




VOLUNTEERS OF AMERICA COLORADO BRANCH
DINING CENTER MENU
JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>June is Fresh Fruits & Vegetables Month</p> <p>June 18th is Father's Day</p> <p>June is Ice Tea Month</p>   				
<p>Swedish Meatballs with Mushroom Sauce (16g){345mg} 5</p> <p>Parsley Noodles (21g){174g}</p> <p>Peas and Carrots</p> <p>Rye Bread with Margarine (15g){192mg}</p> <p>Fruit Salad Combo (16g)</p> <p>1% Milk (12g)</p>	<p>Summer Daze Menu</p> <p>Honey BBQ Chicken (105g){435mg}</p> <p>Cauliflower & Carrots</p> <p>Au Gratin Potatoes (19g){156mg}</p> <p>Cornbread with Margarine (27g){300mg}</p> <p>Apple (25g)</p> <p>Oatmeal Cookie (11g)</p> <p>1% Milk (12g)</p>	<p>Mediterranean Pasta and Cheese (32g){279mg} 7</p> <p>Spinach with Red Peppers</p> <p>Warm Fruit Compote (27g)</p> <p>Multigrain Roll with Margarine (24g){240mg}</p> <p>Banana (27g)</p> <p>1% Milk (12g)</p>	<p>Japanese Heritage Day</p> <p>Teriyaki Beef (12g){546mg}</p> <p>Lo Mein Noodles (22g)</p> <p>Asian Vegetable Blend</p> <p>Japanese Cabbage Salad</p> <p>Wheat Roll with Margarine (15g){145mg}</p> <p>Berry Mango Compote (22g)</p> <p>1% Milk (12g)</p>	<p>Smothered Pork Rib with Brown Gravy (147mg) 2</p> <p>Mashed Potatoes (16g){378mg}</p> <p>Seasoned Spinach</p> <p>Biscuit with Margarine (22g){279mg}</p> <p>Apple (25g)</p> <p>Orange Juice (11g)</p> <p>Lemon Bar (23g)</p> <p>1% Milk (12g)</p>
<p>Cod with Lemon, Garlic and Rosemary Sauce (143mg) 12</p> <p>Lemon Risotto (22g){176mg}</p> <p>Seasoned Brussels Sprouts</p> <p>Rye Bread with Margarine (15g){192mg}</p> <p>Orange (15g)</p> <p>Raisin Nut Cup (18g)</p> <p>1% Milk (12g)</p>	<p>Summer Daze Menu</p> <p>Meatball Marinara Sub on a Whole Wheat Hoagie Roll (44g){807mg}</p> <p>Rosemary Parmesan Potatoes (18g)</p> <p>Carrot Raisin Celery Salad (12g)</p> <p>Apple (25g)</p> <p>Pineapple Juice (24g)</p> <p>1% Milk (12g)</p>	<p>Turkey Posole Soup with Wheat Crackers (23g){233mg} 14</p> <p>Southwest Bean & Corn Salad on a Bed of Romaine Lettuce (20g)</p> <p>9 Grain Wheat Bread with Margarine (30g){220mg}</p> <p>Apricot Halves (15g)</p> <p>1% Milk (12g)</p>	<p>Chicago is My Kind of Town!</p> <p>Hot Italian Beef Sandwich on 9 Grain Wheat Bread (64g){810mg}</p> <p>"Giordano's" Italian Pasta Salad (17g){167mg}</p> <p>Windy City Fruit Salad (25g)</p> <p>1% Milk (12g)</p>	<p>Baked Potato with Chili and White Cheddar Cheese (42g){236mg} 9</p> <p>Tossed Salad with Ranch Dressing (220mg)</p> <p>Multigrain Roll with Margarine (24g){188mg}</p> <p>Blueberry Applesauce (17g)</p> <p>1% Milk (12g)</p>
<p>Roast Pork with Peach Glaze (15g){219mg} 19</p> <p>Mashed Sweet Potatoes (27g)</p> <p>Sweet Corn & Asparagus Tips (15g)</p> <p>Wheat Roll with Margarine (14g){145mg}</p> <p>Diced pears (14g)</p> <p>1% Milk (12g)</p>	<p>Summer Daze Menu</p> <p>Fried Chicken (430mg)</p> <p>Napa Cabbage Slaw (10g)</p> <p>Red Royale Potato Salad (23g){340mg}</p> <p>Multigrain Roll with Margarine (24g){240mg}</p> <p>Banana (27g)</p> <p>Orange Juice (21g)</p> <p>1% Milk (12g)</p>	<p>Beef Fajita on a Whole Wheat Tortilla with Salsa & Cheddar Cheese (29g){910mg} 21</p> <p>Lettuce/Tomato Garnish</p> <p>Cilantro Lime Rice (15g)</p> <p>Mexicali Corn (18g)</p> <p>Orange (15g)</p> <p>1% Milk (12g)</p>	<p>Celebrating Fathers and Grandfathers</p> <p>Chicken Fried Steak with Country Gravy (26g){520mg}</p> <p>Whipped Potatoes (44g)</p> <p>Steamed Carrots</p> <p>Cottage Cheese (348mg)</p> <p>Orange (15g)</p> <p>Apple Pie (41g)</p> <p>1% Milk (12g)</p>	<p>Rosemary Dijon Steak Salad (15g){782mg} 16</p> <p>Spring Pea & Shell Pasta Salad (21g)</p> <p>Whole Wheat Roll with Margarine (15g){145mg}</p> <p>Seedless Grapes (14g)</p> <p>Orange Juice (21g)</p> <p>1% Milk (12g)</p>
<p>Curried Beef 26</p> <p>Coconut Rice (32g)</p> <p>Ginger Orange Carrots (38g)</p> <p>Multigrain Roll with Margarine (24g){240mg}</p> <p>Cottage Cheese (229mg)</p> <p>Blueberry Applesauce (17g)</p> <p>1% Milk (12g)</p>	<p>Summer Daze Menu</p> <p>Smoked Polish Sausage on a Whole Wheat Bun with Mustard and Ketchup (25g){1,114mg}</p> <p>Whole Kernel Corn (16g)</p> <p>Creamy Cole Slaw (148mg)</p> <p>Banana (26g)</p> <p>Foothills Trail Mix (16g)</p> <p>1% Milk (12g)</p>	<p>Southwest Chicken Catalina (12g){453mg} 28</p> <p>Fiesta Rice (16g)</p> <p>Seasoned Brussels Sprouts</p> <p>Cornbread with Margarine (27g){300mg}</p> <p>Fresh Orange (15g)</p> <p>1% Milk (12g)</p>	<p>Summer Welcome Day</p> <p>Summer Chicken Salad on a Bed of Romaine with Green Goddess Dressing (142mg)</p> <p>9 Grain Wheat Bread with Margarine (30g){220mg}</p> <p>Pineapple Mandarin Orange Fruit Cup (22g)</p> <p>Raisin Nut Cup (18g)</p> <p>1% Milk (12g)</p>	<p>Baked Haddock Almondine (281mg) 23</p> <p>Vegetable Orzo Salad (22g)</p> <p>Ratatouille (Squash with Tomatoes) (11g)</p> <p>Rye Bread with Margarine (15g){192mg}</p> <p>Apple (25g)</p> <p>1% Milk (12g)</p>
<p>Curried Beef 26</p> <p>Coconut Rice (32g)</p> <p>Ginger Orange Carrots (38g)</p> <p>Multigrain Roll with Margarine (24g){240mg}</p> <p>Cottage Cheese (229mg)</p> <p>Blueberry Applesauce (17g)</p> <p>1% Milk (12g)</p>	<p>Summer Daze Menu</p> <p>Smoked Polish Sausage on a Whole Wheat Bun with Mustard and Ketchup (25g){1,114mg}</p> <p>Whole Kernel Corn (16g)</p> <p>Creamy Cole Slaw (148mg)</p> <p>Banana (26g)</p> <p>Foothills Trail Mix (16g)</p> <p>1% Milk (12g)</p>	<p>Southwest Chicken Catalina (12g){453mg} 28</p> <p>Fiesta Rice (16g)</p> <p>Seasoned Brussels Sprouts</p> <p>Cornbread with Margarine (27g){300mg}</p> <p>Fresh Orange (15g)</p> <p>1% Milk (12g)</p>	<p>GO ROCKIES!</p> <p>Pulled Pork Rocky Melt on a Biscuit (26g){1080mg}</p> <p>Colorado Style Baked Beans (31g){239mg}</p> <p>Broccoli Peanut Salad (21g){192mg}</p> <p>Watermelon</p> <p>Caramel Corn (67g){200mg}</p> <p>1% Milk (12g)</p>	<p>Moo Goo Gai Pan (Chicken with Mushrooms) (15g){413mg} 30</p> <p>Steamed White Rice (22g)</p> <p>Sesame Snap Peas with Peppers (10g)</p> <p>Multigrain Roll with Margarine (24g){240mg}</p> <p>Orange (15g)</p> <p>Fortune Cookie (12g)</p>

Menu items may change without notice due to availability of items from suppliers.

The number in (parenthesis) indicates the grams of carbohydrate per menu item. Carbohydrates are unlisted unless they are greater than 10g.

The number listed in {brackets} indicates the mg sodium per menu item. Sodium is unlisted unless it is greater than 140mg.

**VOLUNTEERS OF AMERICA COLORADO BRANCH
DINING CENTER NUTRITION ANALYSIS
JUNE 2017**

Monday		Tuesday		Wednesday		Thursday		Friday																										
<p>These are the values for 33 1/3% of the Recommended Daily Allowance (RDA) for 70+: Calories: 667+ Fiber: 9.5 grams Protein: 33 grams Saturated Fat: less than 8 grams Carbohydrates: 92 grams Sodium: less than 1200 mg</p> <p>*Based on a 2,000 Calorie Diet; Macronutrient distribution of calories based on: 20% protein (RDA 10-25%), 25% total fat (RDA 20-35%), 55% carbohydrates (RDA 45-65%)</p>				<p>For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Kelsey Thornton, MS, RDN at 303-297-0408</p>		<p>1</p> <p>Calories 831 Fat 32g Saturated Fat 6.8g Protein 46g Total Carbohydrates 93g Fiber 12g Sodium 977mg</p>		<p>2</p> <p>Calories 867 Fat 27g Saturated Fat 6.6g Protein 44g Total Carbohydrates 113g Fiber 10g Sodium 1083mg</p>																										
5		6		7		8		9																										
Calories 869	Fat 37g	Saturated Fat 11.4g	Protein 44g	Total Carbohydrates 93g	Fiber 10.8g	Sodium 983mg	Calories 1521	Fat 56g	Saturated Fat 5.8g	Protein 56g	Total Carbohydrates 206g	Fiber 12.3	Sodium 1100mg	Calories 753	Fat 17g	Saturated Fat 3.5g	Protein 27g	Total Carbohydrates 126g	Fiber 12g	Sodium 792mg	Calories 878	Fat 23g	Saturated Fat 4g	Protein 35g	Total Carbohydrates 135g	Fiber 13.6g	Sodium 1137mg	Calories 685	Fat 20g	Saturated Fat 6.5g	Protein 31g	Total Carbohydrates 97g	Fiber 11g	Sodium 789g
12		13		14		15		16																										
Calories 751	Fat 22g	Saturated Fat 4.2g	Protein 47g	Total Carbohydrates 95g	Fiber 11.5g	Sodium 789mg	Calories 878	Fat 24g	Saturated Fat 6g	Protein 38g	Total Carbohydrates 134g	Fiber 15g	Sodium 1196g	Calories 823	Fat 30g	Saturated Fat 5g	Protein 39g	Total Carbohydrates 103g	Fiber 19.7g	Sodium 718mg	Calories 1087	Fat 47g	Saturated Fat 15g	Protein 41g	Total Carbohydrates 127g	Fiber 10.5g	Sodium 1170mg	Calories 752	Fat 28g	Saturated Fat 5g	Protein 33g	Total Carbohydrates 96g	Fiber 10.6g	Sodium 1171mg
19		20		21		22		23																										
Calories 844	Fat 32g	Saturated Fat 7.5g	Protein 46g	Total Carbohydrates 98g	Fiber 10.2g	Sodium 571mg	Calories 998	Fat 45g	Saturated Fat 7.6g	Protein 34g	Total Carbohydrates 120g	Fiber 10g	Sodium 1160mg	Calories 632	Fat 12.6g	Saturated Fat 4g	Protein 39g	Total Carbohydrates 97g	Fiber 11.4g	Sodium 1175mg	Calories 710	Fat 24g	Saturated Fat 3g	Protein 41g	Total Carbohydrates 81g	Fiber 9.8g	Sodium 493mg	Calories 721	Fat 24g	Saturated Fat 3g	Protein 39g	Total Carbohydrates 92g	Fiber 11.7g	Sodium 783mg
26		27		28		29		30																										
Calories 895	Fat 25g	Saturated Fat 11g	Protein 47g	Total Carbohydrates 128g	Fiber 9.8g	Sodium 803mg	Calories 888	Fat 42g	Saturated Fat 11.6g	Protein 30g	Total Carbohydrates 108g	Fiber 11.6g	Sodium 1482mg	Calories 1047	Fat 52g	Saturated Fat 4g	Protein 56g	Total Carbohydrates 90g	Fiber 11.5g	Sodium 929mg	Calories 1312	Fat 46g	Saturated Fat 14g	Protein 62g	Total Carbohydrates 162g	Fiber 12.7	Sodium 1836mg	Calories 668	Fat 12g	Saturated Fat 2g	Protein 37g	Total Carbohydrates 105g	Fiber 10.3g	Sodium 784mg