



**VOLUNTEERS OF AMERICA COLORADO BRANCH
EVERGREEN MEALS ON WHEELS MENU
FEBRUARY 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Did You Know?</p> <p>*February is Black History month, it is the annual observance month in the U.S., Canada, and the United Kingdom remembering African-American people and events.</p> <p>*February 1865 is the only month in recorded history not to have a full moon.</p> <p>*Before 2002, Super Bowl Sunday was held the last Sunday in January, but since 2002 it is more commonly held the first Sunday of February.</p>					<p>CranRaspberry Medallions of Turkey 1 Broccoli, Cauliflower, and Bean Medley Zucchini and Yellow Corn Wheat Bread with Margarine Orange Trail Mix 1% Milk</p>
<p>Fish Filet 4 Cheesy Mashed Potatoes Mixed Vegetables Banana Rye Bread with Margarine 1% Milk</p>	<p>Sliced Turkey with Gravy and Cornbread Dressing 5 Butternut Squash Flat Beans Wheat Bread with Margarine Apple 1% Milk</p>	<p>Chicken Parmesan 6 Rosemary Potatoes Cheesy Spinach Whole Wheat Roll with Margarine Pineapple Chunks Raisin Nut Cup 1% Milk</p>	<p>Macaroni & Cheese 7 Seasoned Carrot Cuts Green Peas Breadstick Fresh Pear 1% Milk</p>	<p>Meatloaf with 8 Apple Brown Gravy Skin on Potatoes Stewed Tomatoes Rye Bread with Margarine Banana Chocolate Brownie 1% Milk</p>	
<p>Chicken Sausage and 11 Bean Ragout Diced Sweet Potatoes Super Greens Salad French Bread with Margarine Fresh Grapes 1% Milk</p>	<p>Beef Patty with Gravy 12 Mashed Potatoes Rutabaga with Red Pepper Multigrain Roll with Margarine Orange 1% Milk</p>	<p>Pork Riblet in BBQ Sauce 13 Baked Beans with Tomatoes Corn with Red Peppers Wheat Roll with Margarine Banana 1% Milk</p>	<p>Macaroni and Beef Casserole 14 Spinach California Vegetable Blend Breadstick Fresh Pear 1% Milk</p>	<p>Country Egg Skillet 15 with Potatoes, Mushrooms, Spinach and Tomatoes Cranberry Apples Whole Grain Bread with Margarine Orange Juice 1% Milk</p>	
<p>Chili Dog on Whole Wheat Bun 18 Baked Beans Corn Orange Raisin Nut Cup 1% Milk</p>	<p>Chicken Garden Casserole 19 Summer Blend Vegetables Multigrain Roll with Margarine Banana 1% Milk</p>	<p>Scrambled Eggs with Vegetables 20 Turkey Sausage links Spiced Peaches Whole Grain Bread with Margarine Graham Crackers Orange Juice 1% Milk</p>	<p>Hamburger Patty with Au Jus 21 Potato Wedges Carrots Whole Wheat Bun Apple Grape Juice 1% Milk</p>	<p>Whole Grain Sweet Potato 22 Pollock Nuggets Stewed Tomatoes with Ham Succotash Rye Bread with Margarine Orange Peanut Butter Oatmeal Cookie 1% Milk</p>	
<p>Turkey Sausage and Peppers 25 Over Whole Grain Rotini Apples with Raisins French Bread with Margarine Orange 1% Milk</p>	<p>Oven Baked Chicken 26 Yellow Rice with Tomatoes and Chives Green Beans with Red Peppers Wheat Roll with Margarine Apple 1% Milk</p>	<p>Meatballs and Penne Pasta 27 In Sauce Broccoli Italian Vegetables Garlic Bread Stick with Margarine Orange 1% Milk</p>	<p>Western-Style Omelet 28 Potatoes O'Brien Strawberry Applesauce Whole Grain Bread with Margarine Orange Juice 1% Milk</p>		
<p>Menu items may change without notice due to availability of items from suppliers.</p>					

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian at 303-297-0408</p>	<p>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</p> <p><small>*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%)</small></p>			<p>Calories 679 Fat 17g Saturated Fat 3g Protein 41g Total Carbohydrates 100g Fiber 10.5g Sodium 745mg</p>
<p>4</p> <p>Calories 822 Fat 17g Saturated Fat 3g Protein 35g Total Carbohydrates 137g Fiber 14.6g Sodium 735mg</p>	<p>5</p> <p>Calories 710 Fat 17g Saturated Fat 2g Protein 41g Total Carbohydrates 108g Fiber 15g Sodium 893mg</p>	<p>6</p> <p>Calories 851 Fat 32g Saturated Fat 9g Protein 42g Total Carbohydrates 104g Fiber 11g Sodium 638mg</p>	<p>7</p> <p>Calories 672 Fat 16g Saturated Fat 7g Protein 33g Total Carbohydrates 102g Fiber 14.5g Sodium 730mg</p>	<p>8</p> <p>Calories 838 Fat 31g Saturated Fat 9g Protein 32g Total Carbohydrates 112g Fiber 10g Sodium 765mg</p>
<p>11</p> <p>Calories 816 Fat 30g Saturated Fat 6g Protein 36g Total Carbohydrates 87g Fiber 12g Sodium 1144mg</p>	<p>12</p> <p>Calories 694 Fat 24g Saturated Fat 6g Protein 35g Total Carbohydrates 88g Fiber 10g Sodium 627mg</p>	<p>13</p> <p>Calories 781 Fat 26g Saturated Fat 7g Protein 33g Total Carbohydrates 111g Fiber 14g Sodium 763mg</p>	<p>14</p> <p>Calories 691 Fat 22g Saturated Fat 6g Protein 35g Total Carbohydrates 87g Fiber 11.5g Sodium 479mg</p>	<p>15</p> <p>Calories 715 Fat 26g Saturated Fat 6g Protein 35g Total Carbohydrates 102g Fiber 12g Sodium 809mg</p>
<p>18</p> <p>Calories 925 Fat 40g Saturated Fat 11g Protein 46g Total Carbohydrates 95g Fiber 15g Sodium 632mg</p>	<p>19</p> <p>Calories 701 Fat 12g Saturated Fat 1.5g Protein 43g Total Carbohydrates 109g Fiber 11.5g Sodium 517mg</p>	<p>20</p> <p>Calories 707 Fat 22g Saturated Fat 6g Protein 40g Total Carbohydrates 94g Fiber 10g Sodium 941mg</p>	<p>21</p> <p>Calories 847 Fat 24g Saturated Fat 7g Protein 37g Total Carbohydrates 123g Fiber 12.6g sodium 776mg</p>	<p>22</p> <p>Calories 807 Fat 27g Saturated Fat 3.7g Protein 34g Total Carbohydrates 110g Fiber 12g Sodium 780mg</p>
<p>25</p> <p>Calories 705 Fat 20g Saturated Fat 4g Protein 33g Total Carbohydrates 101g Fiber 15.7g Sodium 655mg</p>	<p>26</p> <p>Calories 717 Fat 23g Saturated Fat 3g Protein 43g Total Carbohydrates 94g Fiber 10.9g Sodium 409mg</p>	<p>27</p> <p>Calories 666 Fat 22g Saturated Fat 5g Protein 33g Total Carbohydrates 89g Fiber 11g Sodium 701mg</p>	<p>28</p> <p>Calories 692 Fat 23g Saturated Fat 4g Protein 30g Total Carbohydrates 99g Fiber 12g Sodium 694mg</p>	

Nutrition analysis provided by the Volunteers of America Registered Dietitian. For nutrition questions, please call 303-297-0408, ext. 3354