


**VOLUNTEERS OF AMERICA COLORADO BRANCH  
EVERGREEN MEALS ON WHEELS MENU  
AUGUST 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		<b>CranRaspberry Medallions 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>1 New York Steak Patty 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>2 Thai Ginger Chicken Breast Patty</b> <b>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>	
	<b>6 Fish Filet</b> <b>Cheesy Mashed Potatoes</b> <b>Mixed Vegetables</b> <b>Banana</b> <b>Rye Bread with Margarine</b> <b>1% Milk</b>	<b>7 Sliced Turkey with Gravy and Cornbread Dressing</b> <b>Butternut Squash</b> <b>Flat Beans</b> <b>Wheat Bread with Margarine</b> <b>Apple</b> <b>1% Milk</b>	<b>8 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>9 Macaroni &amp; Cheese</b> <b>Seasoned Carrot Cuts</b> <b>Green Peas</b> <b>Breadstick</b> <b>Fresh Pear</b> <b>1% Milk</b>	<b>10 Meatloaf with Apple Brown Gravy</b> <b>Skin on Potatoes</b> <b>Stewed Tomatoes</b> <b>Rye Bread with Margarine</b> <b>Banana</b> <b>Chocolate Brownie</b> <b>1% Milk</b>
	<b>13 Chicken Sausage and Bean Ragout</b> <b>Diced Sweet Potatoes</b> <b>Super Greens Salad</b> <b>French Bread with Margarine</b> <b>Fresh Grapes</b> <b>1% Milk</b>	<b>14 Beef Patty with Gravy</b> <b>Mashed Potatoes</b> <b>Rutabaga with Red Pepper</b> <b>Multigrain Roll with Margarine</b> <b>Orange</b> <b>1% Milk</b>	<b>15 Pork Riblet in BBQ Sauce</b> <b>Baked Beans with Tomatoes</b> <b>Corn with Red Peppers</b> <b>Wheat Roll with Margarine</b> <b>Banana</b> <b>1% Milk</b>	<b>16 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>17 Country Egg Skillet</b> <b>with 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>
	<b>20 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>21 Chicken Garden Casserole</b> <b>Summer Blend Vegetables</b> <b>Multigrain Roll with Margarine</b> <b>Banana</b> <b>1% Milk</b>	<b>22 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>23 Hamburger Patty with 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>24 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>
	<b>27 Turkey Sausage and Peppers Over Whole Grain Rotini</b> <b>Apples with Raisins</b> <b>French Bread with Margarine</b> <b>Orange</b> <b>1% Milk</b>	<b>28 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>Apple</b> <b>1% Milk</b>	<b>29 Meatballs and Penne Pasta In Sauce</b> <b>Broccoli</b> <b>Italian Vegetables</b> <b>Garlic Bread Stick with Margarine</b> <b>Orange</b> <b>1% Milk</b>	<b>30 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>31 Rib Shaped Beef Patty 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>
	<b>TMS 957</b>	<b>653</b>	<b>072</b>	<b>036</b>	<b>564</b>
<b>TMS 562</b>	<b>078</b>	<b>655</b>	<b>106</b>	<b>044</b>	
<b>TMS574</b>	<b>533</b>	<b>030</b>	<b>087</b>	<b>091</b>	
<b>TMS931</b>	<b>710</b>	<b>715</b>	<b>750</b>	<b>712</b>	
<b>TMS612</b>	<b>080</b>	<b>060</b>	<b>657</b>	<b>720</b>	

Menu items may change without notice due to availability from suppliers

**VOLUNTEERS OF AMERICA COLORADO BRANCH  
EVERGREEN MEALS ON WHEELS 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		Calories	679	Calories	682	Calories	534
		Fat		Fat	17g	Fat	24g	Fat	16.5g
		Saturated Fat		Saturated Fat	3g	Saturated Fat	5g	Saturated Fat	4.5g
		Protein		Protein	41g	Protein	30g	Protein	32g
		Total Carbohydrates		Total Carbohydrates	100g	Total Carbohydrates	93g	Total Carbohydrates	74g
Fiber		Fiber	10.5g	Fiber	11g	Fiber	12g		
Sodium		Sodium	745mg	Sodium	702mg	Sodium	455mg		
				072		036		564	
6		7		8		9		10	
Calories	822	Calories	710	Calories	851	Calories	672	Calories	838
Fat	17g	Fat	17g	Fat	32g	Fat	16g	Fat	31g
Saturated Fat	3g	Saturated Fat	2g	Saturated Fat	9g	Saturated Fat	7g	Saturated Fat	9g
Protein	35g	Protein	41g	Protein	42g	Protein	33g	Protein	32g
Total Carbohydrates	137g	Total Carbohydrates	108g	Total Carbohydrates	104g	Total Carbohydrates	102g	Total Carbohydrates	112g
Fiber	14.6g	Fiber	15g	Fiber	11g	Fiber	14.5g	Fiber	10g
Sodium	735mg	Sodium	893mg	Sodium	638mg	Sodium	730mg	Sodium	765mg
				653		106		044	
13		14		15		16		17	
Calories	816	Calories	694	Calories	781	Calories	691	Calories	715
Fat	30g	Fat	24g	Fat	26g	Fat	22g	Fat	26g
Saturated Fat	6g	Saturated Fat	6g	Saturated Fat	7g	Saturated Fat	6g	Saturated Fat	6g
Protein	36g	Protein	35g	Protein	33g	Protein	35g	Protein	35g
Total Carbohydrates	87g	Total Carbohydrates	88g	Total Carbohydrates	111g	Total Carbohydrates	87g	Total Carbohydrates	102g
Fiber	12g	Fiber	10g	Fiber	14g	Fiber	11.5g	Fiber	12g
Sodium	1144mg	Sodium	627mg	Sodium	763mg	Sodium	479mg	Sodium	809mg
				533		091		740	
20		21		22		23		24	
Calories	925	Calories	701	Calories	707	Calories	847	Calories	807
Fat	40g	Fat	12g	Fat	22g	Fat	24g	Fat	27g
Saturated Fat	11g	Saturated Fat	1.5g	Saturated Fat	6g	Saturated Fat	7g	Saturated Fat	3.7g
Protein	46g	Protein	43g	Protein	40g	Protein	37g	Protein	34g
Total Carbohydrates	95g	Total Carbohydrates	109g	Total Carbohydrates	94g	Total Carbohydrates	123g	Total Carbohydrates	110g
Fiber	15g	Fiber	11.5g	Fiber	10g	Fiber	12.6g	Fiber	12g
Sodium	632mg	Sodium	517mg	Sodium	941mg	Sodium	776mg	Sodium	780mg
				710		712		100	
27		28		29		30		31	
Calories	705	Calories	717	Calories	666	Calories	692	Calories	907
Fat	20g	Fat	23g	Fat	22g	Fat	23g	Fat	26g
Saturated Fat	4g	Saturated Fat	3g	Saturated Fat	5g	Saturated Fat	4g	Saturated Fat	8g
Protein	33g	Protein	43g	Protein	33g	Protein	30g	Protein	41g
Total Carbohydrates	101g	Total Carbohydrates	94g	Total Carbohydrates	89g	Total Carbohydrates	99g	Total Carbohydrates	130g
Fiber	15.7g	Fiber	10.9g	Fiber	11g	Fiber	12g	Fiber	21g
Sodium	655mg	Sodium	409mg	Sodium	701mg	Sodium	694mg	Sodium	1018mg
				080		720		037	

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