


**VOLUNTEERS OF AMERICA COLORADO BRANCH**  
**JEWISH FAMILY SERVICES**  
**AUGUST 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Stuffed Cabbage</b> <b>Garlic Mashed Potatoes</b> <b>Green Beans</b> <b>Whole Wheat Bread with Margarine</b> <b>Orange</b> <b>Apple Juice</b>	<b>1</b> <b>Chicken Cacciatore</b> <b>Pasta with Garlic Sauce</b> <b>Cabbage</b> <b>Whole Wheat Bread with Margarine</b> <b>Apple</b> <b>Orange Juice</b>	<b>2</b> <b>Marinated Fish Filet</b> <b>Sweet Potato</b> <b>Peas &amp; Carrots</b> <b>Whole Wheat Bread with Margarine</b> <b>Banana</b> <b>Cranberry Juice</b>
<b>Citrus Glazed Chicken Quarter</b> <b>Baked Sweet Potato</b> <b>Cabbage</b> <b>Sourdough Bread with Margarine</b> <b>Apple</b> <b>Orange Juice</b>	<b>6</b> <b>Spanish Chicken Stew</b> <b>White Rice</b> <b>Carrots and Corn</b> <b>Sourdough Bread with Margarine</b> <b>Banana</b> <b>Cranberry Juice</b>	<b>7</b> <b>Salisbury Steak</b> <b>Baked Potato</b> <b>Peas &amp; Carrots</b> <b>Sourdough Bread with Margarine</b> <b>Orange</b> <b>Apple Juice</b>	<b>8</b> <b>Chicken Stir Fry</b> <b>Brown Rice</b> <b>Peas</b> <b>Sourdough Bread with Margarine</b> <b>Apple</b> <b>Orange Juice</b>	<b>9</b> <b>Turkey Meatloaf</b> <b>Mashed Sweet Potatoes</b> <b>Carrots &amp; Peas</b> <b>Sourdough Bread with Margarine</b> <b>Banana</b> <b>Cranberry Juice</b>
<b>Turkey Meatballs with Marinara Sauce and Spaghetti</b> <b>Green beans</b> <b>Rye Bread with Margarine</b> <b>Orange</b> <b>Apple Juice</b>	<b>13</b> <b>Stuffed Cabbage in Meat and Tomato Sauce</b> <b>Parsley Potatoes</b> <b>Mixed vegetables</b> <b>Rye Bread with Margarine</b> <b>Banana</b> <b>Orange Juice</b>	<b>14</b> <b>Rosemary Chicken Quarter</b> <b>Brown Rice</b> <b>Peas &amp; Carrots</b> <b>Rye Bread with Margarine</b> <b>Orange</b> <b>Cranberry Juice</b>	<b>15</b> <b>Turkey Meatloaf</b> <b>Mashed Sweet Potatoes</b> <b>Carrots &amp; Peas</b> <b>Sourdough Bread with Margarine</b> <b>Banana</b> <b>Cranberry Juice</b>	<b>16</b> <b>Honey Mustard Chicken Quarter</b> <b>Roasted Garlic Red Potatoes</b> <b>Peas</b> <b>Rye Bread with Margarine</b> <b>Orange</b> <b>Apple Juice</b>
<b>BBQ Chicken</b> <b>Vegetarian Baked Beans</b> <b>Green Beans</b> <b>Whole Wheat Bread with Margarine</b> <b>Apple</b> <b>Orange Juice</b>	<b>20</b> <b>Turkey Chili</b> <b>Brown Rice</b> <b>Peas</b> <b>Whole Wheat Bread with Margarine</b> <b>Banana</b> <b>Cranberry Juice</b>	<b>21</b> <b>Stuffed Cabbage</b> <b>Garlic Mashed Potatoes</b> <b>Green Beans</b> <b>Whole Wheat Bread with Margarine</b> <b>Orange</b> <b>Apple Juice</b>	<b>22</b> <b>Chicken Cacciatore</b> <b>Pasta with Garlic Sauce</b> <b>Cabbage</b> <b>Whole Wheat Bread with Margarine</b> <b>Apple</b> <b>Orange Juice</b>	<b>23</b> <b>Marinated Fish Filet</b> <b>Sweet Potato</b> <b>Peas &amp; Carrots</b> <b>Whole Wheat Bread with Margarine</b> <b>Banana</b> <b>Cranberry Juice</b>
<b>Citrus Glazed Chicken Quarter</b> <b>Baked Sweet Potato</b> <b>Cabbage</b> <b>Sourdough Bread with Margarine</b> <b>Apple</b> <b>Orange Juice</b>	<b>27</b> <b>Spanish Chicken Stew</b> <b>White Rice</b> <b>Carrots and Corn</b> <b>Sourdough Bread with Margarine</b> <b>Banana</b> <b>Cranberry Juice</b>	<b>28</b> <b>Salisbury Steak</b> <b>Baked Potato</b> <b>Peas &amp; Carrots</b> <b>Sourdough Bread with Margarine</b> <b>Orange</b> <b>Apple Juice</b>	<b>29</b> <b>Chicken Stir Fry</b> <b>Brown Rice</b> <b>Peas</b> <b>Sourdough Bread with Margarine</b> <b>Apple</b> <b>Orange Juice</b>	<b>30</b> <b>Turkey Meatloaf</b> <b>Mashed Sweet Potatoes</b> <b>Carrots &amp; Peas</b> <b>Sourdough Bread with Margarine</b> <b>Banana</b> <b>Cranberry Juice</b>
<b>Menu items may change without notice due to availability of items from suppliers.</b>				

**VOLUNTEERS OF AMERICA COLORADO BRANCH  
JEWISH FAMILY SERVICES NUTRITION ANALYSIS  
AUGUST 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 *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>		1	2	3
		Calories 662 Fat 15g Saturated Fat 4g Protein 32g Total Carbohydrates 104g Fiber 15g Sodium 801mg	Calories 746 Fat 19g Saturated Fat 3.5g Protein 49g Total Carbohydrates 100g Fiber 14g Sodium 398mg	Calories 726 Fat 17g Saturated Fat 2.6g Protein 40g Total Carbohydrates 107g Fiber 12g Sodium 560mg
6	7	8	9	10
Calories 695 Fat 16g Saturated Fat 3g Protein 37g Total Carbohydrates 102g Fiber 11g Sodium 515mg	Calories 756 Fat 13g Saturated Fat 2g Protein 24g Total Carbohydrates 140g Fiber 10g Sodium 437mg	Calories 751 Fat 13g Saturated Fat 2.3g Protein 39g Total Carbohydrates 121g Fiber 12g Sodium 674mg	Calories 825 Fat 16g Saturated Fat 3g Protein 43g Total Carbohydrates 124g Fiber 16g Sodium 515mg	Calories 766 Fat 17g Saturated Fat 3g Protein 36g Total Carbohydrates 123g Fiber 13g Sodium 592mg
13	14	15	16	17
Calories 754 Fat 17g Saturated Fat 3.5g Protein 45g Total Carbohydrates 109g Fiber 13g Sodium 442mg	Calories 719 Fat 15g Saturated Fat 4g Protein 31g Total Carbohydrates 120g Fiber 14g Sodium 878mg	Calories 705 Fat 15g Saturated Fat 3g Protein 42g Total Carbohydrates 105g Fiber 14g Sodium 524mg	Calories 766 Fat 17g Saturated Fat 3g Protein 36g Total Carbohydrates 123g Fiber 13g Sodium 592mg	Calories 734 Fat 14g Saturated Fat 2.5g Protein 46g Total Carbohydrates 100g Fiber 13g Sodium 566mg
20	21	22	23	24
Calories 686 Fat 14g Saturated Fat 3g Protein 41g Total Carbohydrates 102g Fiber 16g Sodium 363mg	Calories 746 Fat 14g Saturated Fat 3g Protein 44g Total Carbohydrates 117g Fiber 16g Sodium 450mg	Calories 662 Fat 15g Saturated Fat 4g Protein 32g Total Carbohydrates 104g Fiber 15g Sodium 801mg	Calories 746 Fat 19g Saturated Fat 3.5g Protein 49g Total Carbohydrates 100g Fiber 14g Sodium 398mg	Calories 726 Fat 17g Saturated Fat 2.6g Protein 40g Total Carbohydrates 107g Fiber 12g Sodium 560mg
27	28	29	30	31
Calories 695 Fat 16g Saturated Fat 3g Protein 37g Total Carbohydrates 102g Fiber 11g Sodium 515mg	Calories 756 Fat 13g Saturated Fat 2g Protein 24g Total Carbohydrates 140g Fiber 10g Sodium 437mg	Calories 751 Fat 13g Saturated Fat 2.3g Protein 39g Total Carbohydrates 121g Fiber 12g Sodium 674mg	Calories 825 Fat 16g Saturated Fat 3g Protein 43g Total Carbohydrates 124g Fiber 16g Sodium 515mg	Calories 766 Fat 17g Saturated Fat 3g Protein 36g Total Carbohydrates 123g Fiber 13g Sodium 592mg

For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Kelsey Thornton, MS, RDN at 303-297-0408