


VOLUNTEERS OF AMERICA COLORADO BRANCH  
 JEWISH FAMILY SERVICES MENU  
 APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spanish Omelet Hash Browns Seasonal Vegetables Assorted Fruit Juice Matza with Margarine  Pesach	2 Beef Meatballs with Tomato Sauce Mashed Potatoes Seasonal Vegetables Assorted Fruit Juice Matza with Margarine  Pesach	3 Rosemary Chicken Diced Potatoes Seasonal Vegetables Assorted Fruit Juice Matza with Margarine  Pesach	4 Stuffed Cabbage Diced Potatoes Seasonal Vegetables Assorted Fruit Juice Matza with Margarine  Pesach	5 <u>Frozen Meal PreDelivered</u> Baked Fish Diced Potatoes Seasonal Vegetables Assorted Fruit Juice Matza with Margarine  Pesach
Turkey Meatballs with Marinara Sauce and Spaghetti Green beans Rye Bread with Margarine Orange Apple Juice	9 Stuffed Cabbage in Meat and Tomato Sauce Parsley Potatoes Mixed vegetables Rye Bread with Margarine Banana Orange Juice	10 Rosemary Chicken Quarter Brown Rice Peas & Carrots Rye Bread with Margarine Orange Cranberry Juice	11 BBQ Chicken Vegetarian Baked Beans Green Beans Rye Bread with Margarine Apple Orange Juice	12 Honey Mustard Chicken Quarter Roasted Garlic Red Potatoes Peas Rye Bread with Margarine Orange Apple Juice
BBQ Chicken Vegetarian Baked Beans Green Beans Whole Wheat Bread with Margarine Apple Orange Juice	16 Turkey Chili Brown Rice Peas Whole Wheat Bread with Margarine Banana Cranberry Juice	17 Stuffed Cabbage Garlic Mashed Potatoes Green Beans Whole Wheat Bread with Margarine Orange Apple Juice	18 Chicken Cacciatore Pasta with Garlic Sauce Cabbage Whole Wheat Bread with Margarine Apple Orange Juice	19 Marinated Fish Filet Sweet Potato Peas & Carrots Whole Wheat Bread with Margarine Banana Cranberry Juice
Citrus Glazed Chicken Quarter Baked Sweet Potato Cabbage Sourdough Bread with Margarine Apple Orange Juice	23 Spanish Chicken Stew White Rice Carrots and Corn Sourdough Bread with Margarine Banana Cranberry Juice	24 Salisbury Steak Baked Potato Peas & Carrots Sourdough Bread with Margarine Orange Apple Juice	25 Chicken Stir Fry Brown Rice Peas Sourdough Bread with Margarine Apple Orange Juice	26 Turkey Meatloaf Mashed Sweet Potatoes Carrots & Peas Sourdough Bread with Margarine Banana Cranberry Juice
Turkey Meatballs with Marinara Sauce and Spaghetti Green beans Rye Bread with Margarine Orange Apple Juice				

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

**VOLUNTEERS OF AMERICA COLORADO BRANCH  
JEWISH FAMILY SERVICES NUTRITION ANALYSIS**

APRIL 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
Pesach		Pesach		Pesach		Pesach		<u>Frozen Meal PreDelivered</u>	
9		10		11		12		13	
Calories	754	Calories	719	Calories	705	Calories	699	Calories	734
Fat	17g	Fat	15g	Fat	15g	Fat	14g	Fat	14g
Saturated Fat	3.5g	Saturated Fat	4g	Saturated Fat	3g	Saturated Fat	3g	Saturated Fat	2.5g
Protein	45g	Protein	31g	Protein	42g	Protein	40g	Protein	46g
Total Carbohydrates	109g	Total Carbohydrates	120g	Total Carbohydrates	105g	Total Carbohydrates	105g	Total Carbohydrates	100g
Fiber	13g	Fiber	14g	Fiber	14g	Fiber	17g	Fiber	13g
Sodium	442mg	Sodium	878mg	Sodium	524mg	Sodium	428mg	Sodium	566mg
16		17		19		19		20	
Calories	686	Calories	746	Calories	662	Calories	746	Calories	726
Fat	14g	Fat	14g	Fat	15g	Fat	19g	Fat	17g
Saturated Fat	3g	Saturated Fat	3g	Saturated Fat	4g	Saturated Fat	3.5g	Saturated Fat	2.6g
Protein	41g	Protein	44g	Protein	32g	Protein	49g	Protein	40g
Total Carbohydrates	102g	Total Carbohydrates	117g	Total Carbohydrates	104g	Total Carbohydrates	100g	Total Carbohydrates	107g
Fiber	16g	Fiber	16g	Fiber	15g	Fiber	14g	Fiber	12g
Sodium	363mg	Sodium	450mg	Sodium	801mg	Sodium	398mg	Sodium	560mg
23		24		25		26		27	
Calories	695	Calories	756	Calories	751	Calories	825	Calories	766
Fat	16g	Fat	13g	Fat	13g	Fat	16g	Fat	17g
Saturated Fat	3g	Saturated Fat	2g	Saturated Fat	2.3g	Saturated Fat	3g	Saturated Fat	3g
Protein	37g	Protein	24g	Protein	39g	Protein	43g	Protein	36g
Total Carbohydrates	102g	Total Carbohydrates	140g	Total Carbohydrates	121g	Total Carbohydrates	124g	Total Carbohydrates	123g
Fiber	11g	Fiber	10g	Fiber	12g	Fiber	16g	Fiber	13g
Sodium	515mg	Sodium	437mg	Sodium	674mg	Sodium	515mg	Sodium	592mg
30		<p>These are the values for 33 1/3% of the Recommended Daily Allowance (RDA) for 70+:</p> <p>Calories: 667+   Fiber: 9.5 grams</p> <p>    Protein: 33 grams   Saturated Fat: less than 8 grams</p> <p>    Carbohydrates: 92 grams   Sodium: less than 1200 mg</p> <p>*Based on a 2,000 Calorie Diet; Macronutrient distribution of calories based on:</p> <p>20% protein (RDA 10-25%), 25% total fat (RDA 20-35%),</p> <p>55% carbohydrates (RDA 45-65%)</p>							
Calories	754								
Fat	17g								
Saturated Fat	3.5g								
Protein	45g								
Total Carbohydrates	109g								
Fiber	13g								
Sodium	442mg								

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