





VOLUNTEERS OF AMERICA COLORADO BRANCH
DINING CENTER MENU
SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 <p>September 26th is National Johnny Appleseed Day</p> <p>September 29th is National Coffee Day</p> <p>September 30th is National Family Health & Fitness Day</p>		 <p>Did you know? In 1979, National Grandparents Day was proclaimed by Presidency Jimmy Carter to be celebrated on the Sunday following Labor Day.</p> 		<p>Beef Pasta Florentine (20g)(593mg) 1 with Whole Wheat Fettuccine Seasoned Brussels Sprouts Parslied Carrots Sourdough Bread (16g)(192mg) with Margarine Apple (25g) 1% Milk (12g)</p>	
<p>Happy Labor Day! VOA Dining Centers Closed</p>		<p>4 Lemon Pepper Fish (25g)(548mg) with Tomato Cream Sauce Rice Pilaf (22g) Cape Cod Vegetable Blend Multigrain Roll (24g)(240mg) with Margarine Berry Mango Compote (22g) 1% Milk (12g)</p>	<p>5 Tomato Basil Soup (10g)(192mg) with Wheat Crackers Egg Salad Sandwich (34g)(548mg) on Rye Bread Lettuce/Tomato Garnish Banana (27g) 1% Milk (12g)</p>	<p>6 Labor Day Celebration BBQ Chicken (41g)(375mg) on a Wheat Bun Potato Wedges Warm Three Bean Salad (18g)(420mg) Watermelon Foothills Trail Mix (13g) Cranberry Juice (23g) 1% Milk (12g)</p>	<p>7 Baked Potato (24g) 8 Topped with Pulled Pork (400mg) and Jack Cheese (182mg) Seasoned Greens Cornbread with Margarine (27g)(300mg) Orange (15g) Raisin Nut Cup (18g) 1% Milk (12g)</p>
<p>Mexi-Burger (185mg) 11 with Mild Green Chili Spanish Rice (18g) Mexicali Corn (17g) Whole Wheat Tortilla (22g) with Margarine Orange (15g) 1% Milk (12g)</p>	<p>12 Pork Chow Mein (364mg) Lo Mein Noodles (21g) Sesame Broccoli Whole Wheat Roll (14g) with Margarine Mandarin Oranges Fortune Cookie (12g) 1% Milk (12g)</p>	<p>13 Savory Meatloaf (32g)(390mg) with Brown Gravy Roasted Potato Medley (26g) Vegetable Blend Bean Medley Rye Bread with Margarine (15g)(192mg) Fruit Cocktail (14g) 1% Milk (12g)</p>	<p>14 Go Broncos! "Mile High" Hot Beef Sub (37g)(690mg) on a Whole Wheat Hoagie Baked Lays (26g)(170mg) Carrot Raisin Celery Salad (12g) Orange (15g) Orange Cake (50g)(280mg) 1% Milk (12g)</p>	<p>15 Mushroom Barley Soup (15g)(196mg) with Wheat Crackers Chicken Salad Sandwich (26g)(381mg) on Whole Wheat Bread Lettuce & Tomato Pineapple Tidbits (12g) Peanut Butter Cookie (16g)(140mg) 1% Milk (12g)</p>	
<p>Beef and Sausage (12g)(378mg) 18 with Red Beans Brown Rice (22g) Spinach and Mushrooms (185mg) Multigrain Roll (24g)(240mg) with Margarine Diced Peaches (14g) 1% Milk (12g)</p>	<p>19 Honey Curry Chicken (24g)(185mg) Confetti Rice (18g) Green Beans with Almonds Rye Bread with Margarine (16g)(193mg) Apple (25g) 1% Milk (12g)</p>	<p>20 Corn Chowder (28g)(225mg) with Wheat Crackers Turkey Philly Sandwich (40g)(644mg) on Whole Wheat Hoagie Bun Lettuce/Tomato Garnish Banana (27g) 1% Milk (12g)</p>	<p>21 Italian Heritage Celebration Chicken Scampi (55g)(698mg) Whole Grain Spaghetti Alfredo Italian Vegetables Garlic Breadstick (23g)(240mg) Orange (15g) Amaretto Cookie (15g) 1% Milk (12g)</p>	<p>22 Stuffed Green Pepper (21g)(680mg) Santa Barbara Vegetable Blend Succotash (20g) Wheat Bread (12g) with Margarine Grapes (14g) 1% Milk (12g)</p>	
<p>Chicken Cassoulet (325mg) 25 Spinach Gulay Apple Glazed Carrots (14g) French Bread (17g)(192mg) with Margarine Fruit Salad Combo (16g) Chocolate Chip Cookie (10g) 1% Milk (12g)</p>	<p>26 Butternut Squash Soup (17g)(186mg) with Wheat Crackers Thai Chicken Noodle Salad (30g)(541mg) Hawaiian Dinner Roll (48g) with Margarine Apple (25g) Fig Cookie Bar (32g) 1% Milk (12g)</p>	<p>27 Chicken Parmesan (58g)(577mg) Whole Grain Spaghetti with Garlic Herb Pasta Sauce Capri Vegetable Blend Sourdough Bread (16g)(192mg) with Margarine Tropical Fruit (17g) 1% Milk (12g)</p>	<p>28 Fall Harvest Celebration Cider Braised Beef (14g) with Apple Butter Sauce Buttermilk Mashed Potatoes (17g) Roasted Beets (13g)(309mg) with Fresh Dill Seasonal Apple (25g) Bran Muffin with Margarine (26g)(180mg) Cranberry Juice *1% Milk (24g) / (12g)</p>	<p>29 Fish Veracruz (301mg) Cilantro Lime Rice (18g) Super Greens Salad (12g) with Poppy Seed Dressing Multigrain Roll (24g)(240mg) with Margarine Orange (15g) 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
SEPTEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Kelsey Thornton, MS, RDN 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 *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%)				1
				Calories 585 Fat 14g Saturated Fat 3g Protein 32g Total Carbohydrates 89g Fiber 15g Sodium 989mg	
4 Happy Labor Day! Dining Centers Closed	5 Calories 910 Fat 31g Saturated Fat 7g Protein 45g Total Carbohydrates 113g Fiber 10.5g Sodium 996mg	6 Calories 648 Fat 19g Saturated Fat 5g Protein 28g Total Carbohydrates 92g Fiber 10.6g Sodium 1028mg	7 Calories 932 Fat 19.5g Saturated Fat 4g Protein 56g Total Carbohydrates 136g Fiber 11g Sodium 972mg	8 Calories 1063 Fat 51g Saturated Fat 15g Protein 51g Total Carbohydrates 104g Fiber 11.7g Sodium 1130mg	
11 Calories 824 Fat 33g Saturated Fat 10g Protein 47g Total Carbohydrates 88g Fiber 10.6g Sodium 514mg	12 Calories 684 Fat 26g Saturated Fat 7g Protein 40g Total Carbohydrates 75g Fiber 10.6g Sodium 765mg	13 Calories 910 Fat 33g Saturated Fat 9g Protein 47g Total Carbohydrates 108g Fiber 12.6g Sodium 742mg	14 Calories 1037 Fat 30g Saturated Fat 8g Protein 38g Total Carbohydrates 154g Fiber 13 Sodium 1401mg	15 Calories 697 Fat 18g Saturated Fat 4g Protein 37g Total Carbohydrates 98g Fiber 10.5g Sodium 927mg	
18 Calories 765 Fat 30g Saturated Fat 7g Protein 40g Total Carbohydrates 91g Fiber 13g Sodium 925mg	19 Calories 808 Fat 28g Saturated Fat 4g Protein 43g Total Carbohydrates 99g Fiber 11g Sodium 601mg	20 Calories 814 Fat 20g Saturated Fat 7g Protein 52g Total Carbohydrates 110g Fiber 12g Sodium 999mg	21 Calories 840 Fat 15g Saturated Fat 3g Protein 48g Total Carbohydrates 129g Fiber 14.6g Sodium 1097mg	22 Calories 587 Fat 20g Saturated Fat 6g Protein 26g Total Carbohydrates 86g Fiber 11.6g Sodium 1020mg	
25 Calories 989 Fat 49g Saturated Fat 3g Protein 57g Total Carbohydrates 82g Fiber 11g Sodium 859mg	26 Calories 884 Fat 24g Saturated Fat 6g Protein 37g Total Carbohydrates 166g Fiber 10.6g Sodium 1052mg	27 Calories 816 Fat 20g Saturated Fat 4g Protein 51g Total Carbohydrates 110g Fiber 12.6g Sodium 926mg	28 Calories 901 Fat 25g Saturated Fat 5g Protein 45g Total Carbohydrates 130g Fiber 11.3g Sodium 792mg	29 Calories 717 Fat 22g Saturated Fat 3g Protein 45g Total Carbohydrates 87g Fiber 11g Sodium 825mg	