


VOLUNTEERS OF AMERICA COLORADO BRANCH  
 JEWISH FAMILY SERVICES MOW MENU  
 FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>Did You Know?</b></p> <p>*February is Black History month, it is the annual observance month in the U.S., Canada, and the United Kingdom remembering African-American people and events.</p> <p>*February 1865 is the only month in recorded history not to have a full moon.</p> <p>*Before 2002, Super Bowl Sunday was held the last Sunday in January, but since 2002 it is more commonly held the first Sunday of February.</p>					<p>Honey Mustard 1</p> <p>Chicken Quarter</p> <p>Roasted Garlic Red Potatoes</p> <p>Peas</p> <p>Rye Bread with Margarine</p> <p>Orange</p> <p>Apple Juice</p>
<p>BBQ Chicken</p> <p>Vegetarian Baked Beans</p> <p>Green Beans</p> <p>Whole Wheat Bread with Margarine</p> <p>Apple</p> <p>Orange Juice</p>	<p>4 Turkey Chili</p> <p>Brown Rice</p> <p>Peas</p> <p>Whole Wheat Bread with Margarine</p> <p>Banana</p> <p>Cranberry Juice</p>	<p>5 Stuffed Cabbage</p> <p>Garlic Mashed Potatoes</p> <p>Green Beans</p> <p>Whole Wheat Bread with Margarine</p> <p>Orange</p> <p>Apple Juice</p>	<p>6 Chicken Cacciatore</p> <p>Pasta with Garlic Sauce</p> <p>Cabbage</p> <p>Whole Wheat Bread with Margarine</p> <p>Apple</p> <p>Orange Juice</p>	<p>7 Marinated Fish Filet 8</p> <p>Sweet Potato</p> <p>Peas &amp; Carrots</p> <p>Whole Wheat Bread with Margarine</p> <p>Banana</p> <p>Cranberry Juice</p>	
<p>Citrus Glazed Chicken Quarter</p> <p>Baked Sweet Potato</p> <p>Cabbage</p> <p>Sourdough Bread with Margarine</p> <p>Apple</p> <p>Orange Juice</p>	<p>11 Spanish Chicken Stew</p> <p>White Rice</p> <p>Carrots and Corn</p> <p>Sourdough Bread with Margarine</p> <p>Banana</p> <p>Cranberry Juice</p>	<p>12 Salisbury Steak</p> <p>Baked Potato</p> <p>Peas &amp; Carrots</p> <p>Sourdough Bread with Margarine</p> <p>Orange</p> <p>Apple Juice</p>	<p>13 Chicken Stir Fry</p> <p>Brown Rice</p> <p>Peas</p> <p>Sourdough Bread with Margarine</p> <p>Apple</p> <p>Orange Juice</p>	<p>14 Turkey Meatloaf 15</p> <p>Mashed Sweet Potatoes</p> <p>Carrots &amp; Peas</p> <p>Sourdough Bread with Margarine</p> <p>Banana</p> <p>Cranberry Juice</p>	
<p>Turkey Meatballs with Marinara Sauce and Spaghetti</p> <p>Green beans</p> <p>Rye Bread with Margarine</p> <p>Orange</p> <p>Apple Juice</p>	<p>18 Stuffed Cabbage in Meat and Tomato Sauce</p> <p>Parsley Potatoes</p> <p>Mixed vegetables</p> <p>Rye Bread with Margarine</p> <p>Banana</p> <p>Orange Juice</p>	<p>19 Rosemary Chicken Quarter</p> <p>Brown Rice</p> <p>Peas &amp; Carrots</p> <p>Rye Bread with Margarine</p> <p>Orange</p> <p>Cranberry Juice</p>	<p>20 Turkey Meatloaf</p> <p>Mashed Sweet Potatoes</p> <p>Carrots &amp; Peas</p> <p>Sourdough Bread with Margarine</p> <p>Banana</p> <p>Cranberry Juice</p>	<p>21 Honey Mustard 22</p> <p>Chicken Quarter</p> <p>Roasted Garlic Red Potatoes</p> <p>Peas</p> <p>Rye Bread with Margarine</p> <p>Orange</p> <p>Apple Juice</p>	
<p>BBQ Chicken</p> <p>Vegetarian Baked Beans</p> <p>Green Beans</p> <p>Whole Wheat Bread with Margarine</p> <p>Apple</p> <p>Orange Juice</p>	<p>25 Turkey Chili</p> <p>Brown Rice</p> <p>Peas</p> <p>Whole Wheat Bread with Margarine</p> <p>Banana</p> <p>Cranberry Juice</p>	<p>26 Stuffed Cabbage</p> <p>Garlic Mashed Potatoes</p> <p>Green Beans</p> <p>Whole Wheat Bread with Margarine</p> <p>Orange</p> <p>Apple Juice</p>	<p>27 Chicken Cacciatore 28</p> <p>Pasta with Garlic Sauce</p> <p>Cabbage</p> <p>Whole Wheat Bread with Margarine</p> <p>Apple</p> <p>Orange Juice</p>		

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian at 303-297-0408</b>	<p align="center">These are the values for 33 1/3% of the Recommended Daily Allowance (RDA) for 70+:  <b>Calories: 667+    Fiber: 9.5 grams</b>  <b>Protein: 33 grams    Saturated Fat: less than 8 grams</b>  <b>Carbohydrates: 92 grams    Sodium: less than 1200 mg</b></p> <p 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>				<b>Calories 734</b> <b>Fat 14g</b> <b>    Saturated Fat 2.5g</b> <b>Protein 46g</b> <b>Total Carbohydrates 100g</b> <b>    Fiber 13g</b> <b>Sodium 566mg</b>
					<b>1</b>
<b>Calories 686</b> <b>Fat 14g</b> <b>    Saturated Fat 3g</b> <b>Protein 41g</b> <b>Total Carbohydrates 102g</b> <b>    Fiber 16g</b> <b>Sodium 363mg</b>	<b>Calories 746</b> <b>Fat 14g</b> <b>    Saturated Fat 3g</b> <b>Protein 44g</b> <b>Total Carbohydrates 117g</b> <b>    Fiber 16g</b> <b>Sodium 450mg</b>	<b>Calories 662</b> <b>Fat 15g</b> <b>    Saturated Fat 4g</b> <b>Protein 32g</b> <b>Total Carbohydrates 104g</b> <b>    Fiber 15g</b> <b>Sodium 801mg</b>	<b>Calories 746</b> <b>Fat 19g</b> <b>    Saturated Fat 3.5g</b> <b>Protein 49g</b> <b>Total Carbohydrates 100g</b> <b>    Fiber 14g</b> <b>Sodium 398mg</b>	<b>Calories 726</b> <b>Fat 17g</b> <b>    Saturated Fat 2.6g</b> <b>Protein 40g</b> <b>Total Carbohydrates 107g</b> <b>    Fiber 12g</b> <b>Sodium 560mg</b>	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	
<b>Calories 695</b> <b>Fat 16g</b> <b>    Saturated Fat 3g</b> <b>Protein 37g</b> <b>Total Carbohydrates 102g</b> <b>    Fiber 11g</b> <b>Sodium 515mg</b>	<b>Calories 756</b> <b>Fat 13g</b> <b>    Saturated Fat 2g</b> <b>Protein 24g</b> <b>Total Carbohydrates 140g</b> <b>    Fiber 10g</b> <b>Sodium 437mg</b>	<b>Calories 751</b> <b>Fat 13g</b> <b>    Saturated Fat 2.3g</b> <b>Protein 39g</b> <b>Total Carbohydrates 121g</b> <b>    Fiber 12g</b> <b>Sodium 674mg</b>	<b>Calories 825</b> <b>Fat 16g</b> <b>    Saturated Fat 3g</b> <b>Protein 43g</b> <b>Total Carbohydrates 124g</b> <b>    Fiber 16g</b> <b>Sodium 515mg</b>	<b>Calories 766</b> <b>Fat 17g</b> <b>    Saturated Fat 3g</b> <b>Protein 36g</b> <b>Total Carbohydrates 123g</b> <b>    Fiber 13g</b> <b>Sodium 592mg</b>	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	
<b>Calories 754</b> <b>Fat 17g</b> <b>    Saturated Fat 3.5g</b> <b>Protein 45g</b> <b>Total Carbohydrates 109g</b> <b>    Fiber 13g</b> <b>Sodium 442mg</b>	<b>Calories 719</b> <b>Fat 15g</b> <b>    Saturated Fat 4g</b> <b>Protein 31g</b> <b>Total Carbohydrates 120g</b> <b>    Fiber 14g</b> <b>Sodium 878mg</b>	<b>Calories 705</b> <b>Fat 15g</b> <b>    Saturated Fat 3g</b> <b>Protein 42g</b> <b>Total Carbohydrates 105g</b> <b>    Fiber 14g</b> <b>Sodium 524mg</b>	<b>Calories 766</b> <b>Fat 17g</b> <b>    Saturated Fat 3g</b> <b>Protein 36g</b> <b>Total Carbohydrates 123g</b> <b>    Fiber 13g</b> <b>Sodium 592mg</b>	<b>Calories 734</b> <b>Fat 14g</b> <b>    Saturated Fat 2.5g</b> <b>Protein 46g</b> <b>Total Carbohydrates 100g</b> <b>    Fiber 13g</b> <b>Sodium 566mg</b>	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	
<b>Calories 686</b> <b>Fat 14g</b> <b>    Saturated Fat 3g</b> <b>Protein 41g</b> <b>Total Carbohydrates 102g</b> <b>    Fiber 16g</b> <b>Sodium 363mg</b>	<b>Calories 746</b> <b>Fat 14g</b> <b>    Saturated Fat 3g</b> <b>Protein 44g</b> <b>Total Carbohydrates 117g</b> <b>    Fiber 16g</b> <b>Sodium 450mg</b>	<b>Calories 662</b> <b>Fat 15g</b> <b>    Saturated Fat 4g</b> <b>Protein 32g</b> <b>Total Carbohydrates 104g</b> <b>    Fiber 15g</b> <b>Sodium 801mg</b>	<b>Calories 746</b> <b>Fat 19g</b> <b>    Saturated Fat 3.5g</b> <b>Protein 49g</b> <b>Total Carbohydrates 100g</b> <b>    Fiber 14g</b> <b>Sodium 398mg</b>		
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>		

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