<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| No VOA Meal Served | 2 Tomato Soup  
Crispy Fish Sandwich  
Boston Baked Beans  
Steamed Corn Kernels  
Canned Apricots  
Whole Wheat Dinner Roll | 3 Bean Soup  
Oven Fried Chicken  
Red Potatoes  
Coleslaw  
Fresh Fruit Cup  
Whole Wheat Dinner Roll | 4 Garden Vegetable Soup  
BBQ Chicken Breast  
Mashed Sweet Potatoes  
Fresh Steamed Broccoli  
Mandarin Oranges  
Whole Wheat Dinner Roll | 5 Chicken Mazo Ball Soup  
Sweet and Savory Brisket  
Potato Kugel  
Garden Green Salad  
Seasoned Green Beans  
Peach Cobbler  
Challah Bread  
Grape Juice |
| No VOA Meal Served | 9 Purim  
Tomato Soup  
Sweet and Sour Chicken  
Lemon Rice Pilaf  
Sugar Snap Peas  
Pineapple Chunks  
Whole Wheat Dinner Roll | 10 Navy Bean Soup  
Roast Turkey  
Classic Bread Stuffing  
Fresh Cauliflower  
Fruit Cocktail  
Dinner Roll | 11 Beef Noodle Soup  
Hamburger on a Bun  
Boston Baked Beans  
Coleslaw  
Fresh Fruit Cup  
Whole Wheat Dinner Roll | 12 Chicken Mazo Ball Soup  
Roast Chicken Breast  
Noodle Kugel  
Spinach Salad  
Glazed Carrots  
Oatmeal Raisin Cookie  
Challah Bread  
Grape Juice |
| No VOA Meal Served | 16 Chicken Rice Soup  
Sloppy Joe Sandwich  
Rice Pilaf  
Green Peas  
Fresh Fruit Cup | 17 Lentil Soup  
Chicken Paprikash  
Mashed Potatoes  
Sauted Spinach  
Pineapple Chunks  
Dinner Roll | 18 Minestrone Soup  
Grilled Salmon  
Potato Knish  
Carrots  
Apricots  
Pumpernickle Bread | 19 Chicken Matzo Ball Soup  
Sweet and Savory Brisket  
Potato Kugel  
Seasoned Spinach  
Broccoli Salad  
Fresh Fruit  
Challah Bread  
Grape Juice |
| No VOA Meal Served | 23 Tuna Salad  
Egg Salad  
Red Potato Salad  
Coleslaw  
Fresh Fruit Cup  
Whole Wheat Dinner Roll | 24 Minestrone Soup  
Beef Stew  
Baked Potatoes  
Spinach and Mushrooms  
Fruit Cocktail  
Whole Wheat Cloverleaf Roll | 25 French Onion Soup  
Stuffed Cabbage  
Couscous  
Peas and Carrots  
Apple Slices  
Whole Wheat Dinner Roll | 26 Chicken Matzo Ball Soup  
Roast Chicken Breast  
Noodle Kugel  
Garden Green Salad  
Blanched Broccoli  
Apple Pie  
Challah Bread  
Grape Juice |
| No VOA Meal Served | 30 Tomato Soup  
Crispy Fish Sandwich  
Boston Baked Beans  
Steamed Corn Kernels  
Canned Apricots  
Whole Wheat Dinner Roll | | | |
<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>846</td>
<td>803</td>
<td>677</td>
<td>1033</td>
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<tr>
<td>Fat</td>
<td>17g</td>
<td>23g</td>
<td>14g</td>
<td>40g</td>
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<tr>
<td>Saturated Fat</td>
<td>8g</td>
<td>4g</td>
<td>12g</td>
<td>19g</td>
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</tr>
<tr>
<td>Protein</td>
<td>36g</td>
<td>47g</td>
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<tr>
<td>Total Carbohydrates</td>
<td>144g</td>
<td>111g</td>
<td>63g</td>
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<tr>
<td>Fiber</td>
<td>16g</td>
<td>15g</td>
<td>11g</td>
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<tr>
<td>Sodium</td>
<td>1079mg</td>
<td>Sodium</td>
<td>863mg</td>
<td>Sodium</td>
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</tbody>
</table>

*No VOA Meal Served*

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

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
- Total Carbohydrates: 92 grams

*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%)

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