






**VOLUNTEERS OF AMERICA COLORADO BRANCH
JEWISH COMMUNITY CENTER MENU
OCTOBER 2016**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <u>JCC CLOSED DINING CENTER CLOSED</u>	4 <u>JCC CLOSED DINING CENTER CLOSED</u>	5 Minestrone Soup Stuffed Turkey Meatloaf Gratin Potatoes Roasted Zucchini Sourdough Roll Pineapple Chunks Sliced Fresh Apple Cranberry Juice	6 Beef Barley Soup Salisbury Steak Mashed Sweet Potatoes Sauteed Spinach Dinner Roll Fruit Cocktail Orange Juice	7 Chicken Matzo Ball Soup Roasted Herb Chicken Garden Green Salad Potato Kugel Glazed Carrots Challah Bread Cranberry Juice German Chocolate Cake Fresh Orange
10 Chicken Noodle Soup Beef Stroganoff Creamy Mashed Potatoes Fresh Steamed Broccoli Dinner Roll Diced Pears Fresh Orange Orange Juice	11 Six Bean Soup Chicken Piccata Spaghetti Fresh Asparagus Dinner Roll Pineapple Chunks Fresh Orange Apple Juice	12 <u>JCC CLOSED DINING CENTER CLOSED</u>	13 Vegetable Soup Braised Beef Tips Buttered Egg Noodles Steamed Carrots Dinner Roll Chilled Mandarin Oranges Fresh Orange Apple Juice	14 Chicken Matzo Ball Soup Beef Brisket Noodle Kugel Almond Green Beans Tossed Salad Challah Bread Fresh Orange Cherry Crisp Cranberry Juice
17 <u>JCC CLOSED DINING CENTER CLOSED</u>	18 <u>JCC CLOSED DINING CENTER CLOSED</u>	19 Chicken Tortilla Soup Fried Chicken Breast with Gravy Mashed Potatoes & Gravy Green Beans Dinner Roll Spiced Applesauce Fresh Orange Orange Juice	20 Lentil Soup Lemon Pepper Fish Buttered Egg Noodles Broccoli & Cauliflower Dinner Roll Fresh Orange Chilled Mandarin Oranges Apple Juice	21 Chicken Barley Soup Baked Chicken Tossed Salad Blanched Broccoli Potato Kugel Challah Bread Fresh Orange Apple Crisp Orange Juice
24 <u>JCC CLOSED DINING CENTER CLOSED</u>	25 <u>JCC CLOSED DINING CENTER CLOSED</u>	26 Beef Barley Soup Whole Grain Spaghetti With Meatballs Fresh Green Beans Dinner Roll Diced Peaches Fresh Anjou Pear Orange Juice	27 Manhattan Fish Chowder Chicken Piccata Red Potatoes Fresh Green Beans Sweet Dinner Roll Chilled Apricots Fresh Apple Cranberry Juice	28 Chicken Matzo Ball Soup Beef Brisket Mixed Green Salad Noodle Kugel Blanched Spinach Challah Bread Fresh Orange, Pineapple Chunks Orange Juice Peanut Butter Brownie
31 Lentil Soup Braised Beef Tips Squash & Onions Steamed Brown Rice Sweet Dinner Roll Fresh Orange Chilled Mandarin Oranges Apple Juice	<p align="center">October 25th is World Pasta Day!</p> <p align="center">October 3rd-7th is Mental Health Awareness Week</p> <p align="center">October is "Adopt a Shelter Dog" Month</p>  		<p align="center">Did you know?</p>   <p align="center">On October 1, 1908, Henry Ford's "Model-T", a universal car designed for the masses went on sale for the first time.</p> 	

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

**VOLUNTEERS OF AMERICA COLORADO BRANCH
JCC NUTRITION ANALYSIS
OCTOBER 2016**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 JCC CLOSED	4 JCC CLOSED	5 Calories 709 Fat 19g Saturated Fat 7g Protein 21g Total Carbohydrates 118g Fiber 12g Sodium 1127mg	6 Calories 881 Fat 35g Saturated Fat 42g Protein 103g Fiber 11.5g Sodium 1088mg	7 Calories 1543 Fat 60g Saturated Fat 20g Protein 64g Total Carbohydrates 192g Fiber 14g Sodium 1016mg
10 Calories 992 Fat 35g Saturated Fat 11.5g Protein 48g Total Carbohydrates 125g Fiber 12g Sodium 903mg	11 Calories 875 Fat 18g Saturated Fat 3g Protein 52.5g Total Carbohydrates 125g Fiber 15g Sodium 1044mg	12 JCC CLOSED	13 Calories 806 Fat 19.5g Saturated Fat 6g Protein 37g Total Carbohydrates 125g Fiber 12.5g Sodium 960mg	14 Calories 1523 Fat 55.6g Saturated Fat 17g Protein 58g Total Carbohydrates 203g Fiber 13.5g Sodium 1027g
17 JCC CLOSED	18 JCC CLOSED	19 Calories 1259 Fat 39g Saturated Fat 8g Protein 52g Total Carbohydrates 178g Fiber 16g Sodium 820mg	20 Calories 591 Fat 10g Saturated Fat 2g Protein 31g Total Carbohydrates 101g Fiber 13g Sodium 743mg	21 Calories 1205 Fat 45g Saturated Fat 15g Protein 57g Total Carbohydrates 149g Fiber 15.5g Sodium 833mg
24 JCC CLOSED	25 JCC CLOSED	26 Calories 978 Fat 29g Saturated Fat 8g Protein 48g Total Carbohydrates 139g Fiber 18g Sodium 1014mg	27 Calories 978 Fat 23.5g Saturated Fat 4.1g Protein 55g Total Carbohydrates 140g Fiber 16g Sodium 1120mg	28 Calories 1275 Fat 49g Saturated Fat 13g Protein 54g Total Carbohydrates 159g Fiber 11.5g Sodium 1033mg
31 Calories 840 Fat 21g Saturated Fat 5.5g Protein 38g Total Carbohydrates 128g Fiber 11.5g Sodium 505mg	<p align="center">For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Margaret Swearingen, MA, RDN at 303-297-0408</p>		<p 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>	

Nutrition Analysis provided by the Volunteers of America Registered Dietitians. Contact for questions or concerns at 303-297-0408