


**VOLUNTEERS OF AMERICA COLORADO BRANCH
EVERGREEN MEALS ON WHEELS
JANUARY 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY NEW YEAR!	<p style="text-align: center;"><u>Frozen Meal Pre-Delivered</u></p> <p>Oven Baked Chicken Yellow Rice with Tomatoes and Chives Green Beans with Red Peppers Wheat Roll with Margarine Apple 1% Milk</p>	<p>1 Meatballs and Penne Pasta In Sauce Broccoli Italian Vegetables Garlic Bread Stick with Margarine Orange 1% Milk</p>	<p>2 Western-Style Omelet Potatoes O'Brien Strawberry Applesauce Whole Grain Bread with Margarine Orange Juice 1% Milk</p>	<p>3 Rib Shaped Beef Patty with Spanish Braised Sauce Stewed Tomatoes Garden Peas Wheat Bread with Margarine Pineapple Chunks Chocolate Pudding 1% Milk</p>
<p>7 Huevos Rancheros (Eggs with Chicken, potatoes, beans, and cheese) Cranberry Pears Whole Grain Bread with Margarine Orange Pineapple Juice 1% Milk</p>	<p>8 Pork Chop Patty with Classic Sauce Sweet Potatoes Brussel Sprouts Multigrain Roll with Margarine Apple 1% Milk</p>	<p>9 Chargrilled Beef Patty with Pizzaioli Sauce Green Beans Pineapple Mandarin Fruit Whole Wheat Hamburger Bun Apple 1% Milk</p>	<p>10 Cavatappi Bolognese Tomatoes & Sauce Italian Vegetables Breadstick Pineapple Tidbits 1% Milk</p>	<p>11 Chicken Stew Green Beans Apple Raisin Fruit Wheat Bread with Margarine Orange Oatmeal Cookie 1% Milk</p>
<p>14 Lasagna Broccoli, cauliflower Bean medley French Bread with Margarine Sliced Apricots 1% Milk</p>	<p>15 Western Style Omelet Potatoes O'Brien Strawberry Applesauce Crisp Biscuit with Margarine Sliced Apricots Raisin Nut Cup 1% Milk</p>	<p>16 CranRaspberry Medallions of Turkey Broccoli, Cauliflower and Bean Medley Zucchini and Yellow Corn Wheat Bread with Margarine Orange Trail Mix 1% Milk</p>	<p>17 New York Steak Patty with Herb Gravy Garlic Mashed Potatoes Zucchini, Yellow Squash and Green Bean Medley Wheat Roll with Margarine Banana 1% Milk</p>	<p>18 Thai Ginger Chicken Breast Patty Oriental Rice Gingered Carrots Wheat Bread with Margarine Mandarin Oranges Fortune Cookie 1% Milk</p>
<p>21 Fish Filet Cheesy Mashed Potatoes Mixed Vegetables Rye Bread with Margarine Banana 1% Milk</p>	<p>22 Sliced Turkey with Gravy and Cornbread Dressing Butternut Squash Flat Beans Wheat Bread with Margarine Apple 1% Milk</p>	<p>23 Chicken Parmesan Rosemary Potatoes Cheesy Spinach Whole Wheat Roll with Margarine Pineapple Chunks Raisin Nut Cup 1% Milk</p>	<p>24 Macaroni & Cheese Seasoned Carrot Cuts Green Peas Breadstick Fresh Pear 1% Milk</p>	<p>25 Meatloaf with Apple Brown Gravy Skin on Potatoes Stewed Tomatoes Rye Bread with Margarine Banana Chocolate Brownie 1% Milk</p>
<p>28 Chicken Sausage and Bean Ragout Diced Sweet Potatoes Super Greens Salad French Bread with Margarine Fresh Grapes 1% Milk</p>	<p>29 Beef Patty with Gravy Mashed Potatoes Rutabaga with Red Pepper Multigrain Roll with Margarine Orange 1% Milk</p>	<p>30 Pork Riblet in BBQ Sauce Baked Beans with Tomatoes Corn with Red Peppers Wheat Roll with Margarine Banana 1% Milk</p>	<p>31 Macaroni and Beef Casserole Spinach California Vegetable Blend Breadstick Fresh Pear 1% Milk</p>	

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

**VOLUNTEERS OF AMERICA COLORADO BRANCH
EVERGREEN MEALS ON WHEELS NUTRITION ANALYSIS
JANUARY 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>Frozen Meal Pre-Delivered</u>			
	1	2	3	4
	Calories 717 Fat 23g Saturated Fat 3g Protein 43g Total Carbohydrates 94g Fiber 10.9g Sodium 409mg	Calories 666 Fat 22g Saturated Fat 5g Protein 33g Total Carbohydrates 89g Fiber 11g Sodium 701mg	Calories 692 Fat 23g Saturated Fat 4g Protein 30g Total Carbohydrates 99g Fiber 12g Sodium 694mg	Calories 907 Fat 26g Saturated Fat 8g Protein 41g Total Carbohydrates 130g Fiber 21g Sodium 1018mg
7	8	9	10	11
Calories 745 Fat 25g Saturated Fat 5g Protein 36g Total Carbohydrates 109g Fiber 12g Sodium 793mg	Calories 700 Fat 23g Saturated Fat 6g Protein 37g Total Carbohydrates 93g Fiber 13g Sodium 900mg	Calories 689 Fat 20g Saturated Fat 1g Protein 32g Total Carbohydrates 102g Fiber 14g Sodium 580mg	Calories 624 Fat 21g Saturated Fat 5g Protein 32g Total Carbohydrates 78g Fiber 11g Sodium 593mg	Calories 877 Fat 20g Saturated Fat 2g Protein 52g Total Carbohydrates 133g Fiber 22g Sodium 981mg
14	15	16	17	18
Calories 830 Fat 23g Saturated Fat 9g Protein 43g Total Carbohydrates 117g Fiber 12g Sodium 1159mg	Calories 943 Fat 38g Saturated Fat 8g Protein 32g Total Carbohydrates 128g Fiber 10.5g Sodium 759mg	Calories 679 Fat 17g Saturated Fat 3g Protein 41g Total Carbohydrates 100g Fiber 10.5g Sodium 745mg	Calories 682 Fat 24g Saturated Fat 5g Protein 30g Total Carbohydrates 93g Fiber 11g Sodium 702mg	Calories 534 Fat 16.5g Saturated Fat 4.5g Protein 32g Total Carbohydrates 74g Fiber 12g Sodium 455mg
21	22	23	24	25
Calories 822 Fat 17g Saturated Fat 3g Protein 35g Total Carbohydrates 137g Fiber 14.6g Sodium 735mg	Calories 710 Fat 17g Saturated Fat 2g Protein 41g Total Carbohydrates 108g Fiber 15g Sodium 893mg	Calories 851 Fat 32g Saturated Fat 9g Protein 42g Total Carbohydrates 104g Fiber 11g Sodium 638mg	Calories 672 Fat 16g Saturated Fat 7g Protein 33g Total Carbohydrates 102g Fiber 14.5g Sodium 730mg	Calories 838 Fat 31g Saturated Fat 9g Protein 32g Total Carbohydrates 112g Fiber 10g Sodium 765mg
28	29	30	31	
Calories 816 Fat 30g Saturated Fat 6g Protein 36g Total Carbohydrates 87g Fiber 12g Sodium 1144mg	Calories 694 Fat 24g Saturated Fat 6g Protein 35g Total Carbohydrates 88g Fiber 10g Sodium 627mg	Calories 781 Fat 26g Saturated Fat 7g Protein 33g Total Carbohydrates 111g Fiber 14g Sodium 763mg	Calories 691 Fat 22g Saturated Fat 6g Protein 35g Total Carbohydrates 87g Fiber 11.5g Sodium 479mg	For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Kelsey Thornton, MS, RDN at 303-297-0408
Nutrition analysis provided by the Volunteers of America Registered Dietitian. For nutrition questions, please call 303-297-0408, ext. 13124.				