

VOLUNTEERS OF AMERICA COLORADO BRANCH  
 JEWISH COMMUNITY CENTER MENU  
 FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Did You Know?</b> *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. *February 1865 is the only month in recorded history not to have a full moon. *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				Matza Ball Soup Brisket Potato Kugel Broccoli Salad w/Cashews Challah Black Forest Cake Grape Juice
<i>No VOA Meal Served</i>	4 White Bean & Barley Soup Lemon Pepper Trout Spanish Rice Wax Beans Rye Bread Banana	<i>No VOA Meal Served</i>	6 French Onion Soup Cabbage Rolls Brown Rice Peas & Carrots Wheat Bread Red Apple	7 Matza Ball Soup Roast Chicken Yerushalmi Kugel Sweet Carrots Challah Fruit Cobbler Green Salad/Grape Juice
<i>No VOA Meal Served</i>	11 Broccoli Soup Sweet & Sour Chicken Udon Noodles Sugar Snap Peas Swirl Bread Pineapple	<i>No VOA Meal Served</i>	13 Vegetable Barley Mushroom Breaded Whitefish Corn Stewed Tomatoes Rye Bread Mandarin Oranges	14 Matza Ball Soup Brisket Sweet Noodle Kugel String Beans w/Almonds Challah Chocolate Pie Green Salad/Grape Juice
<i>No VOA Meal Served</i>	18 Minestrone Rosemary Herbed Chicken Roasted New Potatoes Broccoli Pumpernickel Peaches	<i>No VOA Meal Served</i>	20 Lentil Soup Sloppy Joe Whole Wheat Pasta Peas Bun Granny Smith Apple	21 Matza Ball Soup Roast Chicken Potato Kugel Mixed Vegetables Challah Chocolate Chip Pecan Cookie Green Salad/Grape Juice
<i>No VOA Meal Served</i>	25 Split Pea Soup Oven "Fried" Chicken Paprika Potatoes Squash Medley w/Peanuts Corn Bread Orange	<i>No VOA Meal Served</i>	27 Tomato Soup Teriyaki Salmon Rice Pilaf Green Beans Pumpernickel 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  
FEBRUARY 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian at 303-297-0408	<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</p> <p align="center">*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>			<p>Calories 1263            Fat 63g                Saturated Fat 17g            Protein 56g            Total Carbohydrates 122g                Fiber 11g            Sodium 1039mg</p>
	4	5	6	7
<i>No VOA Meal Served</i>	<p>Calories 974            Fat 32g                Saturated Fat 6g            Protein 57g            Total Carbohydrates 118g                Fiber 13.6g            Sodium 819mg</p>	<i>No VOA Meal Served</i>	<p>Calories 795            Fat 27g                Saturated Fat 7g            Protein 29g            Total Carbohydrates 109g                Fiber 15g            Sodium 773mg</p>	<p>Calories 1448            Fat 70g                Saturated Fat 16g            Protein 68g            Total Carbohydrates 142g                Fiber 12.6g            Sodium 911mg</p>
11	12	13	14	15
<i>No VOA Meal Served</i>	<p>Calories 1144            Fat 47g                Saturated Fat 10g            Protein 63g            Total Carbohydrates 125g                Fiber 11.7g            Sodium 951mg</p>	<i>No VOA Meal Served</i>	<p>Calories 777            Fat 22g                Saturated Fat 4g            Protein 48g            Total Carbohydrates 98g                Fiber 10g            Sodium 759mg</p>	<p>Calories 1617            Fat 87g                Saturated Fat 30g            Protein 68g            Total Carbohydrates 145g                Fiber 12.7g            Sodium 1020mg</p>
18	19	20	21	22
<i>No VOA Meal Served</i>	<p>Calories 917            Fat 41g                Saturated Fat 11g            Protein 58g            Total Carbohydrates 85g                Fiber 11g            Sodium 735mg</p>	<i>No Meal Served</i>	<p>Calories 946            Fat 17g                Saturated Fat 4g            Protein 41g            Total Carbohydrates 167g                Fiber 21.6g            Sodium 654mg</p>	<p>Calories 1654            Fat 95g                Saturated Fat 23g            Protein 70g            Total Carbohydrates 139g                Fiber 14g            Sodium 1115mg</p>
25	26	27	28	
<i>No VOA Meal Served</i>	<p>Calories 696            Fat 19g                Saturated Fat 5g            Protein 31g            Total Carbohydrates 104g                Fiber 11g            Sodium 586mg</p>	<i>No Meal Served</i>	<p>Calories 1369            Fat 65g                Saturated Fat 15g            Protein 100g            Total Carbohydrates 95g                Fiber 12g            Sodium 882mg</p>	