

VOLUNTEERS OF AMERICA COLORADO BRANCH
JEWISH FAMILY SERVICES
OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><u>*Frozen Meal Predelivered*</u> 3</p> <p>Split Pea Soup Baked Fish Basmati Rice Steamed Broccoli Whole Wheat Roll Applesauce Orange Juice Fresh Orange</p>	<p><u>*Frozen Meal Predelivered*</u> 4</p> <p>Tuscan Bean Soup Creole Chicken Stew Garlic Mashed Potatoes Almond Green Beans Dinner Roll Chilled Mandarin Oranges Apple Juice</p>	<p>5</p> <p>Minestrone Soup Stuffed Turkey Meatloaf Gratin Potatoes Roasted Zucchini Sourdough Roll Pineapple Chunks Sliced Fresh Apple Cranberry Juice</p>	<p>6</p> <p>Beef Barley Soup Salisbury Steak Mashed Sweet Potatoes Sauteed Spinach Dinner Roll Fruit Cocktail Orange Juice</p>	<p>7</p> <p>Chicken Matzo Ball Soup Roasted Herb Chicken Garden Green Salad Potato Kugel Glazed Carrots Challah Bread Cranberry Juice German Chocolate Cake Fresh Orange</p>	
<p>10</p> <p>Chicken Noodle Soup Beef Stroganoff Creamy Mashed Potatoes Fresh Steamed Broccoli Dinner Roll Diced Pears Fresh Orange Orange Juice</p>	<p>11</p> <p>Six Bean Soup Chicken Piccata Spaghetti Fresh Asparagus Dinner Roll Pineapple Chunks Fresh Orange Apple Juice</p>	<p><u>*Frozen Meal Predelivered*</u> 12</p> <p>French Onion Soup Stuffed Cabbage Rolls Rice Pilaf Harvard Beets Dinner Roll Applesauce Fresh Anjou Pear Orange Juice</p>	<p>13</p> <p>Vegetable Soup Braised Beef Tips Buttered Egg Noodles Steamed Carrots Dinner Roll Chilled Mandarin Oranges Fresh Orange Apple Juice</p>	<p>14</p> <p>Chicken Matzo Ball Soup Beef Brisket Noodle Kugel Almond Green Beans Tossed Salad Challah Bread Fresh Orange Cherry Crisp Cranberry Juice</p>	
<p><u>*Frozen Meal Predelivered*</u> 17</p> <p>Pasta Fagioli Grilled Salmon Mashed Potatoes Latin Squash Dinner Roll Pineapple Chunks Fresh Orange Orange Juice</p>	<p><u>*Frozen Meal Predelivered*</u> 18</p> <p>Potato Soup Roast Turkey Baked Sweet Potato Whole Baby Carrots Sweet Dinner Roll Diced Pears Fresh Anjou Pear Cranberry Juice</p>	<p>19</p> <p>Chicken Tortilla Soup Fried Chicken Breast with Gravy Mashed Potatoes & Gravy Green Beans Dinner Roll Spiced Applesauce Fresh Orange Orange Juice</p>	<p>20</p> <p>Lentil Soup Lemon Pepper Fish Buttered Egg Noodles Broccoli & Cauliflower Dinner Roll Fresh Orange Chilled Mandarin Oranges Apple Juice</p>	<p>21</p> <p>Chicken Barley Soup Baked Chicken Tossed Salad Blanched Broccoli Potato Kugel Challah Bread Fresh Orange Apple Crisp Orange Juice</p>	
<p><u>*Frozen Meal Predelivered*</u> 24</p> <p>Nkatenkwan (Peanut Soup) Chicken Fingers Corn on the Cob Smashed Red Potatoes Dinner Roll Applesauce Fresh Orange Orange Juice</p>	<p><u>*Frozen Meal Predelivered*</u> 25</p> <p>Egg Drop Soup Lemon Herb Bass with Mango Salsa Basmati Rice Sugar Snap Peas Chilled Mandarin Oranges Fresh Orange Apple Juice</p>	<p>26</p> <p>Beef Barley Soup Whole Grain Spaghetti With Meatballs Fresh Green Beans Dinner Roll Diced Peaches Fresh Anjou Pear Orange Juice</p>	<p>27</p> <p>Manhattan Fish Chowder Chicken Piccata Red Potatoes Fresh Green Beans Sweet Dinner Roll Chilled Apricots Fresh Apple Cranberry Juice</p>	<p>28</p> <p>Chicken Matzo Ball Soup Beef Brisket Mixed Green Salad Noodle Kugel Blanched Spinach Challah Bread Fresh Orange, Pineapple Chunks Orange Juice Peanut Butter Brownie</p>	
<p>31</p> <p>Lentil Soup Braised Beef Tips Squash & Onions Steamed Brown Rice Sweet Dinner Roll Fresh Orange Chilled Mandarin Oranges Apple Juice</p>	<p> October 25th is World Pasta Day!</p> <p>October 3rd-7th is Mental Health Awareness Week</p> <p>October is "Adopt a Shelter Dog" Month</p> <p></p>		<p style="text-align: center;">Did you know?</p> <p> </p> <p>On October 1, 1908, Henry Ford's "Model-T", a universal car designed for the masses went on sale for the first time.</p> <p></p>		

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

**VOLUNTEERS OF AMERICA COLORADO BRANCH
JFS MOW NUTRITION ANALYSIS
OCTOBER 2016**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<u>Frozen Meal Predelivered</u> 3		<u>Frozen Meal Predelivered</u> 4		<u>Frozen Meal Predelivered</u> 5		<u>Frozen Meal Predelivered</u> 6		<u>Frozen Meal Predelivered</u> 7	
Calories	762	Calories	894	Calories	709	Calories	881	Calories	1543
Fat	11g	Fat	23g	Fat	19g	Fat	35g	Fat	60g
Saturated Fat	2g	Saturated Fat	4g	Saturated Fat	7g	Saturated Fat		Saturated Fat	20g
Protein	47g	Protein	53g	Protein	21g	Protein	42g	Protein	64g
Total Carbohydrates	123g	Total Carbohydrates	125g	Total Carbohydrates	118g	Total Carbohydrates	103g	Total Carbohydrates	192g
Fiber	16.5g	Fiber	16g	Fiber	12g	Fiber	11.5g	Fiber	14g
Sodium	990mg	Sodium	979mg	Sodium	1127mg	Sodium	1088mg	Sodium	1016mg
<u>Frozen Meal Predelivered</u> 10		<u>Frozen Meal Predelivered</u> 11		<u>Frozen Meal Predelivered</u> 12		<u>Frozen Meal Predelivered</u> 13		<u>Frozen Meal Predelivered</u> 14	
Calories	992	Calories	875	Calories	1008	Calories	806	Calories	1523
Fat	35g	Fat	18g	Fat	26g	Fat	19.5g	Fat	55.6g
Saturated Fat	11.5g	Saturated Fat	3g	Saturated Fat	7.5g	Saturated Fat	6g	Saturated Fat	17g
Protein	48g	Protein	52.5g	Protein	37g	Protein	37g	Protein	58g
Total Carbohydrates	125g	Total Carbohydrates	125g	Total Carbohydrates	160g	Total Carbohydrates	125g	Total Carbohydrates	203g
Fiber	12g	Fiber	15g	Fiber	14g	Fiber	12.5g	Fiber	13.5g
Sodium	903mg	Sodium	1044mg	Sodium	1008mg	Sodium	960mg	Sodium	1027g
<u>Frozen Meal Predelivered</u> 17		<u>Frozen Meal Predelivered</u> 18		<u>Frozen Meal Predelivered</u> 19		<u>Frozen Meal Predelivered</u> 20		<u>Frozen Meal Predelivered</u> 21	
Calories	725	Calories	798	Calories	1259	Calories	591	Calories	1205
Fat	17g	Fat	14g	Fat	39g	Fat	10g	Fat	45g
Saturated Fat	3g	Saturated Fat	4g	Saturated Fat	8g	Saturated Fat	2g	Saturated Fat	15g
Protein	41g	Protein	45g	Protein	52g	Protein	31g	Protein	57g
Total Carbohydrates	104g	Total Carbohydrates	126g	Total Carbohydrates	178g	Total Carbohydrates	101g	Total Carbohydrates	149g
Fiber	13g	Fiber	15g	Fiber	16g	Fiber	13g	Fiber	15.5g
Sodium	703mg	Sodium	675mg	Sodium	820mg	Sodium	743mg	Sodium	833mg
<u>Frozen Meal Predelivered</u> 24		<u>Frozen Meal Predelivered</u> 25		<u>Frozen Meal Predelivered</u> 26		<u>Frozen Meal Predelivered</u> 27		<u>Frozen Meal Predelivered</u> 28	
Calories	760	Calories	781	Calories	978	Calories	978	Calories	1275
Fat	16g	Fat	17g	Fat	29g	Fat	23.5g	Fat	49g
Saturated Fat	3.5g	Saturated Fat	3.1g	Saturated Fat	8g	Saturated Fat	4.1g	Saturated Fat	13g
Protein	47g	Protein	40g	Protein	48g	Protein	55g	Protein	54g
Total Carbohydrates	113g	Total Carbohydrates	120g	Total Carbohydrates	139g	Total Carbohydrates	140g	Total Carbohydrates	159g
Fiber	13g	Fiber	9.5g	Fiber	18g	Fiber	16g	Fiber	11.5g
Sodium	1122mg	Sodium	799mg	Sodium	1014mg	Sodium	1120mg	Sodium	1033mg
<u>Frozen Meal Predelivered</u> 31		<p style="text-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 style="text-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>For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Margaret Swearingen, MA, RDN at 303-297-0408</p>			
Calories	840								
Fat	21g								
Saturated Fat	5.5g								
Protein	38g								
Total Carbohydrates	128g								
Fiber	11.5g								
Sodium	505mg								

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