



VOLUNTEERS OF AMERICA COLORADO BRANCH
 JEWISH COMMUNITY CENTER MENU
 MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Daylight Savings Begins on March 11th.</p> 	<p>March is National Nutrition Month</p> 		<p>1 Tomato Soup Citrus Herb Flounder Red Quinoa Beets and Mandarins Swirl Bread Banana</p>	<p>2 Matza Ball Soup Roast Chicken Potato Kugel Green and Wax Beans Challah Green Salad Chocolate Cake Grape Juice</p>
<p>5 <i>No VOA Meal Served</i></p>	<p>6 Minestrone Teriyaki Salmon Quinoa Edamame Wheat Bread Orange</p>	<p>7 <i>No VOA Meal Served</i></p>	<p>8 French Onion Soup Chicken Marsala Orzo Sauteed Red Cabbage Rye Bread Fresh Pear</p>	<p>9 Matza Ball Soup Brisket Mushroom Onion Kugel Broccoli Salad Challah Chocolate Pie Grape Juice</p>
<p>12 <i>No VOA Meal Served</i></p>	<p>13 Corn Chowder Lemon Pepper Trout Spanish Rice Peas & Carrots Pumpernickel Bread Mandarin Oranges</p>	<p>14 <i>No VOA Meal Served</i></p>	<p>15 Butternut Squash Soup Roast Turkey w/ Cranberry Sweet Potato Green Beans Dinner Roll Apple Cobbler</p>	<p>16 Matza Ball Soup Roast Chicken Potato Kugel Mixed Vegetables Challah Green Salad Chocolate Chip Pecan Cookie Grape Juice</p>
<p>19 Model Seder <i>No VOA Meal Served</i></p>	<p>20 Bean Soup Breaded Pollock Corn Sauteed Spinach Rye Bread Orange</p>	<p>21 <i>No VOA Meal Served</i></p>	<p>22 Mushroom Barley Soup Chicken Cacciatore Rice Pilaf Broccoli Wheat Bread Fresh Pear</p>	<p>26 Matza Ball Soup Brisket Yerushalmi Kugel Glazed Carrots Challah Green Salad Strawberry Cream Tart Grape Juice</p>
<p>26 <i>No VOA Meal Served</i></p>	<p>27 Split Pea Soup Sloppy Joe on Bun Whole Wheat Pasta Peas Mandarin Oranges</p>	<p>28 <i>No VOA Meal Served</i></p>	<p>29 <i>No VOA Meal Served</i></p>	<p>30 Passover Eve <i>No VOA Meal Served</i></p>

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

**VOLUNTEERS OF AMERICA COLORADO BRANCH
JEWISH COMMUNITY CENTER NUTRITION ANALYSIS
MARCH 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
<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>				
No VOA Meal Served	Calories 1298 Fat 66g Saturated Fat 14g Protein 101g Total Carbohydrates 69g Fiber 12.5g Sodium 1067mg	No VOA Meal Served	Calories 1109 Fat 43g Saturated Fat 8g Protein 53g Total Carbohydrates 130g Fiber 14g Sodium 589mg	Calories 1268 Fat 55g Saturated Fat 16g Protein 66g Total Carbohydrates 128g Fiber 12g Sodium 818mg
No VOA Meal Served	Calories 837 Fat 24g Saturated Fat 6g Protein 53g Total Carbohydrates 102g Fiber 11g Sodium 1046mg	No VOA Meal Served	Calories 1017 Fat 34g Saturated Fat 9g Protein 52g Total Carbohydrates 131g Fiber 13g Sodium 908mg	Calories 1714 Fat 95g Saturated Fat 23g Protein 70g Total Carbohydrates 154g Fiber 15g Sodium 1125mg
Model Seder No VOA Meal Served	Calories 852 Fat 25g Saturated Fat 4g Protein 52g Total Carbohydrates 111g Fiber 15g Sodium 859mg	No VOA Meal Served	Calories 761 Fat 25g Saturated Fat 5g Protein 35g Total Carbohydrates 97g Fiber 12g Sodium 653mg	Calories 1321 Fat 60g Saturated Fat 20g Protein 62g Total Carbohydrates 135g Fiber 10g Sodium 816mg
No VOA Meal Served	Calories 952 Fat 17g Saturated Fat 3g Protein 38g Total Carbohydrates 168g Fiber 21g Sodium 798mg	No VOA Meal Served	No VOA Meal Served	Passover Eve No VOA Meal Served