

**VOLUNTEERS OF AMERICA COLORADO BRANCH
DINING CENTER MENU
AUGUST 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Baked Potato (42g)(236mg) 1 with Chili and White Cheddar Cheese Tossed Salad (220mg) with Ranch Dressing Multigrain Roll with Margarine (24g)(188mg) Blueberry Applesauce (17g) 1% Milk (12g)	<i>California Dreamin'</i> 2 Orange Glazed Haddock (21g)(614mg) Herbed New Potatoes (18g) Malibu Salad (14g) with Apple Vinaigrette Dressing 9 Grain Wheat Bread (30g)(220mg) with Margarine Fresh Orange (15g) 1% Milk (12g)	Moo Goo Gai Pan (15g)(413mg) 3 (Chicken with Mushrooms) Lo Mein noodles (21g) Braised Chinese Cabbage (11g)(332mg) Rye Bread with Margarine (15g)(193mg) Fresh Peach (15g) Fortune Cookie (12g)
Chicken Breast Paprikash (249mg) 6 Noodles Romanoff Spiced Carrots 9-Grain Sandwich Bread (30g)(220mg) with Margarine Tropical Fruit (17g) Raisin Nut Cup (18g) 1% Milk (12g)	<u>Summer Daze Menu</u> 7 Cheeseburger (28g)(660mg) on a Wheat Bun with Ketchup, Mustard, and Onion Lettuce/Tomato Garnish Napoli Vegetables (10g) Coleslaw (14g)(157mg) Nectarine (15g) 1% Milk (12g)	Beef Soft Taco (26g)(271mg) 8 on a Whole Wheat Tortilla with Salsa and Cheddar Cheese Lettuce/Tomato Garnish Cilantro Lime Rice (15g) Mexicali Corn (18g) Orange (15g) 1% Milk (12g)	<i>French Heritage Day</i> 9 Coq Au Vin (Chicken in Red Wine Sauce) (277mg) Steamed Brown Rice (27g) Haricot Verts (Green Beans) Croissant (13g) Banana (27g) Foothills Trail Mix (13g) Mini Cream Puffs (12g) 1% Milk (12g)	Smothered Pork Cutlet 10 with Brown Gravy Mashed Potatoes (16g)(378mg) Seasoned Spinach Whole Grain Buttermilk Biscuit (21g)(370mg) Nectarine (15g) Orange Juice (11g) 1% Milk (12g)
Hot Open-Faced Turkey (19g)(391mg) 13 Sandwich with Gravy on Wheat Bread Creamed Spinach (172mg) Peas and Carrots Pineapple Tidbits (16g) Grape Juice (19g) 1% Milk (12g)	<u>Summer Daze Menu</u> 14 Honey BBQ Chicken (105g)(435mg) Cauliflower and Carrots Au Gratin Potatoes (19g)(156mg) Cornbread with Margarine (27g)(300mg) Apple (25g) Oatmeal Cookie (11g) 1% Milk (12g)	Cod with Lemon, Garlic (280mg) 15 and Rosemary Sauce Lemon Risotto (23g)(176mg) Seasoned Brussels Sprouts Rye Bread with Margarine (15g)(192mg) Nectarine (15g) Raisin Nut Cup (18g) 1% Milk (12g)	<i>Grecian Holiday</i> 16 Pastitsio (Baked Greek Style Pasta) (29g)(470mg) Marinated Vegetable Salad (11g) Garlic Breadstick with Margarine (23g)(240mg) Apricot Halves (30g) Baklava (45g)(170mg) 1% Milk (12g)	Broccoli and Cheese (32g)(520mg) 17 Stuffed Chicken Breast Mushroom, Barley, and Lentil Pilaf (37g)(173mg) Oregon Blend Vegetables Wheat Bread with Margarine (12g) Orange (15g) 1% Milk (12g)
Creamy Chicken and Ziti Bake (21g)(522mg) 20 Steamed Carrots Asparagus Garlic Breadstick (23g)(240mg) with margarine Honeydew and Cantaloupe 1% Milk (12g)	<u>Summer Daze Menu</u> 21 Meatball Marinara Sub (44g)(807mg) on a Whole Wheat Hoagie Roll Rosemary Parmesan Potatoes (18g) Carrot Raisin Celery Salad (12g) Apple (25g) Pineapple Juice (24g) 1% Milk (12g)	Turkey Posole Soup (23g)(233mg) 22 with Wheat Crackers Southwest Bean and Corn Salad (20g) on a Bed of Romaine Lettuce Multigrain Roll with Margarine (24g)(240mg) Apricot Halves (15g) 1% Milk (12g)	<i>Healthy Aging Day</i> 23 Maple Balsamic Glazed (16g) Chicken Breast Israeli Couscous (25g) Seasoned Spinach Multigrain Roll (24g)(240mg) Fresh Peach (15g) Cranberry Juice (25g) 1% Milk (12g)	Rosemary Dijon Steak Salad (15g)(782mg) 24 Spring Pea and Shell Pasta Salad (21g) Whole Wheat Roll (15g)(145mg) with Margarine Seedless Grapes (14g) Orange Juice (21g) 1% Milk (12g)
Roast Pork with Apricot Glaze (16g)(186mg) 27 Mashed Sweet Potatoes (27g) Sweet Corn and Asparagus Tips (15g) Wheat Roll with Margarine (14g)(145mg) Diced pears (14g) 1% Milk (12g)	<u>Summer Daze Menu</u> 28 Fried Chicken (430mg) Napa Cabbage Slaw (10g) Red Royale Potato Salad (23g)(340mg) Rye Bread with Margarine (16g)(193mg) Orange (15g) Grape Juice (21g) Foothills Trail Mix (13g) 1% Milk (12g)	Mediterranean Pasta and Cheese (32g)(279mg) 29 Cape Cod Vegetable Blend (11g) Warm Fruit Compote (27g) 9-Grain Bread with Margarine (30g)(220mg) Banana (27g) 1% Milk (12g)	<i>Labor Day Celebration</i> 30 Bratwurst on a Wheat bun (24g)(1,114mg) with Onions and Mustard Baked Beans (12g)(170mg) Coleslaw (155mg) Watermelon Raisin Nut Cup (18g) 1% Milk (12g)	Baked Haddock Almandine (281mg) 31 Vegetable Orzo Salad (22g) Ratatouille (Squash with Tomatoes) (11g) Rye Bread with Margarine (15g)(192mg) Apple (25g) 1% Milk (12g)

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
AUGUST 2018**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p style="text-align: center;">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 *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>				1		2		3	
				Calories	702	Calories	891	Calories	648
				Fat	22g	Fat	33g	Fat	14g
				Saturated Fat	6g	Saturated Fat	3g	Saturated Fat	3g
				Protein	31g	Protein	40g	Protein	37g
				Total Carbohydrates	97g	Total Carbohydrates	110g	Total Carbohydrates	96g
				Fiber	11g	Fiber	11g	Fiber	9.6g
				Sodium	787mg	Sodium	1046mg	Sodium	1176mg
6		7		8		9		10	
Calories	1085	Calories	790	Calories	750	Calories	1343	Calories	839
Fat	53g	Fat	34g	Fat	24g	Fat	72g	Fat	42g
Saturated Fat	6g	Saturated Fat	11g	Saturated Fat	7g	Saturated Fat	15g	Saturated Fat	15g
Protein	60g	Protein	43g	Protein	44g	Protein	60g	Protein	35g
Total Carbohydrates	96g	Total Carbohydrates	80g	Total Carbohydrates	94g	Total Carbohydrates	115g	Total Carbohydrates	82g
Fiber	10.4g	Fiber	10g	Fiber	11.4g	Fiber	9.9g	Fiber	9.7g
Sodium	654mg	Sodium	996mg	Sodium	536mg	Sodium	549mg	Sodium	1095mg
13		14		15		16		17	
Calories	602	Calories	1521	Calories	752	Calories	1041	Calories	845
Fat	18g	Fat	57g	Fat	22g	Fat	31g	Fat	24g
Saturated Fat	5g	Saturated Fat	6g	Saturated Fat	4g	Saturated Fat	8g	Saturated Fat	6g
Protein	34g	Protein	57g	Protein	48g	Protein	40g	Protein	45g
Total Carbohydrates	81g	Total Carbohydrates	206g	Total Carbohydrates	95g	Total Carbohydrates	149g	Total Carbohydrates	115g
Fiber	10g	Fiber	12.3g	Fiber	10.8g	Fiber	15.5g	Fiber	15.8g
Sodium	752mg	Sodium	1100mg	Sodium	790mg	Sodium	1124mg	Sodium	946mg
20		21		22		23		24	
Calories	646	Calories	864	Calories	842	Calories	810	Calories	753
Fat	18g	Fat	24g	Fat	30g	Fat	17g	Fat	28g
Saturated Fat	5g	Saturated Fat	6g	Saturated Fat	5g	Saturated Fat	2g	Saturated Fat	5g
Protein	45g	Protein	38g	Protein	39g	Protein	48g	Protein	33g
Total Carbohydrates	78g	Total Carbohydrates	131g	Total Carbohydrates	112g	Total Carbohydrates	121g	Total Carbohydrates	96g
Fiber	9.5g	Fiber	15g	Fiber	21g	Fiber	10.6g	Fiber	10.6g
Sodium	974mg	Sodium	1195mg	Sodium	744mg	Sodium	601mg	Sodium	1172mg
27		28		29		30		31	
Calories	833g	Calories	1035	Calories	806	Calories	744	Calories	722
Fat	30g	Fat	53g	Fat	18g	Fat	34g	Fat	24g
Saturated Fat	7g	Saturated Fat	10g	Saturated Fat	3g	Saturated Fat	3g	Saturated Fat	3g
Protein	46g	Protein	35g	Protein	28g	Protein	35g	Protein	39g
Total Carbohydrates	99g	Total Carbohydrates	109g	Total Carbohydrates	138g	Total Carbohydrates	82g	Total Carbohydrates	92g
Fiber	9.9g	Fiber	10.6g	Fiber	15g	Fiber	10g	Fiber	11.7g
Sodium	476mg	Sodium	1115mg	Sodium	676mg	Sodium	1569mg	Sodium	783mg

For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Kelsey Thornton, MS, RDN at 303-297-0408