






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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">Daylight Savings Begins on March 11th.</p>   	<p align="center"><b>March is National Nutrition Month</b></p> 	<p align="center"><b>Everyone's Irish On March 17th.</b></p> 	<p align="center"><u><b>Celebrating Colorado</b></u></p> <p>"Mile High" Hot Beef Sub (35g){575mg} on a 9-Grain Wheat Bun Twice Baked Potato Casserole (18g) Steamed Carrots Apricot Halves (30g) Peanut Butter Cookie (16g){140mg} 1% Milk/Grape Juice (12g){17g}</p>	<p align="center">1</p> <p>Baked Fish with Roasted Red Pepper Sauce (150mg) Israeli Couscous (25g) Ratatouille (Mediterranean Vegetables) (12g) French Bread with Margarine (16g) {192mg} Apple (25g) 1% Milk (12g)</p>
<p>Chicken Fajita (28g){830mg} 5 with Salsa, Sour Cream, Cheddar Cheese and Wheat Tortilla Cilantro Lime Rice (18g) Borracho Beans (12g) Mandarin Oranges (12g) 1% Milk (12g)</p>	<p>Ginger Teriyaki Pork Ribs (24g){491mg} 6 Coconut Brown Rice (32g) Mandarin Vegetable Blend Wheat Roll with Margarine (14g){145mg} Apple (25g) 1% Milk (12g)</p>	<p>Chicken Mango Salad (21g) {193mg} 7 Broccoli Peanut Salad (24g) {240mg} Multigrain Roll with Margarine (15g) Orange (35g){300mg} German Chocolate Cake (12g) 1% Milk</p>	<p align="center"><u><b>Southern Hospitality Day</b></u></p> <p>Pulled Pork (24g){634mg} 8 on a Whole Wheat Bun Cheesy Potatoes (15g) Coleslaw {148mg} Banana (27g) Moon Pie Cookie 38g 1% Milk (12g)</p>	<p align="center">9</p> <p>Macaroni and Cheese (33g){813mg} with Broccoli Apple Glazed Carrots (14g) Green Peas with Onions (12g) Wheat Bread (12g) with Margarine Apricot Halves (30g) 1% Milk (12g)</p>
<p>Baked Pork Chop (300mg) 12 with Sage Gravy Roasted Potato Medley (19g) Cabbage with Red Peppers Multigrain Roll (24g){240mg} with Margarine Apple (25g) 1% Milk (12g)</p>	<p>Italian Sausage and White Bean Stew (31g){418mg} 13 Whipped Hubbard Squash (10g) Zucchini and Tomatoes French Bread (16g) {192mg} with Margarine Fruit Cocktail (14g) 1% Milk (12g)</p>	<p>Clam Chowder (14g) {362mg} 14 with Wheat Crackers Egg Salad Sandwich (29g) {485mg} on Wheat Bread Lettuce/Tomato Garnish (15g) Orange (18g) Raisin Nut Cup (12g) 1% Milk</p>	<p align="center"><u><b>St. Patty's Day Celebration</b></u></p> <p>Corned Beef (828mg) 15 Roasted Red Potatoes (26g) Cabbage with Red Peppers Wheat Roll with Margarine (15g){145mg} Diced Peaches (26g) Mint Chocolate Cream Pie (44g){320mg} 1% Milk (12g)</p>	<p align="center">16</p> <p>Creole Style Fish Dirty Rice (22g) Succotash (21g) Biscuit with Margarine (21g){370mg} Pineapple Tidbits (16g) 1% Milk (12g)</p>
<p>Ginger Orange Chicken (14g){542mg} 19 Lo Mein Noodles (22g) Orange Spiced Carrots Wheat Bread (12g) with Margarine Apricot Pineapple Compote (25g) 1% Milk (12g)</p>	<p>Brunswick Stew (41g){583mg} 20 Seasoned Greens (14g) Warm Cinnamon Apples (27g){300mg} Cornbread with Margarine (17g) Tropical Fruit (12g) 1% Milk</p>	<p>Broccoli Parmesan Soup (15g){298mg} 21 with Wheat Crackers Tuna Macaroni Salad (24g) {295mg} on a Bed of Shredded Lettuce Rye Bread with Margarine (15g) {192mg} Banana (27g) 1% Milk (12g)</p>	<p align="center"><u><b>Spring Time in the Rockies</b></u></p> <p>Cheeseburger (28g){690mg} 22 on a Whole Wheat Bun Lettuce, Tomato, Onion, Ketchup &amp; Mustard Whole Kernel Corn (16g) Potato Salad (15g){188mg} Orange (15g) Foothills Trail Mix / 1% Milk (13g) / (12g)</p>	<p align="center">23</p> <p>Cheese Ravioli (27g){415mg} with Garlic Herb Pasta Sauce Italian Vegetables Italian Green Salad {387mg} with Italian Dressing Wheat Roll (14g){145mg} with Margarine Sliced Apricots (15g) 1% Milk (12g)</p>
<p>Pork and Green Chili Stew (12g){255mg} 26 Borracho Beans (12g) Parslied Carrots Whole Grain Buttermilk Biscuit with Margarine (21g){370mg} Pineapple Tidbits (20g) 1% Milk (12g)</p>	<p>Minestrone Soup (21g){285mg} 27 with Wheat Crackers Sloppy Joe (34g){507mg} on a Wheat Bun Carrot Cabbage Cole Slaw Diced Pears (21g) 1% Milk (12g)</p>	<p>Chicken Stuffing Casserole (363mg) 28 Super Greens Salad (12g) with Poppy Seed Dressing Capri Vegetables Wheat Roll with Margarine (14g){145mg} Apple (22g) 1% Milk (12g)</p>	<p align="center"><u><b>Easter Celebration</b></u></p> <p>Ham with Apple Fruit Glaze (12g){782mg} 29 Pecan Yams (15g) Carrot Cabbage Coleslaw Wheat Bread with Margarine (12g) Banana (27g) Carrot Cake (39g){280mg} 1% Milk (12g)</p>	<p align="center">30</p> <p>Fish with Veloute Cream Sauce (17g){413mg} Walnut Rice Pilaf (10g) Napa Slaw (11g) Multigrain Roll (24g){240mg} Orange (15g) Chocolate Brownie (39g){150mg} 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  
MARCH 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>				<p>For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Kelsey Thornton, MS, RDN at 303-297-0408</p>		<p>Calories 950 Fat 29g Saturated Fat 9g Protein 38g Total Carbohydrates 133g Fiber 13.6g Sodium 995mg</p>		<p>Calories 714 Fat 22g Saturated Fat 2g Protein 40g Total Carbohydrates 94g Fiber 10g Sodium 603mg</p>	
5		6				7		8	
Calories	618	Calories	883	Calories	942	Calories	928	Calories	817
Fat	12g	Fat	27g	Fat	38g	Fat	34g	Fat	28g
Saturated Fat	3g	Saturated Fat	9g	Saturated Fat	9g	Saturated Fat	10g	Saturated Fat	11g
Protein	45g	Protein	46g	Protein	43g	Protein	37g	Protein	34g
Total Carbohydrates	83g	Total Carbohydrates	114g	Total Carbohydrates	116g	Total Carbohydrates	125g	Total Carbohydrates	113g
Fiber	10g	Fiber	11g	Fiber	10.4g	Fiber	11.5g	Fiber	15.5g
Sodium	1109mg	Sodium	893mg	Sodium	949mg	Sodium	1044mg	Sodium	1180mg
12		13		14		15		16	
Calories	839	Calories	579	Calories	843	Calories	1066	Calories	828
Fat	28g	Fat	13g	Fat	32g	Fat	54g	Fat	21g
Saturated Fat	7g	Saturated Fat	3g	Saturated Fat	7.4g	Saturated Fat	26g	Saturated Fat	8g
Protein	58g	Protein	30g	Protein	45g	Protein	32g	Protein	61g
Total Carbohydrates	92g	Total Carbohydrates	91g	Total Carbohydrates	98g	Total Carbohydrates	116g	Total Carbohydrates	95g
Fiber	12.5g	Fiber	13.6g	Fiber	11.5g	Fiber	12.8g	Fiber	9.6g
Sodium	680mg	Sodium	884mg	Sodium	1046mg	Sodium	1436mg	Sodium	848mg
19		20		21		22		23	
Calories	671	Calories	802	Calories	695	Calories	945	Calories	697
Fat	14g	Fat	24g	Fat	17g	Fat	41g	Fat	27g
Saturated Fat	2g	Saturated Fat	5g	Saturated Fat	2.5g	Saturated Fat	12.5g	Saturated Fat	9g
Protein	46g	Protein	33g	Protein	37g	Protein	48g	Protein	35g
Total Carbohydrates	92g	Total Carbohydrates	115g	Total Carbohydrates	101g	Total Carbohydrates	100g	Total Carbohydrates	81g
Fiber	10.5g	Fiber	11.7g	Fiber	12.9g	Fiber	12.6g	Fiber	11g
Sodium	957mg	Sodium	1139mg	Sodium	973mg	Sodium	978mg	Sodium	1121mg
26		27		28		29		30	
Calories	723	Calories	767	Calories	667	Calories	869	Calories	1051
Fat	29g	Fat	26g	Fat	25g	Fat	29g	Fat	32g
Saturated Fat	10g	Saturated Fat	8g	Saturated Fat	5g	Saturated Fat	6.5g	Saturated Fat	7g
Protein	32g	Protein	40g	Protein	33g	Protein	33g	Protein	71g
Total Carbohydrates	83g	Total Carbohydrates	95g	Total Carbohydrates	74g	Total Carbohydrates	12g	Total Carbohydrates	126g
Fiber	13g	Fiber	11g	Fiber	11g	Fiber	10g	Fiber	10g
Sodium	923mg	Sodium	970mg	Sodium	785mg	Sodium	1395mg	Sodium	1063mg