



VOLUNTEERS OF AMERICA COLORADO BRANCH  
MEALS ON WHEELS MENU  
NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<u><b>Go AVALANCHE!</b></u>
			<b>Hamburger on a Whole Wheat Bun</b> (28g)(439mg) with Ketchup and Mustard <b>Lettuce and Tomato Garnish</b> <b>Boston Baked Beans</b> (27g)(409mg) <b>Cauliflower and Carrots</b> <b>Apricot Halves</b> (15g) <b>Chocolate Chip Cookie</b> (10g) <b>1% Milk</b> (12g)	<b>1 Chicken Cassoulet</b> (325mg) <b>2</b> <b>Spinach Gulay</b> <b>Apple Glazed Carrots</b> (14g) <b>French Bread</b> (17g)(192mg) with Margarine <b>Fruit Salad Combo</b> (16g) <b>Chocolate Chip Cookie</b> (10g) <b>1% Milk</b> (12g)
<b>Pueblo Beef Stew</b> (303mg) <b>Whipped Hubbard Squash</b> <b>Zucchini and Tomatoes</b> <b>Whole Wheat Roll</b> (14g)(146mg) with Margarine <b>Apple</b> (25g) <b>Cranberry Juice</b> (23g) <b>1% Milk</b> (12g)	<b>5 Caribbean Roasted Chicken</b> (14g)(193mg) <b>Mashed Sweet Potatoes</b> (30g) <b>Caribbean Vegetable Blend</b> <b>Multigrain Roll</b> (24g)(240mg) with Margarine <b>Mandarin Oranges with Cottage Cheese</b> (22g)(357mg) <b>1% Milk</b> (12g)	<b>6 Mushroom Swiss Burger</b> (46g)(462mg) <b>7</b> <b>on a Whole Wheat Bun</b> <b>Lettuce and Tomato Garnish</b> <b>Potato Wedges</b> (22g) <b>Spiced Peaches</b> (20g) <b>Blueberry Applesauce</b> (17g) <b>1% Milk</b> (12g)	<u><b>Veterans Remembrance Day</b></u> <b>Chicken Fried Steak</b> (26g)(520mg) with Country Gravy <b>Mashed Potatoes</b> (22g) <b>Country Vegetables</b> (15g) <b>Whole Wheat Bread with Margarine</b> (12g) <b>Diced Peaches</b> (15g) <b>Orange Juice</b> (21g) <b>1% Milk</b> (12g)	<b>8 Chicken Breast</b> (16g) <b>9</b> with Apricot Glaze <b>Summer Risotto</b> (22g) <b>Summer Squash with Onions</b> <b>9-Grain Sandwich Bread</b> (30g)(220mg) with Margarine <b>Pineapple Tidbits</b> (16g) <b>Blueberry Yogurt Parfait</b> (20g) <b>1% Milk</b> (12g)
<b>Szechuan Chicken</b> (731mg) <b>Lo Mein Noodles</b> (22g) <b>Asian Vegetable Blend</b> <b>Wheat Roll with Margarine</b> (15g)(146mg) <b>Fresh Pear</b> (27g) <b>1% Milk</b> (12g)	<b>12 Lemon Pepper Fish</b> (25g)(548mg) with Tomato Cream Sauce <b>Rice Pilaf</b> (22g) <b>Cape Cod Vegetable Blend</b> <b>Multigrain Roll</b> (24g)(240mg) with Margarine <b>Berry Mango Compote</b> (22g) <b>1% Milk</b> (12g)	<b>13 Combination Beef &amp; Bean Burrito</b> (28g)(670mg) <b>14</b> with Picante Sauce <b>on a Wheat Tortilla</b> <b>Lettuce/Tomato Garnish</b> <b>Savory Black Beans with Cilantro</b> (13g) <b>Mexicali Corn</b> (17g) <b>Apricot Pineapple Compote</b> (24g) <b>1% Milk</b> (12g)	<u><b>Kitchen Manager's Special</b></u> <b>Oven Fried Chicken</b> (430mg) <b>Cheesy Potatoes</b> (15g) <b>Creamed Spinach</b> (172mg) <b>Multigrain Roll with Margarine</b> (24g)(240mg) <b>Banana</b> (27g) <b>Orange Juice</b> (21g) <b>1% Milk</b> (12g)	<b>15 Roast Pork Chop</b> (327mg) <b>16</b> with Diane Sauce <b>Rosemary Parmesan Potatoes</b> (17g) <b>Seasoned Greens</b> <b>Cornbread with Margarine</b> (27g)(300mg) <b>Apple</b> (25g) <b>Grape Juice</b> (17g) <b>1% Milk</b> (12g)
<b>Pork Chow Mein</b> (364mg) <b>Lo Mein Noodles</b> (21g) <b>Sesame Broccoli</b> <b>Whole Wheat Roll</b> (14g)(146mg) with Margarine <b>Mandarin Oranges</b> <b>Fortune Cookie</b> <b>1% Milk</b> (12g)	<b>19 BBQ Cheddar Burger</b> (34g)(365mg) <b>on a Whole Wheat Bun</b> <b>Lettuce/Tomato Garnish</b> <b>Sweet Potato Wedges</b> (26g) <b>Colorado Baked Beans</b> (31g)(239mg) <b>Orange</b> (15g) <b>1% Milk</b> (12g)	<b>20 Creamy Ranch</b> (456mg) <b>21</b> <b>Baked Chicken</b> <b>Confetti Rice</b> (18g) <b>Green Beans with Almonds</b> <b>Rye Bread with Margarine</b> (16g)(193mg) <b>Apple</b> (25g) <b>1% Milk</b> (12g)	<u><b>Thanksgiving Day Meal</b></u> <u><b>Delivered in Denver County Only</b></u> <b>Roast Turkey with Gravy and Cranberry Sauce</b> (28g) <b>Cornbread Stuffing</b> (23g)(375mg) <b>Green Beans</b> <b>Multigrain Roll with Margarine</b> (24g)(240mg) <b>Cinnamon Applesauce</b> (15g) <b>Assorted Cookie Bars</b> (34g)(140mg) <b>1% Milk</b> (12g)	<b>22 VOA Thanksgiving Holiday</b> <b>23</b> <u><b>VOA Closed-Frozen Meal Predelivered</b></u> <b>Meatloaf with</b> (41g)(401mg) <b>Apple Brown Gravy</b> <b>Skin on Potatoes</b> <b>Stewed Tomatoes</b> <b>Whole Wheat Bread</b> (12g) with Margarine <b>Banana</b> (27g) <b>1% Milk</b> (12g)
<b>Beef Goulash</b> (28g)(216mg) with Parsley Noodles <b>Sliced Beets</b> <b>Rye Bread with Margarine</b> (15g)(193mg) with Margarine <b>Fresh Pear</b> (27g) <b>Cranberry Juice</b> (14g) <b>1% Milk</b> (12g)	<b>26 Teriyaki Beef</b> (12g)(547mg) <b>Lo Mein Noodles</b> (21g) <b>Asian Blend Vegetables</b> <b>Whole Wheat Roll</b> (14g)(146mg) with Margarine <b>Berry Mango Compote</b> (22g) <b>1% Milk</b> (12g)	<b>27 Marinated Pork Cutlet</b> (250mg) <b>28</b> <b>with Hunter Sauce</b> <b>Brown Rice</b> (23g) <b>Spinach and Mushrooms</b> (185mg) <b>Multigrain Roll</b> (24g)(240mg) with Margarine <b>Diced Peaches</b> (14g) <b>1% Milk</b> (12g)	<u><b>Manager's Special</b></u> <b>Stadium Dog</b> (27g)(440mg) <b>on a Whole Wheat Bun</b> with Mustard and Onion (166mg) <b>Colorado Baked Beans</b> (32g)(239mg) <b>California Blend Vegetables</b> <b>Orange</b> (15g) <b>Caramel Pecan Cookie</b> (25g) <b>1% Milk</b> (12g)	<b>29 Savory Meatloaf</b> (32g)(390mg) <b>30</b> with Brown Gravy <b>Roasted Potato Medley</b> (26g) <b>Vegetable Blend Bean Medley</b> <b>Rye Bread with Margarine</b> (15g)(192mg) <b>Fruit Cocktail</b> (14g) <b>1% Milk</b> (12g)

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  
NOVEMBER 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p style="text-align: center;">These are the values for 33 1/3% of the Recommended Daily Allowance (RDA) for 70+:</p> <p style="text-align: center;">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 style="text-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>		<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	
			<p>Calories 838</p> <p>Fat 31g</p> <p>Saturated Fat 8g</p> <p>Protein 45g</p> <p>Total Carbohydrates 99g</p> <p>Fiber 15g</p> <p>Sodium 1101mg</p>	<p>Calories 989</p> <p>Fat 49g</p> <p>Saturated Fat 3g</p> <p>Protein 57g</p> <p>Total Carbohydrates 82g</p> <p>Fiber 10.8g</p> <p>Sodium 859mg</p>	
5	6		7	8	9
<p>Calories 761</p> <p>Fat 26g</p> <p>Saturated Fat 7g</p> <p>Protein 41g</p> <p>Total Carbohydrates 98g</p> <p>Fiber 13g</p> <p>Sodium 723mg</p>	<p>Calories 1053</p> <p>Fat 39g</p> <p>Saturated Fat 2g</p> <p>Protein 67g</p> <p>Total Carbohydrates 109g</p> <p>Fiber 12g</p> <p>Sodium 997mg</p>		<p>Calories 922</p> <p>Fat 33g</p> <p>Saturated Fat 13g</p> <p>Protein 50g</p> <p>Total Carbohydrates 116g</p> <p>Fiber 12g</p> <p>Sodium 638mg</p>	<p>Calories 913</p> <p>Fat 36g</p> <p>Saturated Fat 11g</p> <p>Protein 32g</p> <p>Total Carbohydrates 121g</p> <p>Fiber 9.5g</p> <p>Sodium 836mg</p>	<p>Calories 913</p> <p>Fat 25g</p> <p>Saturated Fat 4g</p> <p>Protein 53g</p> <p>Total Carbohydrates 123g</p> <p>Fiber 11g</p> <p>Sodium 648mg</p>
12	13		14	15	16
<p>Calories 952</p> <p>Fat 38g</p> <p>Saturated Fat 8g</p> <p>Protein 72g</p> <p>Total Carbohydrates 83g</p> <p>Fiber 13g</p> <p>Sodium 1154mg</p>	<p>Calories 910</p> <p>Fat 31g</p> <p>Saturated Fat 7g</p> <p>Protein 45g</p> <p>Total Carbohydrates 113g</p> <p>Fiber 10.5g</p> <p>Sodium 996mg</p>		<p>Calories 803</p> <p>Fat 29g</p> <p>Saturated Fat 11g</p> <p>Protein 44g</p> <p>Total Carbohydrates 98g</p> <p>Fiber 15.8g</p> <p>Sodium 975mg</p>	<p>Calories 822</p> <p>Fat 30g</p> <p>Saturated Fat 8g</p> <p>Protein 37g</p> <p>Total Carbohydrates 110g</p> <p>Fiber 12g</p> <p>Sodium 1001mg</p>	<p>Calories 976</p> <p>Fat 40g</p> <p>Saturated Fat 10g</p> <p>Protein 40g</p> <p>Total Carbohydrates 110g</p> <p>Fiber 10.5g</p> <p>Sodium 997mg</p>
19	20	21	22	23	
<p>Calories 686</p> <p>Fat 26g</p> <p>Saturated Fat 7g</p> <p>Protein 39g</p> <p>Total Carbohydrates 76g</p> <p>Fiber 10.5g</p> <p>Sodium 765mg</p>	<p>Calories 854</p> <p>Fat 22g</p> <p>Saturated Fat 9g</p> <p>Protein 49g</p> <p>Total Carbohydrates 119g</p> <p>Fiber 16g</p> <p>Sodium 798mg</p>	<p>Calories 774</p> <p>Fat 29g</p> <p>Saturated Fat 8g</p> <p>Protein 47g</p> <p>Total Carbohydrates 81g</p> <p>Fiber 10g</p> <p>Sodium 871mg</p>	<p>Calories 1110</p> <p>Fat 37g</p> <p>Saturated Fat 11g</p> <p>Protein 51g</p> <p>Total Carbohydrates 144g</p> <p>Fiber 10g</p> <p>Sodium 1011mg</p>	<p><u>Frozen Meal Pre-Delivered</u></p> <p>Calories 824</p> <p>Fat 29g</p> <p>Saturated Fat 7g</p> <p>Protein 34g</p> <p>Total Carbohydrates 109g</p> <p>Fiber 11g</p> <p>Sodium 846mg</p>	
26	27	28	29	30	
<p>Calories 760</p> <p>Fat 22g</p> <p>Saturated Fat 6g</p> <p>Protein 41g</p> <p>Total Carbohydrates 105g</p> <p>Fiber 12.7g</p> <p>Sodium 777mg</p>	<p>Calories 714</p> <p>Fat 23g</p> <p>Saturated Fat 6g</p> <p>Protein 43g</p> <p>Total Carbohydrates 87g</p> <p>Fiber 9.8g</p> <p>Sodium 971mg</p>	<p>Calories 892</p> <p>Fat 43g</p> <p>Saturated Fat 11g</p> <p>Protein 40g</p> <p>Total Carbohydrates 90g</p> <p>Fiber 10g</p> <p>Sodium 806mg</p>	<p>Calories 904</p> <p>Fat 31g</p> <p>Saturated Fat 11g</p> <p>Protein 35g</p> <p>Total Carbohydrates 120g</p> <p>Fiber 15.7g</p> <p>Sodium 1162mg</p>	<p>Calories 910</p> <p>Fat 33g</p> <p>Saturated Fat 9g</p> <p>Protein 47g</p> <p>Total Carbohydrates 108g</p> <p>Fiber 12.6g</p> <p>Sodium 742mg</p>	