




**VOLUNTEERS OF AMERICA COLORADO BRANCH  
EVERGREEN MEALS ON WHEEL MENU  
MARCH 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>Daylight Savings Begins on March 12th!</b>	 <b>March is National Nutrition Month</b>	 <b>Everyone's Irish On March 17th.</b>	<b>Macaroni and Beef Casserole</b> <b>Spinach</b> <b>California Vegetable Blend</b> <b>Breadstick</b> <b>Fresh Pear</b> <b>1% Milk</b>	<b>Country Egg Skillet</b> <b>(Potatoes, Mushrooms, Spinach and Tomatoes)</b> <b>Cranberry Apples</b> <b>Whole Grain Bread with Margarine</b> <b>Orange Juice</b> <b>1% Milk</b>
TMS 574			091	740
<b>Chili Dog on Whole Wheat Bun</b> <b>Baked Beans</b> <b>Corn</b> <b>Orange</b> <b>Raisin Nut Cup</b> <b>1% Milk</b>	<b>5 Chicken Garden Casserole</b> <b>Summer Blend Vegetables</b> <b>Multigrain Roll with Margarine</b> <b>Banana</b> <b>1% Milk</b>	<b>6 Scrambled Eggs with Vegetables</b> <b>Turkey Sausage links</b> <b>Spiced Peaches</b> <b>Whole Grain Bread with Margarine</b> <b>Graham Crackers</b> <b>Orange Juice</b> <b>1% Milk</b>	<b>7 Hamburger Patty Au Jus</b> <b>Potato Wedges</b> <b>Carrots</b> <b>Whole Wheat Bun</b> <b>Apple</b> <b>Grape Juice</b> <b>1% Milk</b>	<b>8 Whole Grain Sweet Potato</b> <b>Pollock Nuggets</b> <b>Stewed Tomatoes with Ham</b> <b>Succotash</b> <b>Rye Bread with Margarine</b> <b>Orange</b> <b>Peanut Butter Oatmeal Cookie</b> <b>1% Milk</b>
TMS931	710	715	750	712
<b>Turkey Sausage and Peppers</b> <b>Over Whole Grain Rotini</b> <b>Apples with Raisins</b> <b>French Bread with Margarine</b> <b>Orange</b> <b>1% Milk</b>	<b>12 Western Style Omelet</b> <b>Potatoes O'Brien</b> <b>Strawberry Applesauce</b> <b>Whole Grain Bread with Margarine</b> <b>Orange Juice</b> <b>1% Milk</b>	<b>13 Meatballs and Penne Pasta</b> <b>In Sauce</b> <b>Broccoli</b> <b>Italian Vegetables</b> <b>Orange</b> <b>Garlic Bread Stick with Margarine</b> <b>1% Milk</b>	<b>14 Oven Baked Chicken</b> <b>Yellow Rice with Tomatoes and Chives</b> <b>Green Beans with Red Peppers</b> <b>Wheat Roll with Margarine</b> <b>Orange</b> <b>1% Milk</b>	<b>15 Rib Shaped Beef Patty</b> <b>with Spanish Braised Sauce</b> <b>Stewed Tomatoes</b> <b>Garden Peas</b> <b>Wheat Bread with Margarine</b> <b>Pineapple Chunks</b> <b>Chocolate Pudding</b> <b>1% Milk</b>
TMS612	080	720	657	60
<b>Huevos Rancheros</b> <b>(Eggs, Chicken, Potatoes, Beans, and Cheese)</b> <b>Cranberry Pears</b> <b>Whole Grain Bread with Margarine</b> <b>Orange Pineapple Juice</b> <b>1% Milk</b>	<b>19 Chicken Parmesan</b> <b>Rosemary Potatoes</b> <b>Cheesy Spinach</b> <b>Whole Wheat Roll with Margarine</b> <b>Pineapple Chunks</b> <b>Raisin Nut Cup</b> <b>1% Milk</b>	<b>20 Pork Chop Patty</b> <b>with Classic Sauce</b> <b>Sweet Potatoes</b> <b>Brussel Sprouts</b> <b>Multigrain Roll with Margarine</b> <b>Apple</b> <b>1% Milk</b>	<b>21 Cavatappi Bolognese</b> <b>Tomatoes &amp; Sauce</b> <b>Italian Vegetables</b> <b>Breadstick</b> <b>Pineapple Tidbits</b> <b>1% Milk</b>	<b>22 Chicken Stew</b> <b>Green Beans</b> <b>Apple Raisin Fruit</b> <b>Wheat Bread with Margarine</b> <b>Orange</b> <b>Oatmeal Cookie</b> <b>1% Milk</b>
TMS 637	705	655	654	565
<b>Lasagna</b> <b>Broccoli and Cauliflower</b> <b>Bean medley</b> <b>French Bread with Margarine</b> <b>Sliced Apricots</b> <b>1% Milk</b>	<b>26 Western Style Omelet</b> <b>Potatoes O'Brien</b> <b>Strawberry Applesauce Crisp</b> <b>Biscuit with Margarine</b> <b>Sliced Apricots</b> <b>Raisin Nut Cup</b> <b>1% Milk</b>	<b>27 CranRaspberry Medallions</b> <b>of Turkey</b> <b>Broccoli, Cauliflower and Bean Medley</b> <b>Zucchini and Yellow Corn</b> <b>Wheat Bread with Margarine</b> <b>Orange</b> <b>Trail Mix</b> <b>1% Milk</b>	<b>28 New York Steak Patty</b> <b>with Herb Gravy</b> <b>Garlic Mashed Potatoes</b> <b>Zucchini, Yellow Squash, and Green Bean Medley</b> <b>Wheat Roll with Margarine</b> <b>Banana</b> <b>1% Milk</b>	<b>29 Thai Ginger Chicken Breast Patty</b> <b>30 Oriental Rice</b> <b>Gingered Carrots</b> <b>Wheat Bread with Margarine</b> <b>Mandarin Oranges</b> <b>Fortune Cookie</b> <b>1% Milk</b>
TMS 957	716	720	072	036

Menu items may change without notice due to availability of items from suppliers.

**VOLUNTEERS OF AMERICA COLORADO BRANCH  
EVERGREEN MEALS ON WHEELS NUTRITION ANALYSIS**

**MARCH 2018**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
<p 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 align="center">For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Kelsey Thornton, MS, RDN at 303-297-0408</p>		Calories	675	1	Calories	715	2
						Fat	21g		Fat	26g	
						Saturated Fat	5g		Saturated Fat	6g	
						Protein	33.5g		Protein	35g	
						Total Carbohydrates	86g		Total Carbohydrates	102g	
						Fiber	12g		Fiber	12g	
						Sodium	415mg		Sodium	809mg	
								091		740	
Calories	925	5	Calories	701	6	Calories	707	7	Calories	847	8
Fat	40g		Fat	12g		Fat	22g		Fat	24g	
Saturated Fat	11g		Saturated Fat	1.5g		Saturated Fat	6g		Saturated Fat	7g	
Protein	46g		Protein	43g		Protein	40g		Protein	37g	
Total Carbohydrates	95g		Total Carbohydrates	109g		Total Carbohydrates	94g		Total Carbohydrates	123g	
Fiber	15g		Fiber	11.5g		Fiber	10g		Fiber	12.6g	
Sodium	632mg		Sodium	517mg		Sodium	941mg		sodium	776mg	
		710			715			750			712
											100
Calories	609	12	Calories	692	13	Calories	666	14	Calories	693	15
Fat	13.5g		Fat	23g		Fat	22g		Fat	22.5g	
Saturated Fat	3g		Saturated Fat	4g		Saturated Fat	5g		Saturated Fat	3g	
Protein	26g		Protein	30g		Protein	33g		Protein	44g	
Total Carbohydrates	102g		Total Carbohydrates	99g		Total Carbohydrates	89g		Total Carbohydrates	90g	
Fiber	17g		Fiber	12g		Fiber	11g		Fiber	13.5g	
Sodium	466mg		Sodium	694mg		Sodium	701mg		Sodium	374mg	
		080			720			657			060
											037
Calories	745	19	Calories	851	20	Calories	700	21	Calories	624	22
Fat	25g		Fat	32g		Fat	23g		Fat	21g	
Saturated Fat	5g		Saturated Fat	9g		Saturated Fat	6g		Saturated Fat	5g	
Protein	36g		Protein	42g		Protein	37g		Protein	32g	
Total Carbohydrates	109g		Total Carbohydrates	104g		Total Carbohydrates	93g		Total Carbohydrates	78g	
Fiber	12g		Fiber	11g		Fiber	13g		Fiber	11g	
Sodium	793mg		Sodium	638mg		Sodium	900mg		Sodium	593mg	
		705			655			654			565
											656
Calories	830	26	Calories	943	27	Calories	705	28	Calories	641	29
Fat	23g		Fat	38g		Fat	18.5g		Fat	22g	
Saturated Fat	9g		Saturated Fat	8g		Saturated Fat	3g		Saturated Fat	6g	
Protein	43g		Protein	32g		Protein	44g		Protein	30.5g	
Total Carbohydrates	117g		Total Carbohydrates	128g		Total Carbohydrates	105g		Total Carbohydrates	83g	
Fiber	12g		Fiber	10.5g		Fiber	16g		Fiber	10g	
Sodium	1159mg		Sodium	759mg		Sodium	775mg		Sodium	466mg	
		716			720			072			036
											564

Nutrition analysis provided by the Volunteers of America Registered Dietitian. For nutrition questions, please call 303-297-0408, ext. 13124.