



**VOLUNTEERS OF AMERICA COLORADO BRANCH
MEALS ON WHEELS MENU
JUNE 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">June is Fresh Fruits & Vegetables Month</p>  <p align="center">June 18th is Father's Day</p> <p align="center">June is Ice Tea Month</p>			<p align="center"><u>Japanese Heritage Day</u></p> <p>Teriyaki Beef (12g){546mg}</p> <p>Lo Mein Noodles (22g)</p> <p>Sesame Snap Peas</p> <p>Japanese Cabbage Salad</p> <p>Wheat Roll with Margarine (15g){145mg}</p> <p>Berry Mango Compote (22g)</p> <p>1% Milk (12g)</p>	<p>Smothered Pork Rib (147mg) 2</p> <p>with Brown Gravy</p> <p>Mashed Potatoes (16g){378mg}</p> <p>Seasoned Spinach</p> <p>Biscuit with Margarine (22g){279mg}</p> <p>Apple (25g)</p> <p>Orange Juice (11g)</p> <p>Lemon Bar (23g)</p> <p>1% Milk (12g)</p>
<p>Swedish Meatballs with Mushroom Sauce (16g){345mg} 5</p> <p>Parsley Noodles (21g){174g}</p> <p>Peas and Carrots</p> <p>Rye Bread with Margarine (15g){192mg}</p> <p>Fruit Salad Combo (16g)</p> <p>1% Milk (12g)</p>	<p align="center"><u>Summer Daze Menu</u></p> <p>Honey BBQ Chicken (105g){435mg} 6</p> <p>Cauliflower & Carrots</p> <p>Au Gratin Potatoes (19g){156mg}</p> <p>Cornbread with Margarine (27g){300mg}</p> <p>Apple (25g)</p> <p>Oatmeal Cookie (11g)</p> <p>1% Milk (12g)</p>	<p>Mediterranean Pasta and Cheese (32g){279mg} 7</p> <p>Spinach with Red Peppers</p> <p>Warm Fruit Compote (27g)</p> <p>Multigrain Roll with Margarine (24g){240mg}</p> <p>Banana (27g)</p> <p>1% Milk (12g)</p>	<p align="center"><u>Chicago is My Kind of Town!</u></p> <p>Hot Italian Beef Sandwich (64g){810mg}</p> <p>on 9-Grain Wheat Bread</p> <p>Parsley Noodles (21g){175mg}</p> <p>Capri Vegetable Blend</p> <p>Windy City Fruit Salad (25g)</p> <p>1% Milk (12g)</p>	<p>Chicken Enchilada Pie (370mg) 9</p> <p>Borracho Beans (12g)</p> <p>Zucchini & Tomatoes</p> <p>Whole Wheat Tortilla (22g)</p> <p>Pineapple Tidbits (20g)</p> <p>1% Milk (12g)</p>
<p>Cod with Lemon, Garlic and Rosemary Sauce (143mg) 12</p> <p>Lemon Risotto (22g){176mg}</p> <p>Seasoned Brussels Sprouts</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>Summer Daze Menu</u></p> <p>Meatball Marinara Sub on Whole Wheat Hoagie Roll (44g){807mg} 13</p> <p>Rosemary Parmesan (17g)</p> <p>Potatoes</p> <p>Steamed Broccoli</p> <p>Apple (25g)</p> <p>1% Milk (12g)</p> <p align="center">MOW</p>	<p>Chicken Creole (10g) 14</p> <p>Dirty Rice (23g)</p> <p>Green Peas (10g)</p> <p>9 Grain Wheat Bread with Margarine (30g){220mg}</p> <p>Apricot Halves (15g)</p> <p>Chocolate Pudding (23g){148mg}</p> <p>1% Milk (12g)</p>	<p align="center"><u>Celebrating Fathers and Grandfathers</u></p> <p>Chicken Fried Steak (26g){520mg} 15</p> <p>with Country Gravy</p> <p>Whipped Potatoes (44g)</p> <p>Steamed Carrots</p> <p>Cottage Cheese (348mg)</p> <p>Orange (15g)</p> <p>Lemon Bar (18g)</p> <p>1% Milk (12g)</p>	<p>Salisbury Steak (13g){498mg} 16</p> <p>with Onion Gravy</p> <p>Buttered New Potatoes (12g)</p> <p>Seasoned Green Beans</p> <p>Whole Wheat Roll with Margarine (15g){145mg}</p> <p>Seedless Grapes (14g)</p> <p>Orange Juice (21g)</p> <p>1% Milk (12g)</p>
<p>Roast Pork with Peach Glaze (15g){280mg} 19</p> <p>Mashed Sweet Potatoes (27g)</p> <p>Sweet Corn & Asparagus Tips (15g)</p> <p>Wheat Roll with Margarine (14g){145mg}</p> <p>Diced pears (14g)</p> <p>1% Milk (12g)</p>	<p align="center"><u>Summer Daze Menu</u></p> <p>Oven Fried Chicken (430mg) 20</p> <p>Cheesy Potatoes (15g)</p> <p>Creamed Spinach (172mg)</p> <p>Multigrain Roll with Margarine (24g){240mg}</p> <p>Banana (27g)</p> <p>Orange Juice (22g)</p> <p>1% Milk (12g)</p>	<p>Beef Fajita (29g){910mg} 21</p> <p>on a Whole Wheat Tortilla with Salsa & Cheddar Cheese</p> <p>Lettuce/Tomato Garnish</p> <p>Cilantro Lime Rice (15g)</p> <p>Mexicali Corn (18g)</p> <p>Orange (15g)</p> <p>1% Milk (12g)</p>	<p align="center"><u>Summer Welcome Day</u></p> <p>BBQ Cheddar Chicken Sandwich (30g){477mg} 22</p> <p>on a Whole Wheat Bun with Lettuce & Tomato</p> <p>Chuck Wagon Corn (20g)</p> <p>Potato Wedges (30g)</p> <p>Pineapple Mandarin Orange (22g)</p> <p>Fruit Cup (12g)</p> <p>1% Milk (12g)</p>	<p>Baked Haddock Almondine (281mg) 23</p> <p>Curry Rice Pilaf with Raisins (23g)</p> <p>Ratatouille (11g)</p> <p>(Squash with Tomatoes)</p> <p>Rye Bread with Margarine (15g){192mg}</p> <p>Apple (25g)</p> <p>1% Milk (12g)</p>
<p>Curried Beef 26</p> <p>Coconut Rice (32g)</p> <p>Ginger Orange Carrots (38g)</p> <p>Multigrain Roll with Margarine (24g){240mg}</p> <p>Cottage Cheese (229mg)</p> <p>Blueberry Applesauce (17g)</p> <p>1% Milk (12g)</p>	<p align="center"><u>Summer Daze Menu</u></p> <p>Smoked Polish Sausage on a Whole Wheat Bun with Mustard and Ketchup (25g){1,114mg} 27</p> <p>Hot German Potato Salad (20g)</p> <p>Warm Three Bean Salad (20g)</p> <p>Banana (26g)</p> <p>1% Milk (12g)</p>	<p>Southwest Chicken Catalina (12g){453mg} 28</p> <p>Fiesta Rice (16g)</p> <p>Seasoned Brussels Sprouts</p> <p>Cornbread with Margarine (27g){300mg}</p> <p>Fresh Orange (15g)</p> <p>1% Milk (12g)</p>	<p align="center"><u>GO ROCKIES!</u></p> <p>Pulled Pork Rocky Melt (26g){1080mg} 29</p> <p>On a Biscuit</p> <p>Colorado Style Baked Beans (31g){239mg}</p> <p>Italian Vegetables</p> <p>Watermelon</p> <p>Caramel Corn (67g){200mg}</p> <p>1% Milk (12g)</p>	<p>Moo Goo Gai Pan (15g){413mg} 30</p> <p>(Chicken with Mushrooms)</p> <p>Steamed White Rice (22g)</p> <p>Sesame Snap Peas with Peppers (10g)</p> <p>Multigrain Roll with Margarine (24g){240mg}</p> <p>Orange (15g)</p> <p>Fortune Cookie</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
JUNE 2017**

Monday		Tuesday		Wednesday		Thursday		Friday	
<p align="center">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%)</p>				<p align="center">For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Kelsey Thornton, MS, RDN at 303-297-0408</p>		<p align="right">1</p> <p>Calories 865 Fat 40g Saturated Fat 12g Protein 50g Total Carbohydrates 97g Fiber 11.25g Sodium 1081mg</p>		<p align="right">2</p> <p>Calories 867 Fat 27g Saturated Fat 6.6g Protein 44g Total Carbohydrates 113g Fiber 10g Sodium 1083mg</p>	
<p align="right">5</p> <p>Calories 869 Fat 37g Saturated Fat 11.4g Protein 44g Total Carbohydrates 93g Fiber 10.8g Sodium 983mg</p>		<p align="right">6</p> <p>Calories 1521 Fat 56g Saturated Fat 5.8g Protein 56g Total Carbohydrates 206g Fiber 12.3 Sodium 1100mg</p>				<p align="right">7</p> <p>Calories 753 Fat 17g Saturated Fat 3.5g Protein 27g Total Carbohydrates 126g Fiber 12g Sodium 792mg</p>		<p align="right">8</p> <p>Calories 968 Fat 27g Saturated Fat 6g Protein 39g Total Carbohydrates 146g Fiber 17g Sodium 1172mg</p>	
<p align="right">12</p> <p>Calories 751 Fat 22g Saturated Fat 4.2g Protein 47g Total Carbohydrates 95g Fiber 11.5g Sodium 789mg</p>		<p align="right">13</p> <p>Calories 750 Fat 24g Saturated Fat 5.8g Protein 39g Total Carbohydrates 102g Fiber 16g Sodium 1067mg</p>		<p align="right">14</p> <p>Calories 930 Fat 20g Saturated Fat 3.4g Protein 52g Total Carbohydrates 135g Fiber 13.9g Sodium 779mg</p>		<p align="right">15</p> <p>Calories 867 Fat 35g Saturated Fat 13g Protein 39g Total Carbohydrates 104g Fiber 13.5g Sodium 1140mg</p>		<p align="right">16</p> <p>Calories 763 Fat 29g Saturated Fat 8g Protein 35g Total Carbohydrates 94g Fiber 10.4g Sodium 779mg</p>	
<p align="right">19</p> <p>Calories 945 Fat 41g Saturated Fat 10.7g Protein 53g Total Carbohydrates 98g Fiber 10.2g Sodium 632mg</p>		<p align="right">20</p> <p>Calories 821 Fat 30g Saturated Fat 7.5g Protein 37g Total Carbohydrates 109g Fiber 12.3g Sodium 1001mg</p>		<p align="right">21</p> <p>Calories 632 Fat 12.6g Saturated Fat 4g Protein 39g Total Carbohydrates 97g Fiber 11.4g Sodium 1175mg</p>		<p align="right">22</p> <p>Calories 828 Fat 20g Saturated Fat 7g Protein 52g Total Carbohydrates 113g Fiber 10.5g Sodium 664mg</p>		<p align="right">23</p> <p>Calories 692 Fat 22g Saturated Fat 2.5g Protein 36g Total Carbohydrates 93g Fiber 10.9g Sodium 767mg</p>	
<p align="right">26</p> <p>Calories 895 Fat 25g Saturated Fat 11g Protein 47g Total Carbohydrates 128g Fiber 9.8g Sodium 803mg</p>		<p align="right">27</p> <p>Calories 889 Fat 39g Saturated Fat 10g Protein 32g Total Carbohydrates 107g Fiber 12.7g Sodium 1589mg</p>		<p align="right">28</p> <p>Calories 1047 Fat 52g Saturated Fat 4g Protein 56g Total Carbohydrates 90g Fiber 11.5g Sodium 929mg</p>		<p align="right">29</p> <p>Calories 1175 Fat 36g Saturated Fat 12.5g Protein 61g Total Carbohydrates 151g Fiber 13.6g Sodium 1668mg</p>		<p align="right">30</p> <p>Calories 668 Fat 12g Saturated Fat 2g Protein 37g Total Carbohydrates 105g Fiber 10.3g Sodium 784mg</p>	