


**VOLUNTEERS OF AMERICA COLORADO BRANCH
JEWISH COMMUNITY CENTER MENU
JANUARY 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 NEW YEARS DAY JCC CLOSED	2 No VOA Meal Served	3 Tomato Soup Teriyaki Salmon Rice Pilaf Green Beans Pumpnickel Fresh Pear	4 Matza Ball Soup Brisket Potato Kugel Broccoli Salad w/ Cashews Challah Black Forest Cake Grape Juice
7 No VOA Meal Served	8 White Bean & Barley Soup Lemon Pepper Trout Spanish Rice Wax Beans Rye Bread Banana	9 No VOA Meal Served	10 French onion Soup Cabbage Rolls Brown Rice Peas & Carrots Wheat Bread Red Apple	11 Matza Ball Soup Roast Chicken Yerushalmi Kugel Sweet Carrots Challah Green Salad Fruit Cobbler Grape Juice
14 No VOA Meal Served	15 Broccoli Soup Sweet & Sour Chicken Udon Noodles Sugar Snap Peas Swirl Bread Pineapple	16 No VOA Meal Served	17 Vegetable Barley Mushroom Breaded Whitefish Corn Stewed Tomatoes Rye Bread Mandarin Oranges	18 Matza Ball Soup Brisket Sweet Noodle Kugel String Beans w/ Almonds Challah Green Salad Chocolate Pie Grape Juice
21 No VOA Meal Served	22 Minestrone Rosemary Herbed Chicken Roasted New Potatoes Broccoli Pumpnickel Peaches	23 No VOA Meal Served	24 Lentil Soup Sloppy Joe on a Bun Whole Wheat Pasta Peas Granny Smith Apple	25 Matza Ball Soup Roast Chicken Potato Kugel Mixed Vegetables Challah Green Salad Grape Juice Chocolate Chip Pecan Cookie
28 No VOA Meal Served	29 Split Pea Soup Oven "Fried" Chicken Paprika Potatoes Squash Medley w/Peanuts Corn Bread Orange	30 No VOA Meal Served	31 Tomato Soup Teriyaki Salmon Rice Pilaf Green Beans Pumpnickel Fresh Pear	

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

**VOLUNTEERS OF AMERICA COLORADO BRANCH
JEWISH COMMUNITY CENTER NUTRITION ANALYSIS
JANUARY 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 NEW YEARS DAY JCC CLOSED	2 No Meal Served	3 Calories 1369 Fat 65g Saturated Fat 15g Protein 100g Total Carbohydrates 95g Fiber 12g Sodium 882mg	4 Calories 1263 Fat 63g Saturated Fat 17g Protein 56g Total Carbohydrates 122g Fiber 11g Sodium 1039mg
7 No Meal Served	8 Calories 974 Fat 32g Saturated Fat 6g Protein 57g Total Carbohydrates 118g Fiber 13.6g Sodium 819mg	9 No Meal Served	10 Calories 795 Fat 27g Saturated Fat 7g Protein 29g Total Carbohydrates 109g Fiber 15g Sodium 773mg	11 Calories 1448 Fat 70g Saturated Fat 16g Protein 68g Total Carbohydrates 142g Fiber 12.6g Sodium 911mg
14 No Meal Served	15 Calories 1144 Fat 47g Saturated Fat 10g Protein 63g Total Carbohydrates 125g Fiber 11.7g Sodium 951mg	16 No Meal Served	17 Calories 777 Fat 22g Saturated Fat 4g Protein 48g Total Carbohydrates 98g Fiber 10g Sodium 759mg	18 Calories 1617 Fat 87g Saturated Fat 30g Protein 68g Total Carbohydrates 145g Fiber 12.7g Sodium 1020mg
21 No Meal Served	22 Calories 917 Fat 41g Saturated Fat 11g Protein 58g Total Carbohydrates 85g Fiber 11g Sodium 735mg	23 No Meal Served	24 Calories 946 Fat 17g Saturated Fat 4g Protein 41g Total Carbohydrates 167g Fiber 21.6g Sodium 654mg	25 Calories 1654 Fat 95g Saturated Fat 23g Protein 70g Total Carbohydrates 139g Fiber 14g Sodium 1115mg
28 No Meal Served	29 Calories 696 Fat 19g Saturated Fat 5g Protein 31g Total Carbohydrates 104g Fiber 11g Sodium 586mg	30 No Meal Served	31 Calories 1369 Fat 65g Saturated Fat 15g Protein 100g Total Carbohydrates 95g Fiber 12g Sodium 882mg	For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Kelsey Thornton, MS, RDN at 303-297-0408