



VOLUNTEERS OF AMERICA COLORADO BRANCH
DINING CENTER MENU
FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Did You Know?</p> <p>*February is Black History month. It is observed annually in the U.S., Canada, and the United Kingdom to remember African-American people and events.</p> <p>*Before 2002, Super Bowl Sunday was held on the last Sunday in January. Since 2002, it is more commonly held on the first Sunday of February.</p> <p>*February 1865 is the only month in recorded history not to have a full moon.</p> 				<p>Colorado Potato Soup with Multigrain Croutons (29g)(395mg) 1</p> <p>Chicken Salad in a Wheat Pita Pocket (half) (21g)(289mg)</p> <p>Lettuce/Tomato Garnish</p> <p>Apple (25g)</p> <p>Raisin Nut Cup (18g)</p> <p>1% Milk (12g)</p> <p>Grape Juice (28g)</p>
<p>Tasty Beef and Mushrooms (40g)(300mg)</p> <p>Steamed Brown Rice (14g)</p> <p>Buttered Lima Beans</p> <p>Hawaiian Dinner Roll (15g)(192mg)</p> <p>Cottage Cheese with Pineapple (20g)</p> <p>Foothills Trail Mix (270mg)(46g)</p> <p>1% Milk (12g)</p>	<p>4 Vermont Ham Sandwich on Multigrain Bread (22g)(682mg)</p> <p>Sweet Corn (150mg)</p> <p>with Asparagus</p> <p>Quinoa Kale Blend (12g)</p> <p>Banana (30g)</p> <p>1% Milk (12g)</p>	<p>5 Sesame Glazed Chicken Breast (492mg)</p> <p>Steamed Brown Rice (22g)</p> <p>Peas with Mushrooms (13g)</p> <p>Multigrain Roll with Margarine (24g)(240mg)</p> <p>Tangerine (12g)</p> <p>Pineapple Juice (24g)</p> <p>1% Milk (12g)</p>	<p>6 <u>Celebrating Black History Month</u></p> <p>Son of a Gun Beef Stew (10g)</p> <p>Ranch Style Beans (22g)(145mg)</p> <p>Whipped Hubbard Squash (10g)</p> <p>Cornbread with Margarine (27g)(300mg)</p> <p>Pineapple Mango Compote (12g)</p> <p>Bread Pudding (45g)(390mg)</p> <p>1% Milk (12g)</p>	<p>7 Salisbury Steak with Mushroom Gravy (340mg) 8</p> <p>Cheesy Potatoes (15g)</p> <p>Cauliflower and Carrots</p> <p>Whole Wheat Roll with Margarine (14g)(146mg)</p> <p>Banana (27g)</p> <p>1% Milk (12g)</p>
<p>Winter White Chili with Chicken (25g)(280mg)</p> <p>Cilantro lime rice (18g)</p> <p>Seasoned Spinach</p> <p>Sourdough Bread with Margarine (16g)(192mg)</p> <p>Orange (14g)</p> <p>1% Milk (15g)</p> <p>1% Milk (12g)</p>	<p>11 Split Pea Soup with Wheat Crackers (21g)(202mg)</p> <p>Tuna Salad (226mg)</p> <p>served on Tomato Wedges</p> <p>Wheat Bread with Margarine (12g)</p> <p>Cottage Cheese with Cherries (17g)(235mg)</p> <p>1% Milk (12g)</p> <p>Grape Juice (19g)</p>	<p>12 Greek Chicken (236mg)</p> <p>Buttermilk Mashed Potatoes (13g)</p> <p>5-Way Vegetable Blend (12g)</p> <p>Wheat Bread with Margarine (25g)</p> <p>Apple (18g)</p> <p>Raisin Nut Cup (12g)</p> <p>1% Milk (19g)</p> <p>Cranberry Juice (19g)</p>	<p>13 <u>Be My Valentine!</u></p> <p>Roast Beef with Brown Gravy (240mg)</p> <p>Whipped Potatoes (20g)</p> <p>Steamed Carrots</p> <p>Wheat Roll with Margarine (13g)(145mg)</p> <p>Fresh Pear (27g)</p> <p>Strawberry Shortcake with Whipped Topping (30g)(224mg)</p> <p>1% Milk (12g)</p>	<p>14 Mediterranean Fish Fillet (335mg) 15</p> <p>Rice Pilaf (22g)</p> <p>Scandinavian Blend Vegetables</p> <p>9-Grain Bread with Margarine (30g)(220mg)</p> <p>Orange (15g)</p> <p>1% Milk (12g)</p>
<p><u>President's Day</u></p> <p>Honey Garlic Pork Cutlet (25g)(417mg)</p> <p>Vegetable Bean Medley</p> <p>Diced Beets</p> <p>Whole Wheat Bread with Margarine (12g)</p> <p>Orange (15g)</p> <p>1% Milk (12g)</p>	<p>18 Pizza Burger with Provolone Cheese on Wheat Bun (25g)(723mg)</p> <p>Potato Wedges (22g)</p> <p>Carrot Cabbage Cole Slaw</p> <p>Fresh Pear (27g)</p> <p>Santa Fe Trail Mix (37g)</p> <p>1% Milk (12g)</p>	<p>19 Sweet and Sour chicken (30g)(548mg)</p> <p>Mandarin Vegetable Blend (23g)</p> <p>Brown Rice (24g)(240mg)</p> <p>Multigrain Roll with Margarine (27g)</p> <p>Banana (21g)</p> <p>Low-fat Fruited yogurt (12g)</p> <p>1% Milk (12g)</p>	<p>20 <u>Healthy Aging Day</u></p> <p>Turkey Posole (23g)(235mg)</p> <p>Fiesta Rice (16g)</p> <p>Sweet Corn and Tomato Salad (17g)(147mg)</p> <p>Whole Wheat Tortilla (22g)</p> <p>Fruit Salad (16g)</p> <p>1% Milk (12g)</p>	<p>21 Mexican Meatball Soup (13g)(351mg) 22</p> <p>Bean and Cheese Burrito on a Wheat Tortilla with Salsa (37g)(415mg)</p> <p>Lettuce/Tomato Garnish</p> <p>Mexicali Corn (18g)</p> <p>Strawberry Applesauce (15g)</p> <p>1% Milk (12g)</p>
<p>Mongolian Beef (424mg)</p> <p>Lo Mein Noodles (20g)</p> <p>Asian Style Slaw</p> <p>Multigrain Roll with Margarine (24g)(240mg)</p> <p>Mango Mandarin Compote (12g)</p> <p>Fortune Cookie</p> <p>1% Milk (12g)</p>	<p>25 Baked Meat Lasagna (17g)(461mg)</p> <p>Super Crunch Salad with Honey Lime Dressing (150mg)</p> <p>Italian Vegetables</p> <p>Garlic Bread with Margarine (17g)(193mg)</p> <p>Apple (25g)</p> <p>1% Milk (12g)</p>	<p>26 Navy Bean Soup with Wheat Crackers (13g)(347mg)</p> <p>BBQ Pulled Pork Sandwich on a Whole Wheat Bun (31g)(353mg)</p> <p>Lettuce/Tomato Garnish</p> <p>Orange (15g)</p> <p>Oatmeal Raisin Cookie (18g)</p> <p>1% Milk (12g)</p>	<p>27 <u>Down in New Orleans</u></p> <p>Chicken and Sausage Jambalaya (21g)(556mg)</p> <p>Corn Maque Choux (28g)</p> <p>Buttered Lima Beans (21g)</p> <p>Cornbread with Margarine (27g)(300mg)</p> <p>Diced Peaches (14g)</p> <p>Iced Banana Cake (46g)(280mg)</p> <p>Cranberry Juice (23g)</p> <p>1% Milk (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
FEBRUARY 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian at 303-297-0408	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 <small>*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%)</small>			1 Calories 860 Fat 22g Saturated Fat 4g Protein 43g Total Carbohydrates 131g Fiber 10.5g Sodium 849mg
4	5	6	7	8
Calories 1282 Fat 46g Saturated Fat 12g Protein 49g Total Carbohydrates 153g Fiber 11.6g Sodium 949mg	Calories 622 Fat 28g Saturated Fat 11g Protein 27g Total Carbohydrates 85g Fiber 10g Sodium 1125mg	Calories 790 Fat 16g Saturated Fat 3g Protein 50g Total Carbohydrates 116g Fiber 12g Sodium 941mg	Calories 1062 Fat 38g Saturated Fat 10g Protein 45g Total Carbohydrates 138g Fiber 12g Sodium 1104mg	Calories 1000 Fat 41g Saturated Fat 8g Protein 50g Total Carbohydrates 114g Fiber 14g Sodium 547mg
11	12	13	14	15
Calories 667 Fat 14 Saturated Fat 2g Protein 48g Total Carbohydrates 91g Fiber 14g Sodium 724mg	Calories 696 Fat 16g Saturated Fat 3g Protein 41g Total Carbohydrates 97g Fiber 11g Sodium 980mg	Calories 746 Fat 21g Saturated Fat 6g Protein 28g Total Carbohydrates 110g Fiber 10g Sodium 1095mg	Calories 891 Fat 25g Saturated Fat 7g Protein 57g Total Carbohydrates 113g Fiber 10.5g Sodium 845mg	Calories 753 Fat 16g Saturated Fat 2g Protein 63g Total Carbohydrates 90g Fiber 11.7g Sodium 806mg
18	19	20	21	22
Calories 848 Fat 37g Saturated Fat 10g Protein 42g Total Carbohydrates 90g Fiber 12g Sodium 957mg	Calories 1067 Fat 43g Saturated Fat 14g Protein 50g Total Carbohydrates 130g Fiber 14g Sodium 1017mg	Calories 972 Fat 28g Saturated Fat 8g Protein 46g Total Carbohydrates 136g Fiber 11g Sodium 1075mg	Calories 756 Fat 22g Saturated Fat 4g Protein 36g Total Carbohydrates 106g Fiber 14g Sodium 687mg	Calories 671 Fat 21g Saturated Fat 6.5g Protein 33g Total Carbohydrates 97g Fiber 15g Sodium 980mg
25	26	27	28	
Calories 850 Fat 34g Saturated Fat 9g Protein 39g Total Carbohydrates 103g Fiber 11g Sodium 701mg	Calories 840 Fat 43g Saturated Fat 10g Protein 37g Total Carbohydrates 79g Fiber 11g Sodium 710mg	Calories 540 Fat 10g Saturated Fat 2g Protein 45g Total Carbohydrates 69g Fiber 9.6g Sodium 868mg	Calories 1329 Fat 48g Saturated Fat 11g Protein 39g Total Carbohydrates 192g Fiber 13g Sodium 1358mg	