



VOLUNTEERS OF AMERICA COLORADO BRANCH
MEALS ON WHEELS MENU
FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Did You Know?</p> <p>*February is Black History month. It is observed annually in the U.S., Canada, and the United Kingdom to remember African-American people and events.</p> <p>*Before 2002, Super Bowl Sunday was held on the last Sunday in January. Since 2002, it is more commonly held on the first Sunday of February.</p> <p>*February 1865 is the only month in recorded history not to have a full moon.</p> 				<p>Turkey Tetrazzini (29)(491mg) 1</p> <p>Italian Green Beans</p> <p>Warm Cinnamon Apples (14g)</p> <p>Multigrain Roll (24g)(240mg)</p> <p>with Margarine</p> <p>Apricot Halves (12g)</p> <p>1% Milk (12g)</p>
<p>Tasty Beef and Mushrooms (40g)(300mg) 4</p> <p>Steamed Brown Rice (14g)</p> <p>Buttered Lima Beans</p> <p>Hawaiian Dinner Roll (15g)(192mg)</p> <p>Cottage Cheese (20g)</p> <p>with Pineapple</p> <p>Foothills Trail Mix (270mg)(46g)</p> <p>1% Milk (12g)</p>	<p>Open Faced Vermont Ham (22g)(682mg)</p> <p>Sandwich on Multigrain Bread</p> <p>Quinoa and Kale Blend (150mg)</p> <p>Sweet Corn with Asparagus (12g)</p> <p>Banana (30g)</p> <p>1% Milk (12g)</p>	<p>Sesame Glazed Chicken Breast (492mg) 5</p> <p>Steamed Brown Rice (22g)</p> <p>Peas with Mushrooms (13g)</p> <p>Multigrain Roll with Margarine (24g)(240mg)</p> <p>Tangerine (12g)</p> <p>Pineapple Juice (24g)</p> <p>1% Milk (12g)</p>	<p><u>Celebrating Black History Month</u> 6</p> <p>Son of a Gun Beef Stew (10g)</p> <p>Ranch Style Beans (22g)(145mg)</p> <p>Whipped Hubbard Squash (10g)</p> <p>Cornbread with Margarine (27g)(300mg)</p> <p>Pineapple Mango Compote (12g)</p> <p>Bread Pudding (45g)(390mg)</p> <p>1% Milk (12g)</p>	<p>Salisbury Steak (340mg) 8</p> <p>with Mushroom Gravy</p> <p>Cheesy Potatoes (15g)</p> <p>Cauliflower and Carrots</p> <p>Whole Wheat Roll (14g)(146mg)</p> <p>with Margarine</p> <p>Banana (27g)</p> <p>1% Milk (12g)</p>
<p>Winter White Chili (25g)(280mg)</p> <p>with Chicken (18g)</p> <p>Cilantro lime rice</p> <p>Seasoned Spinach (16g)(192mg)</p> <p>Sourdough Bread (14g)</p> <p>with Margarine (15g)</p> <p>Orange (12g)</p> <p>1% Milk (12g)</p>	<p>11 Turkey Stroganoff (20g)(184mg)</p> <p>Seasoned Brussels Sprouts (21g)</p> <p>Succotash (24g)(240mg)</p> <p>Multigrain Roll (24g)(240mg)</p> <p>with Margarine</p> <p>Cottage Cheese with Cherries (25g)(235mg)</p> <p>Grape Juice (19g)</p> <p>1% Milk (12g)</p>	<p>12 Greek Chicken Breast (32g)(602mg)</p> <p>Buttermilk Mashed Potatoes (15g)(192mg)</p> <p>5-Way Mixed Vegetables (27g)</p> <p>Wheat Bread (19g)</p> <p>Apple (12g)</p> <p>Raisin Nut Cup (19g)</p> <p>1% Milk (12g)</p> <p>Cranberry Juice</p>	<p><u>Be My Valentine!</u> 13</p> <p>Roast Beef with Brown Gravy (240mg)</p> <p>Whipped Potatoes (20g)</p> <p>Steamed Carrots (13g)(145mg)</p> <p>Wheat Roll with Margarine (27g)</p> <p>Fresh Pear (30g)(224mg)</p> <p>Strawberry Shortcake (12g)</p> <p>with Whipped Topping</p> <p>1% Milk (12g)</p>	<p>14 Mediterranean Fish Fillet (335mg) 15</p> <p>Rice Pilaf</p> <p>Scandinavian Blend Vegetables</p> <p>Multigrain Roll with Margarine (24g)(240mg)</p> <p>Orange (15g)</p> <p>1% Milk (12g)</p>
<p><u>President's Day</u> 18</p> <p>Honey Garlic Pork Cutlet (25g)(417mg)</p> <p>Vegetable Bean Medley</p> <p>Diced Beets (12g)</p> <p>Whole Wheat Bread (12g)</p> <p>with Margarine (15g)</p> <p>Orange (12g)</p> <p>1% Milk (12g)</p>	<p>Pizza Burger with Provolone (25g)(723mg)</p> <p>Whole Wheat Bun</p> <p>Potato Wedges (22g)</p> <p>Cooked Cabbage with Red Pepper (27g)</p> <p>Fresh Pear (37g)</p> <p>Santa Fe Trail Mix (12g)</p> <p>1% Milk (12g)</p>	<p>19 Sweet and Sour chicken (30g)(548mg)</p> <p>Mandarin Vegetable Blend (23g)</p> <p>Brown Rice (24g)(240mg)</p> <p>Multigrain Roll (27g)</p> <p>with Margarine (27g)</p> <p>Banana (21g)</p> <p>Low-fat Fruited yogurt (12g)</p> <p>1% Milk (12g)</p>	<p><u>Healthy Aging Day</u> 20</p> <p>Turkey Posole (23g)(235mg)</p> <p>Fiesta Rice (16g)</p> <p>Mexicali Corn (18g)</p> <p>Whole Wheat Tortilla (22g)</p> <p>Fruit Salad (16g)</p> <p>1% Milk (12g)</p>	<p>21 Combination Beef & Bean Burrito (22g)(538mg) 22</p> <p>on a Wheat Tortilla</p> <p>with Salsa</p> <p>Lettuce/Tomato Garnish</p> <p>Spanish Rice (18g)</p> <p>Mexicali Corn (18g)</p> <p>Strawberry Applesauce (15g)</p> <p>1% Milk (12g)</p>
<p>Mongolian Beef (424mg)</p> <p>Lo Mein Noodles (21g)</p> <p>Mandarin Vegetable Blend (15g)(146mg)</p> <p>Mango Mandarin Compote (12g)</p> <p>Fortune Cookie (12g)</p> <p>1% Milk (12g)</p>	<p>25 Baked Meat Lasagna (17g)(461mg)</p> <p>Zucchini and Tomatoes</p> <p>Italian Vegetables (17g)(193mg)</p> <p>Garlic Bread (25g)</p> <p>with Margarine (12g)</p> <p>Apple (12g)</p> <p>1% Milk (12g)</p>	<p>26 BBQ Pulled Pork Sandwich (28g)(324mg)</p> <p>on a Whole Wheat Bun</p> <p>Baked Beans (29g)(550mg)</p> <p>Warm Cinnamon Apples (14g)</p> <p>Lettuce/Tomato Garnish (15g)</p> <p>Orange (18g)</p> <p>Oatmeal Raisin Cookie (12g)</p> <p>1% Milk (12g)</p>	<p><u>Down in New Orleans</u> 27</p> <p>Chicken and Sausage Jambalaya (21g)(556mg)</p> <p>Corn Maque Choux (28g)</p> <p>Buttered Lima Beans (21g)</p> <p>Cornbread with Margarine (27g)(300mg)</p> <p>Diced Peaches (14g)</p> <p>Iced Banana Cake (46g)(280mg)</p> <p>Cranberry Juice (23g)</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
FEBRUARY 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian at 303-297-0408		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%)		1 Calories 776 Fat 20g Saturated Fat 5g Protein 49g Total Carbohydrates 95g Fiber 10.5g Sodium 978mg
4 Calories 1282 Fat 46g Saturated Fat 12g Protein 49g Total Carbohydrates 153g Fiber 11.6g Sodium 949mg	5 Calories 622 Fat 28g Saturated Fat 11g Protein 27g Total Carbohydrates 85g Fiber 10g Sodium 1125mg	6 Calories 790 Fat 16g Saturated Fat 3g Protein 50g Total Carbohydrates 116g Fiber 12g Sodium 941mg	7 Calories 1062 Fat 38g Saturated Fat 10g Protein 45g Total Carbohydrates 138g Fiber 12g Sodium 1104mg	8 Calories 1000 Fat 41g Saturated Fat 8g Protein 50g Total Carbohydrates 114g Fiber 14g Sodium 547mg <small>MOW</small>
11 Calories 667 Fat 14 Saturated Fat 2g Protein 48g Total Carbohydrates 91g Fiber 14g Sodium 724mg	12 Calories 867 Fat 18g Saturated Fat 5g Protein 47g Total Carbohydrates 128g Fiber 12g Sodium 793mg <small>MOW</small>	13 Calories 746 Fat 21g Saturated Fat 6g Protein 28g Total Carbohydrates 110g Fiber 10g Sodium 1095mg	14 Calories 891 Fat 25g Saturated Fat 7g Protein 57g Total Carbohydrates 113g Fiber 10.5g Sodium 845mg	15 Calories 753 Fat 16g Saturated Fat 2g Protein 63g Total Carbohydrates 90g Fiber 11.7g Sodium 806mg
18 Calories 848 Fat 37g Saturated Fat 10g Protein 42g Total Carbohydrates 90g Fiber 12g Sodium 957mg <small>MOW</small>	19 Calories 1063 Fat 43g Saturated Fat 14g Protein 50g Total Carbohydrates 128g Fiber 13.5g Sodium 997mg <small>MOW</small>	20 Calories 972 Fat 28g Saturated Fat 8g Protein 46g Total Carbohydrates 136g Fiber 11g Sodium 1075mg	21 Calories 712 Fat 18g Saturated Fat 3g Protein 35g Total Carbohydrates 107g Fiber 14g Sodium 544mg	22 Calories 715 Fat 26g Saturated Fat 10g Protein 36g Total Carbohydrates 88g Fiber 10.2g Sodium 795mg <small>MOW</small>
25 Calories 850 Fat 34g Saturated Fat 9g Protein 39g Total Carbohydrates 103g Fiber 11g Sodium 701mg	26 Calories 712 Fat 24g Saturated Fat 8g Protein 42g Total Carbohydrates 87g Fiber 12.3g Sodium 931mg	27 Calories 815 Fat 24g Saturated Fat 7g Protein 36g Total Carbohydrates 116g Fiber 18g Sodium 1136mg <small>MOW</small>	28 Calories 1329 Fat 48g Saturated Fat 11g Protein 39g Total Carbohydrates 192g Fiber 13g Sodium 1358mg	