and hours) are listed. A photograph of a staff member holding a tray of food is also visible. The browser's status bar at the bottom shows "Done", "Internet", and "100%" zoom.

UNH Dining - Windows Internet Explorer

http://www.unh.edu/dining/locations/holloway.html

UNH Dining

UNIVERSITY of NEW HAMPSHIRE  
Dining Services

Search

Home | Site Map | About | Contact | ID Office |

Menus/Locations/Hours | Meal Plans | Payment Options | Specials & Events | Nutrition | For Parents | UNH Dining & Community


Home » Menus & Locations » Holloway Commons

## Holloway Commons


### Huge Number of Choices, Contemporary Space

Centrally located on campus, this facility is our largest dining hall featuring eight unique stations where fresh, quality menu items are prepared right in front of you. Choose a made-to-order omelet, a slice of brick oven pizza (the only one on campus), or a Cuban sandwich. At the stir-fry station, select your favorite ingredients and watch our chefs fire it up before your eyes. And as always we offer a full salad bar as well as vegan and vegetarian items.

[CLICK FOR MENU](#)



Payment Options: Meal Plan, Cat's Cache, Dining Dollars, MasterCard, Visa, Cash  
Phone: 603.862.0710  
Hours: M-F 7:15am-9pm / Sa & Su 8am-9pm



Note on the left:

1. Ten days of menus to choose from.
2. Legend of menu symbols and their meaning.

Middle:

1. Meal periods and menus for the day selected.
2. For nutrition analysis, click on the Nutritive Analysis button for the meal period desired.

*In this example, click on the Nutritive Analysis button for Lunch.*

*-continue, next page*

**UNIVERSITY of NEW HAMPSHIRE Dining Services**

Home | Site Map | About | Contact | ID Office |

Menus/Locations/Hours Meal Plans Payment Options Specials & Events Nutrition For Parents UNH Dining & Community

Specials Events

» Monday, January 25  
» Tuesday, January 26  
» Wednesday, January 27  
» Thursday, January 28  
» Friday, January 29  
» Saturday, January 30  
» Sunday, January 31  
» Monday, February 01  
» Tuesday, February 02  
» Wednesday, February 03

**Legend**

- ♥=Lite (less than 350 calories, 10 gm fat, 750 mg sodium per serving)
- 🌱=Vegan (no animal products)
- 🍌=Vegetarian (plant based, includes dairy & eggs)
- ⚠️=Potential Allergen
- ★=Guiding Stars: 0 stars
- ★=Guiding Stars: 1 star (good)

**Menus for Tuesday, January 26, 2010**  
Holloway Commons

Click the NUTRITIVE ANALYSIS button for complete interactive menu analysis:

Breakfast	Lunch	Dinner
Assorted Danish	Chef's Choice Soup	Chef's Choice Soup
Assorted Muffins	Chicken and Barley Soup	Chicken and Barley Soup
Cheddar Scramble	Cream of Mushroom Soup	Cream of Mushroom Soup
Chocolate Chip Pancakes	Antipasto Salad Bar	Antipasto Salad Bar
Hard Cooked Eggs	Holloway Salad Bar	Holloway Salad Bar
Holl Sausage	Marinated Mushroom-Balsams	Marinated Mushroom-Balsams
Breakfast Pizza	Cheddar Cheese	Cheddar Cheese
Holloway Omelet Bar	Deli Bar	Deli Bar
Hot Oatmeal	Sandwich Pepperoni	Sandwich Pepperoni
Scrambled Eggs	Chicken Nuggets	Beef Fajita
Tater Tots		
Waffle Bar		

In this example the **Nutritive Analysis button was selected for Lunch**. This will provide a list of the menu items available at this meal.

**Double click on a recipe name** to get detailed information for that item (example, *Chicken and Barley Soup*).

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The screenshot shows a web browser window titled "This Week's Menus - Windows Internet Explorer". The address bar shows the URL: <http://foodpro.unh.edu/Nutframe.asp?sName=University+Of+New+Hampshire+Hospitality+Services&locationNum=80&loc>. The browser's search bar contains "Google".

The website header for "UNIVERSITY of NEW HAMPSHIRE Dining Services" includes a search bar and navigation links: Home, Site Map, About, Contact, ID Office, Menus/Locations/Hours, Meal Plans, Payment Options, Specials & Events, Nutrition, For Parents, and UNH Dining & Community.

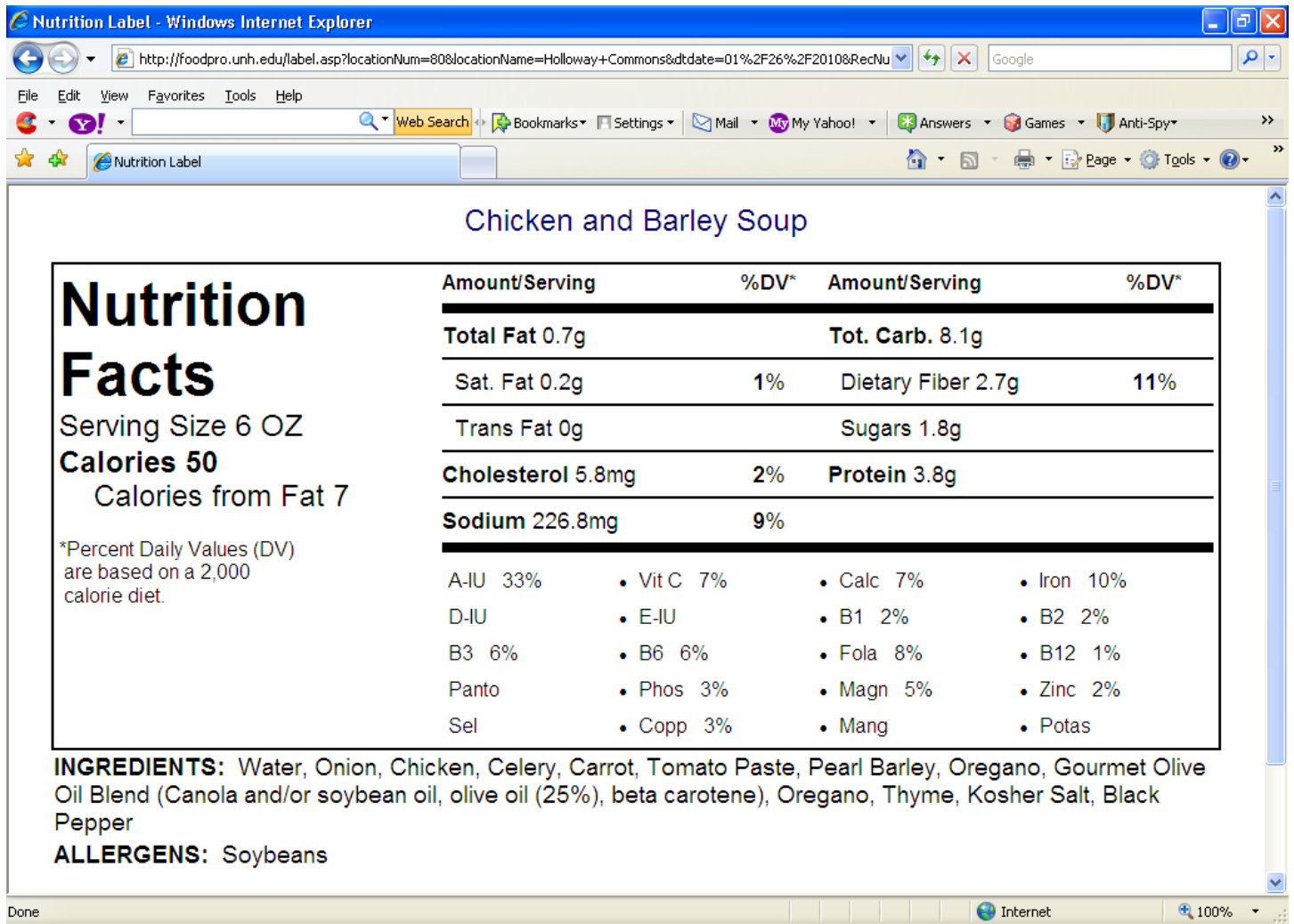
The main content area is titled "Holloway Commons" and "Select the menu items to report, or click recipe name for label:". Below this is the "Lunch Menu for Tuesday, January 26, 2010".

Recipe Description	Qty	Portion
-----SOUP-----		
<input type="checkbox"/> Chef's Choice Soup		6 OZ.
<input type="checkbox"/> Chicken and Barley Soup		6 OZ
<input type="checkbox"/> Cream of Mushroom Soup		8 OZ
-----SALAD-----		
<input type="checkbox"/> Antipasto Salad Bar		6 oz
<input type="checkbox"/> Holloway Salad Bar		1 each
<input type="checkbox"/> Marinated Mushroom-Balsams		2 OZ
-----DELI-----		
<input type="checkbox"/> Cheddar Cheese		1 OZ.
<input type="checkbox"/> Deli Bar		1 each
<input type="checkbox"/> Sandwich Pepperoni		2 oz
-----GRILL-----		

On the left side, there is a "Select a date:" dropdown menu with options from Monday, January 25 to Wednesday, February 03. Below it is a "Legend" box:

- = Lite (less than 350 calories, 10 gm fat, 750 mg sodium per serving)
- = Vegan (no animal products)
- = Vegetarian (plant based, includes dairy & eggs)
- = Potential Allergen
- = Guiding Stars: 0 stars

This [recipe analysis](#) will also provide a [list of ingredients and potential allergens](#).



**Chicken and Barley Soup**

<b>Nutrition Facts</b>		Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 6 OZ		<b>Total Fat</b> 0.7g		<b>Tot. Carb.</b> 8.1g	
<b>Calories 50</b>		Sat. Fat 0.2g	1%	Dietary Fiber 2.7g	11%
Calories from Fat 7		Trans Fat 0g		Sugars 1.8g	
		<b>Cholesterol</b> 5.8mg	2%	<b>Protein</b> 3.8g	
		<b>Sodium</b> 226.8mg	9%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		A-IU 33%	• Vit C 7%	• Calc 7%	• Iron 10%
		D-IU	• E-IU	• B1 2%	• B2 2%
		B3 6%	• B6 6%	• Fola 8%	• B12 1%
		Panto	• Phos 3%	• Magn 5%	• Zinc 2%
		Sel	• Copp 3%	• Mang	• Potas

**INGREDIENTS:** Water, Onion, Chicken, Celery, Carrot, Tomato Paste, Pearl Barley, Oregano, Gourmet Olive Oil Blend (Canola and/or soybean oil, olive oil (25%), beta carotene), Oregano, Thyme, Kosher Salt, Black Pepper

**ALLERGENS:** Soybeans

Nutrition information and allergens here are APPROXIMATIONS only. Food-allergic guests and those with specific nutrition concerns should speak with a manager and the registered dietitian for individualized assistance. The nutrient composition may vary due to changes in product formulation, manufacturer's data, cooking and preparation techniques and availability of ingredient data.

**If you have [any questions](#) you can contact:**

**Registered Dietitian**

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