






**VOLUNTEERS OF AMERICA COLORADO BRANCH
MEALS ON WHEELS MENU
MARCH 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">Daylight Savings Begins on March 11th.</p>   	<p align="center">March is National Nutrition Month</p> 	<p align="center">Everyone's Irish On March 17th.</p> 	<p align="center"><u><i>Celebrating Colorado</i></u></p> <p>"Mile High" Hot Beef Sub on a 9-Grain Wheat Bun (35g){575mg}</p> <p>Twice Baked Potato Casserole (18g)</p> <p>Steamed Carrots</p> <p>Apricot Halves (30g)</p> <p>Peanut Butter Cookie (16g){140mg}</p> <p>1% Milk / Grape Juice (12g){17g}</p>	<p align="center">1</p> <p>Baked Fish with Roasted Red Pepper Sauce (150mg)</p> <p>Israeli Couscous (25g)</p> <p>Ratatouille (Mediterranean Vegetables) (12g)</p> <p>French Bread with Margarine (16g) {192mg}</p> <p>Apple (25g)</p> <p>1% Milk (12g)</p>
<p>Chicken Fajita (28g){830mg} 5</p> <p>with Salsa, Sour Cream, Cheddar Cheese and Wheat Tortilla</p> <p>Cilantro Lime Rice (18g)</p> <p>Borrracho Beans (12g)</p> <p>Mandarin Oranges (12g)</p> <p>1% Milk (12g)</p>	<p>Ginger Teriyaki Pork Ribs (24g){491mg} 6</p> <p>Coconut Brown Rice (32g)</p> <p>Mandarin Vegetable Blend</p> <p>Wheat Roll with Margarine (14g){145mg}</p> <p>Apple (25g)</p> <p>1% Milk (12g)</p>	<p>Herb Baked Chicken (290mg) 7</p> <p>Whipped Sweet Potatoes (27g)</p> <p>Cape Cod Vegetable Blend</p> <p>Rye Bread with Margarine (15g) {192mg}</p> <p>Orange (15g)</p> <p>German Chocolate Cake (35g){300mg}</p> <p>1% Milk (12g)</p>	<p align="center"><u><i>Southern Hospitality Day</i></u></p> <p>Pulled Pork on a Whole Wheat Bun (24g){634mg}</p> <p>Cheesy Potatoes (15g)</p> <p>Seasoned Greens</p> <p>Coleslaw {148mg}</p> <p>Banana (27g)</p> <p>Moon Pie Cookie 38g</p> <p>1% Milk (12g)</p>	<p align="center">8</p> <p>Macaroni and Cheese (33g){813mg} 9</p> <p>with Broccoli</p> <p>Apple Glazed Carrots (14g)</p> <p>Green Peas with Onions (12g)</p> <p>Wheat Bread (12g)</p> <p>with Margarine</p> <p>Apricot Halves (30g)</p> <p>1% Milk (12g)</p>
<p>Baked Pork Chop (300mg) 12</p> <p>with Sage Gravy</p> <p>Roasted Potato Medley (19g)</p> <p>Cabbage with Red Peppers</p> <p>Multigrain Roll with Margarine (24g){240mg}</p> <p>Apple (25g)</p> <p>1% Milk (12g)</p>	<p>Italian Sausage and White Bean Stew (31g){418mg} 13</p> <p>Whipped Hubbard Squash (10g)</p> <p>Zucchini and Tomatoes</p> <p>French Bread with Margarine (17g){192mg}</p> <p>Fruit Cocktail (14g)</p> <p>1% Milk (12g)</p>	<p>Chicken Breast Marsala (300mg) 14</p> <p>Noodles Romanoff</p> <p>Italian Vegetables</p> <p>Rye Bread with Margarine (15g) {192mg}</p> <p>Orange (15g)</p> <p>Raisin Nut Cup (18g)</p> <p>1% Milk (12g)</p>	<p align="center"><u><i>St. Patty's Day Celebration!</i></u></p> <p>Corned Beef (828mg)</p> <p>Roasted Red Potatoes (26g)</p> <p>Cabbage with Red Peppers</p> <p>Wheat Roll with Margarine (15g){145mg}</p> <p>Diced Peaches (26g)</p> <p>Shamrock Sugar Cookie (17g)</p> <p>1% Milk (12g)</p>	<p align="center">15</p> <p>Creole Style Fish (22g) 16</p> <p>Dirty Rice (22g)</p> <p>Succotash (21g)</p> <p>Biscuit with Margarine (21g){370mg}</p> <p>Pineapple Tidbits (16g)</p> <p>1% Milk (12g)</p>
<p>Ginger Orange Chicken (14g){542mg} 19</p> <p>Lo Mein Noodles (22g)</p> <p>Orange Spiced Carrots</p> <p>Wheat Bread with Margarine (12g)</p> <p>Apricot Pineapple Compote (25g)</p> <p>1% Milk (12g)</p>	<p>Brunswick Stew (41g){583mg} 20</p> <p>Seasoned Greens</p> <p>Warm Cinnamon Apples (14g)</p> <p>Cornbread with Margarine (27g){300mg}</p> <p>Tropical Fruit (17g)</p> <p>1% Milk (12g)</p>	<p>Mediterranean Tuna Fritter (13g){200mg} 21</p> <p>Broccoli Parmesan (15g){148mg}</p> <p>Roasted Sweet Potato Pieces (13g)</p> <p>Rye Bread with Margarine (15g) {193mg}</p> <p>Banana (27g)</p> <p>Grape Juice (19g)</p> <p>1% Milk (12g)</p>	<p align="center"><u><i>Spring Time in the Rockies</i></u></p> <p>Cheeseburger (28g){690mg}</p> <p>on a Whole Wheat Bun</p> <p>Lettuce & Tomato</p> <p>Ketchup & Mustard</p> <p>Whole Kernel Corn (16g)</p> <p>Cauliflower with Carrots</p> <p>Fruit Cocktail (14g)</p> <p>Foothills Trail Mix / 1% Milk (13g) / (12g)</p>	<p align="center">22</p> <p>Cheese Ravioli with Garlic (27g){415mg} 23</p> <p>Herb Pasta Sauce</p> <p>Italian Vegetables</p> <p>Seasoned Spinach</p> <p>Wheat Roll with Margarine (14g){145mg}</p> <p>Sliced Apricots (15g)</p> <p>1% Milk (12g)</p>
<p>Pork and Green Chili Stew (12g){255mg} 26</p> <p>Borrracho Beans (12g)</p> <p>Parslied Carrots</p> <p>Whole Grain Buttermilk Biscuit with Margarine (21g){370mg}</p> <p>Pineapple Tidbits (20g)</p> <p>1% Milk (12g)</p>	<p>Sloppy Joe on a Wheat Bun (34g){507mg} 27</p> <p>Warm Three Bean Salad (18g){420mg}</p> <p>Warm Spiced Peaches (20g)</p> <p>Carrot Cabbage Cole Slaw</p> <p>Diced Pears (21g)</p> <p>1% Milk (12g)</p>	<p>Chicken Stuffing Casserole (363mg) 28</p> <p>Seasoned Spinach</p> <p>Capri Vegetables</p> <p>Wheat Roll with Margarine (15g){145mg}</p> <p>Pineapple Orange Compote (22g)</p> <p>1% Milk (12g)</p>	<p align="center"><u><i>Easter Celebration</i></u></p> <p>Ham with Apple Fruit Glaze (12g){782mg}</p> <p>Pecan Yams (15g)</p> <p>Cooked Cabbage with Red Peppers</p> <p>Wheat Bread with Margarine (12g)</p> <p>Banana (27g)</p> <p>Carrot Cake (39g){280mg}</p> <p>1% Milk (12g)</p>	<p align="center">29</p> <p>Fish with Veloute Cream Sauce (17g){413mg} 30</p> <p>Walnut Rice Pilaf (10g)</p> <p>Caribbean Vegetable Blend</p> <p>Multigrain Roll (24g){240mg}</p> <p>Orange (15g)</p> <p>Chocolate Brownie (39g){150mg}</p> <p>1% Milk (12g)</p>

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

The number listed in {brackets} indicates the mg sodium per menu item. Sodium is unlisted unless it is greater than 140mg.

The number in (parenthesis) indicates the grams of carbohydrate per menu item. Carbohydrates are unlisted unless they are greater than 10g.

VOLUNTEERS OF AMERICA COLORADO BRANCH
MEALS ON WHEELS NUTRITION ANALYSIS
MARCH 2018

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<p>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><small>*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%)</small></p>		<p>For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Kelsey Thornton, MS, RDN at 303-297- 0408</p>	1	2																																																																						
			<table style="width: 100%; border-collapse: collapse;"> <tr><td>Calories</td><td style="text-align: right;">950</td></tr> <tr><td>Fat</td><td style="text-align: right;">29g</td></tr> <tr><td> Saturated Fat</td><td style="text-align: right;">9g</td></tr> <tr><td>Protein</td><td style="text-align: right;">38g</td></tr> <tr><td>Total Carbohydrates</td><td style="text-align: right;">133g</td></tr> <tr><td> Fiber</td><td style="text-align: right;">13.6g</td></tr> <tr><td>Sodium</td><td style="text-align: right;">995mg</td></tr> </table>	Calories	950	Fat	29g	Saturated Fat	9g	Protein	38g	Total Carbohydrates	133g	Fiber	13.6g	Sodium	995mg	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Calories</td><td style="text-align: right;">714</td></tr> <tr><td>Fat</td><td style="text-align: right;">22g</td></tr> <tr><td> Saturated Fat</td><td style="text-align: right;">2g</td></tr> <tr><td>Protein</td><td style="text-align: right;">40g</td></tr> <tr><td>Total Carbohydrates</td><td style="text-align: right;">94g</td></tr> <tr><td> Fiber</td><td style="text-align: right;">10g</td></tr> <tr><td>Sodium</td><td style="text-align: right;">603mg</td></tr> </table>	Calories	714	Fat	22g	Saturated Fat	2g	Protein	40g	Total Carbohydrates	94g	Fiber	10g	Sodium	603mg																																										
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