

**VOLUNTEERS OF AMERICA COLORADO BRANCH
DINING CENTER MENU
JANUARY 2019**


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">Guest Chef Special Day Menu Created by Samantha New</p> <p>Chef Samantha New has been in the restaurant industry for about 15 years out in the front of the house before attending culinary school. Although she grew up in Colorado, she spent most of her career in Georgia, working in various restaurants and honing her management skills in corporate dining accounts. After moving back to Colorado about 3 years ago, she was able to focus more on food and began to develop her personal cooking style. Eclat Culinary focuses on events, pop-ups, and personal chef services.</p>	<p>Happy New Year! VOA Dining Centers Closed</p>	<p>Sesame Glazed Chicken Breast (492mg) 2 Steamed Brown Rice (22g) Peas with Mushrooms (13g) Multigrain Roll with Margarine (24g)(240mg) Tangerine (12g) Pineapple Juice (24g) 1% Milk (12g)</p>	<p style="text-align: center;"><u>Kitchen Manager Special</u> 3 Polish Sausage with Sweet Tomato Sauce (57g)(498mg) Roasted Caraway Potatoes (15g) Braised Red Cabbage Rye Bread with Margarine (15g)(192mg) Manager's Choice Dessert (42g)(144mg) Apricot Halves (30g) 1% Milk (12g)</p>	<p>Salisbury Steak with Mushroom Gravy (340mg) 4 Cheesy Potatoes (15g) Cauliflower and Carrots Whole Wheat Roll with Margarine (14g)(146mg) Banana (27g) 1% Milk (12g)</p>
<p>Winter White Chili (25g)(280mg) 7 with Chicken Cilantro lime rice (18g) Seasoned Spinach Sourdough Bread with Margarine (16g)(192mg) (14g) Orange (15g) 1% Milk (12g)</p>	<p>Split Pea Soup (21g)(202mg) 8 with Wheat Crackers Tuna Salad (226mg) served on Tomato Wedges Wheat Bread with Margarine (12g) Cottage Cheese with Cherries (17g)(235mg) 1% Milk (12g) Grape Juice (19g)</p>	<p>Greek Chicken (236mg) 9 Buttermilk Mashed Potatoes 5-way vegetable blend (13g) Wheat Bread with Margarine (12g) Apple (25g) Raisin Nut Cup (18g) 1% Milk (12g) Grape Juice (19g)</p>	<p style="text-align: center;"><u>Welcome 2019 Celebration</u> 10 Roast Pork with Sage Gravy (236mg) Candied Yams (15g) Creamed Spinach (173mg) Rye Bread with Margarine (15g)(192mg) Orange (15g) Carrot Cake (39g)(280mg) 1% Milk (12g)</p>	<p>Mediterranean Fish Fillet (335mg) 11 Rice Pilaf (22g) Scandinavian Blend Vegetables 9-Grain Bread with Margarine (30g)(220mg) Orange (15g) 1% Milk (12g)</p>
<p>Honey Garlic Pork Cutlet (25g)(417mg) 14 Vegetable Bean Medley Diced Beets Whole Wheat Bread with Margarine (12g) Orange (15g) 1% Milk (12g)</p>	<p>Pizza Burger with Provolone on a Ciabatta Bun (25g)(723mg) 15 Potato Wedges (22g) Carrot Cabbage Cole Slaw Fresh Pear (27g) Santa Fe Trail Mix (37g) 1% Milk (12g)</p>	<p>Sweet and Sour chicken (30g)(548mg) 16 Mandarin Vegetable Blend Brown Rice (23g) Multigrain Roll with Margarine (24g)(240mg) Banana (27g) Low-fat Fruited yogurt (21g) 1% Milk (12g)</p>	<p style="text-align: center;"><u>Martin Luther King Remembrance</u> 17 BBQ Country Style Pork Rib (23g)(208mg) Hoppin' John (19g)(176mg) Stewed Tomatoes Cornbread with Margarine (27g)(300mg) Apricot Halves (30g) Peach Cobbler (41g)(260mg) 1% Milk (12g)</p>	<p>Mexican Meatball Soup (13g)(351mg) 18 Bean and Cheese Burrito on a Wheat Tortilla with Salsa (37g)(415mg) Lettuce/Tomato Garnish Mexicali Corn (18g) Strawberry Applesauce (15g) 1% Milk (12g)</p>
<p>Mongolian Beef (424mg) 21 Lo Mein Noodles (20g) Asian Style Slaw Multigrain Roll with Margarine (24g)(240mg) Tangerine (12g) Fortune Cookie 1% Milk (12g)</p>	<p>Baked Meat Lasagna (17g)(461mg) 22 Super Crunch Salad with Honey Lime Dressing (150mg) Italian Vegetables Garlic Bread with Margarine (17g)(193mg) Apple (25g) 1% Milk (12g)</p>	<p>Navy Bean Soup (13g)(347mg) 23 with Wheat Crackers BBQ Pulled Pork Sandwich on a Whole Wheat Bun (31g)(353mg) Lettuce/Tomato Garnish Orange (15g) Oatmeal Raisin Cookie (18g) 1% Milk (12g)</p>	<p style="text-align: center;"><u>Guest Chef Special Day</u> 24 Herb Baked Chicken (14g)(291mg) Southern Black-eyed Peas (14g)(310mg) Seasoned Greens Cornbread with Honey (27g)(300mg) Tangerine (12g) Apple Crisp (56g) 1% Milk (12g)</p>	<p>Baked Potato stuffed with Chicken A La King (46g)(243mg) 25 Super Greens Salad with Poppy Seed Dressing (30g)(220mg) 9- Grain Bread with Margarine (30g)(220mg) Apricot Halves (15g) 1% Milk (12g)</p>
<p>Beef Cabbage Patch Stew Whipped Hubbard Squash (10g) Spinach Gulay French Bread with Margarine (16g)(192mg) Pineapple Mango Compote (21g) 1% Milk (12g)</p>	<p>Rigatoni Bake (16g)(354mg) 28 Tossed Salad with Ranch Dressing (350mg) Garlic Breadstick with Margarin (23g)(240mg) Fresh Pear (27g) Cranberry Juice (23g) 1% Milk (12g)</p>	<p>Italian Sausage and Lentil Soup (13g)(196mg) 30 with Wheat Crackers Cape Cod Turkey Salad Wheat Roll with Margarine (15g)(150mg) Orange (15g) Chocolate Brownie (41g)(160mg) 1% Milk (12g)</p>	<p style="text-align: center;"><u>Celebrating Seniors!</u> 31 Salmon with Savory Veloute Sauce (16g)(340mg) Quinoa Kale Blend (17g)(233mg) Spiced Peaches (20g) Cucumber, Tomato, Chickpea Salad (12g) 9 Grain Bread with Margarine (30g)(220mg) 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
JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: center;"><i>Happy New Year!</i> VOA Dining Centers Closed</p>	<p style="text-align: right;">1</p> <p style="text-align: right;">2</p> <p>Calories 790</p> <p>Fat 16g</p> <p> Saturated Fat 3g</p> <p>Protein 50g</p> <p>Total Carbohydrates 116g</p> <p> Fiber 12g</p> <p>Sodium 941mg</p>	<p style="text-align: right;">3</p> <p>Calories 1086</p> <p>Fat 47g</p> <p> Saturated Fat 15g</p> <p>Protein 30g</p> <p>Total Carbohydrates 139g</p> <p> Fiber 11.8g</p> <p>Sodium 1014mg</p>	<p style="text-align: right;">4</p> <p>Calories 765</p> <p>Fat 33g</p> <p> Saturated Fat 11g</p> <p>Protein 35g</p> <p>Total Carbohydrates 87g</p> <p> Fiber 10.8g</p> <p>Sodium 693mg</p>
		<p style="text-align: right;">7</p> <p>Calories 565</p> <p>Fat 14g</p> <p> Saturated Fat 2g</p> <p>Protein 48g</p> <p>Total Carbohydrates 91g</p> <p> Fiber 14g</p> <p>Sodium 724mg</p>	<p style="text-align: right;">8</p> <p>Calories 698</p> <p>Fat 17g</p> <p> Saturated Fat 3g</p> <p>Protein 41g</p> <p>Total Carbohydrates 97g</p> <p> Fiber 10.6g</p> <p>Sodium 972mg</p>	<p style="text-align: right;">9</p> <p>Calories 922</p> <p>Fat 29g</p> <p> Saturated Fat 7g</p> <p>Protein 52g</p> <p>Total Carbohydrates 119g</p> <p> Fiber 13.7g</p> <p>Sodium 600mg</p>
<p style="text-align: right;">14</p> <p>Calories 785</p> <p>Fat 36g</p> <p> Saturated Fat 10g</p> <p>Protein 35g</p> <p>Total Carbohydrates 82g</p> <p> Fiber 9.6g</p> <p>Sodium 764mg</p>	<p style="text-align: right;">15</p> <p>Calories 1067</p> <p>Fat 43g</p> <p> Saturated Fat 14g</p> <p>Protein 50g</p> <p>Total Carbohydrates 130g</p> <p> Fiber 13.6g</p> <p>Sodium 1017mg</p>	<p style="text-align: right;">16</p> <p>Calories 916</p> <p>Fat 16g</p> <p> Saturated Fat 3g</p> <p>Protein 52g</p> <p>Total Carbohydrates 144g</p> <p> Fiber 11.5g</p> <p>Sodium 996mg</p>	<p style="text-align: right;">17</p> <p>Calories 1248</p> <p>Fat 41g</p> <p> Saturated Fat 11g</p> <p>Protein 60g</p> <p>Total Carbohydrates 160g</p> <p> Fiber 9.6g</p> <p>Sodium 1119mg</p>	<p style="text-align: right;">18</p> <p>Calories 671</p> <p>Fat 21g</p> <p> Saturated Fat 6.5g</p> <p>Protein 33g</p> <p>Total Carbohydrates 97g</p> <p> Fiber 15g</p> <p>Sodium 980mg</p>
<p style="text-align: right;">21</p> <p>Calories 766</p> <p>Fat 26g</p> <p> Saturated Fat 6g</p> <p>Protein 45g</p> <p>Total Carbohydrates 89g</p> <p> Fiber 9.7g</p> <p>Sodium 974mg</p>	<p style="text-align: right;">22</p> <p>Calories 848</p> <p>Fat 37g</p> <p> Saturated Fat 10g</p> <p>Protein 42g</p> <p>Total Carbohydrates 90g</p> <p> Fiber 12g</p> <p>Sodium 957mg</p>	<p style="text-align: right;">23</p> <p>Calories 781</p> <p>Fat 27g</p> <p> Saturated Fat 9g</p> <p>Protein 39g</p> <p>Total Carbohydrates 97g</p> <p> Fiber 11.8g</p> <p>Sodium 1006mg</p>	<p style="text-align: right;">24</p> <p>Calories 1168</p> <p>Fat 39g</p> <p> Saturated Fat 12g</p> <p>Protein 50g</p> <p>Total Carbohydrates 150g</p> <p> Fiber 11.2g</p> <p>Sodium 1154mg</p>	<p style="text-align: right;">25</p> <p>Calories 881</p> <p>Fat 28g</p> <p> Saturated Fat 5g</p> <p>Protein 46g</p> <p>Total Carbohydrates 115g</p> <p> Fiber 12.2g</p> <p>Sodium 718mg</p>
<p style="text-align: right;">28</p> <p>Calories 690</p> <p>Fat 30g</p> <p> Saturated Fat 8g</p> <p>Protein 37g</p> <p>Total Carbohydrates 72g</p> <p> Fiber 9.9g</p> <p>Sodium 540mg</p>	<p style="text-align: right;">29</p> <p>Calories 853</p> <p>Fat 31g</p> <p> Saturated Fat 8.5g</p> <p>Protein 35g</p> <p>Total Carbohydrates 112g</p> <p> Fiber 10.2g</p> <p>Sodium 1100mg</p>	<p style="text-align: right;">30</p> <p>Calories 887</p> <p>Fat 37g</p> <p> Saturated Fat 9g</p> <p>Protein 41g</p> <p>Total Carbohydrates 101g</p> <p> Fiber 11.7g</p> <p>Sodium 713mg</p>	<p style="text-align: right;">31</p> <p>Calories 931</p> <p>Fat 34g</p> <p> Saturated Fat 6g</p> <p>Protein 52g</p> <p>Total Carbohydrates 108g</p> <p> Fiber 10.7g</p> <p>Sodium 1055mg</p>	<p style="text-align: center;">For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Kelsey Thornton, MS, RDN at 303-297-0408</p>