


**VOLUNTEERS OF AMERICA COLORADO BRANCH
JEWISH COMMUNITY CENTER MENU
AUGUST 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		No VOA Meal Served	1 Split Pea Soup Peachy BBQ Chicken Roasted Potatoes Green Beans Corn Bread Orange	2 Matza Ball Soup Brisket Potato Kugel Mixed Vegetables Challah Green Salad Chocolate Pie Grape Juice	
	6 Corn Chowder Lemon Pepper Trout Corn Citrus Spinach Wheat Bread Apricots	7	No VOA Meal Served	8 Celery Soup Sloppy Joe on Bun Whole Wheat Pasta Peas Mandarin Oranges	9 Matza Ball Soup Roast Chicken Potato Kugel Green & Yellow Beans Challah Green Salad Fruit Cobbler Grape Juice
	13 Lentil Soup Apricot Chicken Rice Pilaf Zucchini Medley w/ Peanuts Dinner Roll Pear	14	No VOA Meal Served	15 Minestrone Hamburger on Bun Baked Beans Coleslaw Red Apple	16 Matza Ball Soup Brisket Sweet Noodle Kugel Cold Broccoli & Sunflower Seed Salad Challah Chocolate Chip Pecan Cookie Grape Juice
	20 Mushroom Barley Soup Stuffed Cabbage in Sweet & Sour Sauce Brown Rice Peas & Carrots Rye Bread Apricots	21	No VOA Meal Served	22 Vegetable Soup Honey Orange Salmon Quinoa & Shallots Edamame Wheat Bread Banana	23 Matza Ball Soup Roast Chicken Yerushalmi Kugel Beet Salad Challah Green Salad Sprinkle Cookie Grape Juice
	27 Tomato Soup Breaded White Fish Spanish Rice Cold Pea & Pepper Salad Pumpnickel Granny Smith Apple	28	No VOA Meal Served	29 Split Pea Soup Peachy BBQ Chicken Roasted Potatoes Green Beans Corn Bread Orange	30 Matza Ball Soup Brisket Potato Kugel Mixed Vegetables Challah Green Salad Chocolate Pie Grape Juice

Menu Items may change without notice to due availability from suppliers

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Kelsey Thornton, MS, RDN at 303-297-0408		1	2	3
		No VOA Meal Served	Calories 1097 Fat 47g Saturated Fat 12g Protein 57g Total Carbohydrates 115g Fiber 19g Sodium 867mg	Calories 1178 Fat 72g Saturated Fat 26g Protein 56g Total Carbohydrates 141g Fiber 12g Sodium 1079mg
6	7	8	9	10
No VOA Meal Served	Calories 834 Fat 28g Saturated Fat 7g Protein 50g Total Carbohydrates 95g Fiber 9.9g Sodium 615mg	No VOA Meal Served	Calories 827 Fat 17g Saturated Fat 3g Protein 32g Total Carbohydrates 143g Fiber 17g Sodium 420mg	Calories 1435 Fat 70g Saturated Fat 17g Protein 67g Total Carbohydrates 138g Fiber 12.7g Sodium 869mg
13	14	15	16	17
No VOA Meal Served	Calories 1265 Fat 57g Saturated Fat 12g Protein 65g Total Carbohydrates 131g Fiber 12.6g Sodium 646mg	No VOA Meal Served	Calories 942 Fat 35g Saturated Fat 10g Protein 52g Total Carbohydrates 107g Fiber 15g Sodium 1119mg	Calories 1439 Fat 72g Saturated Fat 23g Protein 62g Total Carbohydrates 136g Fiber 10.3g Sodium 760mg
20	21	22	23	24
No VOA Meal Served	Calories 815 Fat 30g Saturated Fat 8g Protein 33g Total Carbohydrates 105g Fiber 11.8g Sodium 1064mg	No VOA Meal Served	Calories 844 Fat 26g Saturated Fat 5g Protein 41g Total Carbohydrates 110g Fiber 15g Sodium 1134mg	Calories 1465 Fat 71g Saturated Fat 16g Protein 68g Total Carbohydrates 141g Fiber 10.8g Sodium 990mg
27	28	29	30	31
No VOA Meal Served	Calories 724 Fat 20g Saturated Fat 3.4g Protein 42g Total Carbohydrates 94g Fiber 13.4g Sodium 852mg	No VOA Meal Served	Calories 1097 Fat 47g Saturated Fat 12g Protein 57g Total Carbohydrates 115g Fiber 19g Sodium 867mg	Calories 1178 Fat 72g Saturated Fat 26g Protein 56g Total Carbohydrates 141g Fiber 12g Sodium 1079mg

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