




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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>Did you know?</b> </p> <p align="center">A person born on February 29 during a leap year is called a "leap ling" and will usually celebrate their birthday on either February 28 or March 1 in all non-leap years. The odds of being born on February 29 are 1 in 1,461 (or 0.068%) according to the Honor Society of Leap Year Day Babies.</p> 				
<p><b>Meatloaf with BBQ Glaze</b> (40g){300mg}</p> <p><b>Apple Glazed Carrots</b> (14g)</p> <p><b>Cooked Cabbage with Red Pepper</b></p> <p><b>Rye Bread with Margarine</b> (15g){192mg}</p> <p><b>Sliced Pineapple</b> (20g)</p> <p><b>Strawberry Rhubarb Muffin</b> {270mg}{46g}</p> <p><b>1% Milk</b> (12g)</p>	<p><b>5 Hash Brown Casserole</b> (22g){682mg}</p> <p><b>California Vegetable Blend</b></p> <p><b>Diced Beets</b> {150mg}</p> <p><b>Wheat Bread with Margarine</b> (12g)</p> <p><b>Banana</b> (30g)</p> <p><b>1% Milk</b> (12g)</p>	<p><b>6 Sesame Glazed Chicken Breast</b> (492mg)</p> <p><b>7 Steamed Brown Rice</b> (22g)</p> <p><b>Peas with Mushrooms</b> (13g)</p> <p><b>Multigrain Roll with Margarine</b> (24g){240mg}</p> <p><b>Tangerine</b> (12g)</p> <p><b>Pineapple Juice</b> (24g)</p> <p><b>1% Milk</b> (12g)</p>	<p align="center"><b><u>Celebrating Black History Month</u></b></p> <p><b>Son of a Gun Beef Stew</b> (10g)</p> <p><b>Ranch Style Beans</b> (22g){145mg}</p> <p><b>Whipped Hubbard Squash</b> (10g)</p> <p><b>Cornbread with Margarine</b> (27g){300mg}</p> <p><b>Tangerine</b> (12g)</p> <p><b>Bread Pudding</b> (45g){390mg}</p> <p><b>1% Milk</b> (12g)</p>	<p><b>1 Chicken Paprikash</b> (145mg)</p> <p><b>2 Confetti Rice</b> (18g){140mg}</p> <p><b>Cooked Cabbage with Red Pepper</b></p> <p><b>Wheat Roll with Margarine</b> (15g){150mg}</p> <p><b>Apple</b> (25g)</p> <p><b>Lemon Bar</b> (18g)</p> <p><b>1% Milk</b> (12g)</p>
<p><b>Winter White Chili with Chicken</b> (25g){280mg}</p> <p><b>Cilantro lime rice</b> (18g)</p> <p><b>Seasoned Spinach</b></p> <p><b>Sourdough Bread with Margarine</b> (16g){192mg}</p> <p><b>Orange</b> (14g)</p> <p><b>1% Milk</b> (19g)</p> <p><b>1% Milk</b> (12g)</p>	<p><b>12 Turkey Stroganoff</b> (20g){184mg}</p> <p><b>Seasoned Brussels Sprouts</b></p> <p><b>Succotash</b> (21g)</p> <p><b>Multigrain Roll with Margarine</b> (24g){240mg}</p> <p><b>Cottage Cheese with Cherries</b> (25g){235mg}</p> <p><b>Grape Juice</b> (19g)</p> <p><b>1% Milk</b> (12g)</p>	<p><b>13 Smoked Salmon</b> (32g){602mg}</p> <p><b>14 Shells and Cheese</b></p> <p><b>Seasoned Greens</b></p> <p><b>Rye Bread with Margarine</b> (15g){192mg}</p> <p><b>Banana</b> (27g)</p> <p><b>Fruited Gelatin</b> (19g)</p> <p><b>1% Milk</b> (12g)</p>	<p align="center"><b><u>Be My Valentine!</u></b></p> <p><b>Roast Beef with Brown Gravy</b> (240mg)</p> <p><b>Whipped Potatoes</b> (20g)</p> <p><b>Steamed Carrots</b></p> <p><b>Wheat Roll with Margarine</b> (13g){145mg}</p> <p><b>Fresh Pear</b> (27g)</p> <p><b>Strawberry Shortcake with Whipped Topping</b> (30g){224mg}</p> <p><b>1% Milk</b> (12g)</p>	<p><b>8 Greek Chicken</b> (235mg)</p> <p><b>9 Rosemary Potatoes</b> (18g)</p> <p><b>Capri Vegetable Blend</b></p> <p><b>Wheat Bread with Margarine</b> (12g)</p> <p><b>Apple</b> (25g)</p> <p><b>Raisin Nut Cup</b> (18g)</p> <p><b>Grape Juice</b> (19g)</p> <p><b>1% Milk</b> (12g)</p>
<p align="center"><b><u>President's Day</u></b></p> <p><b>Baked Meat Lasagna</b> (17g){461mg}</p> <p><b>Zucchini and Tomatoes</b></p> <p><b>Italian Vegetables</b></p> <p><b>Garlic Bread with Margarine</b> (17g){193mg}</p> <p><b>Apple</b> (25g)</p> <p><b>1% Milk</b> (12g)</p>	<p><b>19 Pizza Burger with Provolone on a Ciabatta Bun</b> (25g){723mg}</p> <p><b>20 Potato Wedges</b> (22g)</p> <p><b>Cooked Cabbage with Red Pepper</b></p> <p><b>Fresh Pear</b> (27g)</p> <p><b>Santa Fe Trail Mix</b> (37g)</p> <p><b>1% Milk</b> (12g)</p>	<p><b>21 Sweet and Sour Pork</b> (24g) {627mg}</p> <p><b>Mandarin Vegetable Blend</b></p> <p><b>Brown Rice</b> (23g)</p> <p><b>Multigrain Roll with Margarine</b> (24g){240mg}</p> <p><b>Banana</b> (27g)</p> <p><b>Low-fat fruited yogurt</b> (21g)</p> <p><b>1% Milk</b> (12g)</p>	<p align="center"><b><u>Down in New Orleans</u></b></p> <p><b>Chicken and Sausage Jambal.</b> (21g){556mg}</p> <p><b>Corn Maque Choux</b> (28g)</p> <p><b>Buttered Lima Beans</b> (21g)</p> <p><b>Cornbread with Margarine</b> (27g){300mg}</p> <p><b>Diced Peaches</b> (14g)</p> <p><b>Iced Banana Cake</b> (46g){280mg}</p> <p><b>Cranberry Juice</b> (23g)</p> <p><b>1% Milk</b> (12g)</p>	<p><b>15 Mediterranean Fish Fillet</b> (335mg)</p> <p><b>16 Rice Pilaf</b></p> <p><b>Scandinavian Blend Vegetables</b></p> <p><b>Multigrain Roll with Margarine</b> (24g){240mg}</p> <p><b>Orange</b> (15g)</p> <p><b>1% Milk</b> (12g)</p>
<p><b>Beef Cabbage Patch Stew</b></p> <p><b>Whipped Hubbard Squash</b> (10g)</p> <p><b>Spinach Gulay</b></p> <p><b>French Bread with Margarin</b> (16g){192mg}</p> <p><b>Pineapple Chunks</b> (28g)</p> <p><b>Tapioca Pudding</b> (24g){160mg}</p> <p><b>1% Milk</b> (12g)</p>	<p><b>26 Marinated Pork Cutlet with Hunter Style Sauce</b> (12g){250mg}</p> <p><b>Vegetable Bean Medley</b></p> <p><b>Diced Beets</b></p> <p><b>Multigrain Roll with Margarine</b> (24g){240mg}</p> <p><b>Orange</b> (15g)</p> <p><b>1% Milk</b> (12g)</p>	<p><b>27 BBQ Chicken Sandwich on a Whole Wheat Bun</b> (28g){330mg}</p> <p><b>Baked Beans</b> (29g){550mg}</p> <p><b>Warm Cinnamon Apples</b> (14g)</p> <p><b>Lettuce/Tomato Garnish</b></p> <p><b>Banana</b> (27g)</p> <p><b>1% Milk</b> (12g)</p>	<p align="center"></p> <p align="center"><b>February is American Heart Health Month</b></p> <p align="center"><b>February 2nd is National Ground Hog Day</b></p> <p align="center"><b>February 17th is National Random Acts of Kindness Day</b></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.



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**VOLUNTEERS OF AMERICA COLORADO BRANCH  
MEALS ON WHEELS NUTRITION ANALYSIS  
FEBRUARY 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian at 303-297- 0408</b>			<b>1</b> Calories 1062 Fat 38g Saturated Fat 10g Protein 45g Total Carbohydrates 138g Fiber 12g Sodium 1104mg	<b>2</b> Calories 694 Fat 21g Saturated Fat 6g Protein 38g Total Carbohydrates 91g Fiber 14g Sodium 606mg
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Calories 1282 Fat 46g Saturated Fat 12g Protein 49g Total Carbohydrates 153g Fiber 11.6g Sodium 949mg	Calories 622 Fat 28g Saturated Fat 11g Protein 27g Total Carbohydrates 85g Fiber 10g Sodium 1125mg	Calories 789 Fat 16g Saturated Fat 3g Protein 50g Total Carbohydrates 116g Fiber 12g Sodium 941mg	Calories 891 Fat 25g Saturated Fat 7g Protein 57g Total Carbohydrates 113g Fiber 10.5g Sodium 845mg	Calories 1000 Fat 41g Saturated Fat 8g Protein 50g Total Carbohydrates 114g Fiber 14g Sodium 547mg
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Calories 667 Fat 14 Saturated Fat 2g Protein 48g Total Carbohydrates 91g Fiber 14g Sodium 724mg	Calories 867 Fat 18g Saturated Fat 5g Protein 47g Total Carbohydrates 128g Fiber 12g Sodium 793mg	Calories 746 Fat 21g Saturated Fat 6g Protein 28g Total Carbohydrates 110g Fiber 10g Sodium 1095mg	Calories 933 Fat 29g Saturated Fat 12g Protein 49g Total Carbohydrates 119g Fiber 14g Sodium 703mg	Calories 753 Fat 16g Saturated Fat 2g Protein 63g Total Carbohydrates 90g Fiber 11.7g Sodium 806mg
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Calories 712 Fat 24g Saturated Fat 8g Protein 42g Total Carbohydrates 87g Fiber 12g Sodium 931mg	Calories 1063 Fat 43g Saturated Fat 14g Protein 50g Total Carbohydrates 128g Fiber 13.5g Sodium 997mg	Calories 972 Fat 28g Saturated Fat 8g Protein 46g Total Carbohydrates 136g Fiber 11g Sodium 1075mg	Calories 1329 Fat 48g Saturated Fat 11g Protein 39g Total Carbohydrates 192g Fiber 13g Sodium <b>1358mg</b>	Calories 730 Fat 19g Saturated Fat 4g Protein 24g Total Carbohydrates 117g Fiber 16g Sodium 752mg
<b>26</b>	<b>27</b>	<b>28</b>	<b>These are the values for 33 1/3% of the Recommended Daily Allowance (RDA) for 70+:</b> <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> *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%)	
Calories 850 Fat 34g Saturated Fat 9g Protein 39g Total Carbohydrates 103g Fiber 11g Sodium 701mg	Calories 840 Fat 43g Saturated Fat 10g Protein 37g Total Carbohydrates 79g Fiber 11g Sodium 710mg	Calories 687 Fat 9g Saturated Fat 1g Protein 44g Total Carbohydrates 112g Fiber 17g Sodium 1024mg		