

VOLUNTEERS OF AMERICA COLORADO BRANCH
JEWISH FAMILY SERVICES MENU
JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>Frozen Meal Pre-Delivered</u> 1 Spanish Chicken Stew White Rice Carrots and Corn Sourdough Bread with Margarine Banana Cranberry Juice	2 Salisbury Steak Baked Potato Peas & Carrots Sourdough Bread with Margarine Orange Apple Juice	3 Chicken Stir Fry Brown Rice Peas Sourdough Bread with Margarine Apple Orange Juice	4 Turkey Meatloaf Mashed Sweet Potatoes Carrots & Peas Sourdough Bread with Margarine Banana Cranberry Juice
7 Turkey Meatballs with Marinara Sauce and Spaghetti Green beans Rye Bread with Margarine Orange Apple Juice	8 Stuffed Cabbage in Meat and Tomato Sauce Parsley Potatoes Mixed vegetables Rye Bread with Margarine Banana Orange Juice	9 Rosemary Chicken Quarter Brown Rice Peas & Carrots Rye Bread with Margarine Orange Cranberry Juice	10 Turkey Meatloaf Mashed Sweet Potatoes Carrots & Peas Sourdough Bread with Margarine Banana Cranberry Juice	11 Honey Mustard Chicken Quarter Roasted Garlic Red Potatoes Peas Rye Bread with Margarine Orange Apple Juice
14 BBQ Chicken Vegetarian Baked Beans Green Beans Whole Wheat Bread with Margarine Apple Orange Juice	15 Turkey Chili Brown Rice Peas Whole Wheat Bread with Margarine Banana Cranberry Juice	16 Stuffed Cabbage Garlic Mashed Potatoes Green Beans Whole Wheat Bread with Margarine Orange Apple Juice	17 Chicken Cacciatore Pasta with Garlic Sauce Cabbage Whole Wheat Bread with Margarine Apple Orange Juice	18 Marinated Fish Filet Sweet Potato Peas & Carrots Whole Wheat Bread with Margarine Banana Cranberry Juice
21 Citrus Glazed Chicken Quarter Baked Sweet Potato Cabbage Sourdough Bread with Margarine Apple Orange Juice	22 Spanish Chicken Stew White Rice Carrots and Corn Sourdough Bread with Margarine Banana Cranberry Juice	23 Salisbury Steak Baked Potato Peas & Carrots Sourdough Bread with Margarine Orange Apple Juice	24 Chicken Stir Fry Brown Rice Peas Sourdough Bread with Margarine Apple Orange Juice	25 Turkey Meatloaf Mashed Sweet Potatoes Carrots & Peas Sourdough Bread with Margarine Banana Cranberry Juice
28 Turkey Meatballs with Marinara Sauce and Spaghetti Green beans Rye Bread with Margarine Orange Apple Juice	29 Stuffed Cabbage in Meat and Tomato Sauce Parsley Potatoes Mixed vegetables Rye Bread with Margarine Banana Orange Juice	30 Rosemary Chicken Quarter Brown Rice Peas & Carrots Rye Bread with Margarine Orange Cranberry Juice	31 Turkey Meatloaf Mashed Sweet Potatoes Carrots & Peas Sourdough Bread with Margarine Banana Cranberry Juice	

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

**VOLUNTEERS OF AMERICA COLORADO BRANCH
JEWISH FAMILY SERVICES NUTRITION ANALYSIS
JANUARY 2019**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
			1		2		3		4
		Calories	756	Calories	751	Calories	825	Calories	766
		Fat	13g	Fat	13g	Fat	16g	Fat	17g
		Saturated Fat	2g	Saturated Fat	2.3g	Saturated Fat	3g	Saturated Fat	3g
		Protein	24g	Protein	39g	Protein	43g	Protein	36g
		Total Carbohydrates	140g	Total Carbohydrates	121g	Total Carbohydrates	124g	Total Carbohydrates	123g
		Fiber	10g	Fiber	12g	Fiber	16g	Fiber	13g
		Sodium	437mg	Sodium	674mg	Sodium	515mg	Sodium	592mg
	7				9		10		11
Calories	754	Calories	719	Calories	705	Calories	766	Calories	734
Fat	17g	Fat	15g	Fat	15g	Fat	17g	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	36g	Protein	46g
Total Carbohydrates	109g	Total Carbohydrates	120g	Total Carbohydrates	105g	Total Carbohydrates	123g	Total Carbohydrates	100g
Fiber	13g	Fiber	14g	Fiber	14g	Fiber	13g	Fiber	13g
Sodium	442mg	Sodium	878mg	Sodium	524mg	Sodium	592mg	Sodium	566mg
	14		15		16		17		18
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
	21		25		26		27		28
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
	28		29		30		31		
Calories	754	Calories	719	Calories	705	Calories	766	For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Kelsey Thornton, MS, RDN at 303-297-0408	
Fat	17g	Fat	15g	Fat	15g	Fat	17g		
Saturated Fat	3.5g	Saturated Fat	4g	Saturated Fat	3g	Saturated Fat	3g		
Protein	45g	Protein	31g	Protein	42g	Protein	36g		
Total Carbohydrates	109g	Total Carbohydrates	120g	Total Carbohydrates	105g	Total Carbohydrates	123g		
Fiber	13g	Fiber	14g	Fiber	14g	Fiber	13g		
Sodium	442mg	Sodium	878mg	Sodium	524mg	Sodium	592mg		

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