

VOLUNTEERS OF AMERICA COLORADO BRANCH  
MEALS ON WHEELS MENU  
OCTOBER 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
<b>Pueblo Beef Stew</b> (303mg) <b>Roasted Fingerling Potatoes</b> (20g)(248mg) <b>Whipped Hubbard Squash</b> <b>Whole Wheat Roll with Margarine</b> (14g)(146mg) <b>Banana</b> (27g) <b>Cranberry Juice</b> (23g) <b>1% Milk</b> (12g)	<b>1</b>	<b>Caribbean Roasted Chicken</b> (14g)(193mg) <b>Mashed Sweet Potatoes</b> (30g) <b>Caribbean Vegetable Blend</b> <b>Multigrain Roll with Margarine</b> (24g)(240mg) <b>Mandarin Oranges with Cottage Cheese</b> (22g)(357mg) <b>1% Milk</b> (12g)		<b>2</b>	<b>Mushroom Swiss Burger on a Whole Wheat Bun</b> (46g)(462mg) <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)	<b>3</b>	<b><u>Oktoberfest!</u></b> <b>Juniper Braised Pork Loin</b> (251mg) <b>Warm German Potato Salad</b> (20g) <b>Braised Red Cabbage</b> (10g) <b>Rye Bread with Margarine</b> (15g)(193mg) <b>Apple</b> (25g) <b>German Chocolate Cake</b> (43g)(144mg) <b>1% Milk</b> (12g)	<b>4</b>	<b>Chicken Breast with Apricot Glaze</b> (16g) <b>Summer Risotto</b> (22g) <b>Summer Squash with Onions</b> <b>9-Grain Sandwich Bread with Margarine</b> (30g)(220mg) <b>Pineapple Tidbits</b> (16g) <b>Blueberry Yogurt Parfait</b> (20g) <b>1% Milk</b> (12g)	<b>5</b>	
<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>8</b>	<b>Lemon Pepper Fish with Tomato Cream Sauce</b> (25g)(548mg) <b>Rice Pilaf</b> (22g) <b>Cape Cod Vegetable Blend</b> <b>Multigrain Roll with Margarine</b> (24g)(240mg) <b>Berry Mango Compote</b> (22g) <b>1% Milk</b> (12g)		<b>9</b>	<b>Combination Beef &amp; Bean Burr with Picante Sauce on a Wheat Tortilla</b> (28g)(670mg) <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)	<b>10</b>	<b><u>Go Nuggets!</u></b> <b>Rocky Roll (Beef) on a Pretzel Bun</b> (55g)(887mg) <b>Lettuce and Swiss Cheese</b> <b>Cheesy Potatoes</b> (15g) <b>Cooked Cabbage with Red Pepper</b> <b>Banana</b> (27g) <b>Orange Jell-O with Mandarin Orange</b> (13g) <b>1% Milk</b> (12g)	<b>11</b>	<b>Roast Pork Chop with Dian Sauce</b> (327mg) <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>12</b>	
<b>BBQ Cheddar Burger on a Whole Wheat Bun</b> (34g)(365mg) <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>15</b>	<b>Pork Chow Mein</b> (364mg) <b>Lo Mein Noodles</b> (21g) <b>Sesame Broccoli</b> <b>Whole Wheat Roll with Margarine</b> (14g)(146mg) <b>Mandarin Oranges</b> <b>Fortune Cookie</b> <b>1% Milk</b> (12g)		<b>16</b>	<b>Savory Meatloaf with Brown Gravy</b> (32g)(390mg) <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)	<b>17</b>	<b><u>The Apple of My Eye!</u></b> <b>Open Faced Vermonter Ham Sandwich on Multigrain Bread</b> (30g)(545mg) <b>Quinoa/Kale Blend</b> (13g)(175mg) <b>Sweet Corn with Asparagus Tips</b> <b>Banana</b> (27g) <b>Cinnamon Crumble Apple Crisp</b> (56g) <b>1% Milk</b> (12g)	<b>18</b>	<b>Green Pepper Casserole</b> (28g)(620mg) <b>Scandinavian Vegetables</b> <b>Succotash</b> (21g) <b>Wheat Bread with Margarine</b> (12g) <b>Orange Juice</b> (20g) <b>Seedless Red Grapes</b> (14g) <b>1% Milk</b> (12g)	<b>19</b>	
<b>Creamy Ranch Baked Chicken</b> (456mg) <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)	<b>22</b>	<b>Teriyaki Beef</b> (12g)(547mg) <b>Lo Mein Noodles</b> (21g) <b>Asian Blend Vegetables</b> <b>Whole Wheat Roll with Margarine</b> (14g)(146mg) <b>Berry Mango Compote</b> (22g) <b>1% Milk</b> (12g)		<b>23</b>	<b>Marinated Pork Cutlet with Hunter Sauce</b> (250mg) <b>Brown Rice</b> (23g) <b>Spinach and Mushrooms</b> (185mg) <b>Multigrain Roll with Margarine</b> (24g)(240mg) <b>Diced Peaches</b> (14g) <b>1% Milk</b> (12g)	<b>24</b>	<b><u>Halloween Fun!</u></b> <b>Chili Dog on a Whole Wheat Bun</b> (25g)(1,114mg) <b>Whipped Hubbard Squash</b> <b>Calico Broccoli</b> (12g) <b>Orange</b> (15g) <b>Reese's Pieces and M&amp;M's Candy</b> (30g) <b>1% Milk</b> (12g)	<b>25</b>	<b>Beef Goulash</b> (28g)(216mg) <b>Parsley Noodles</b> <b>Sliced Beets</b> <b>Rye Bread with Margarine</b> (15g)(193mg) <b>Fresh Pear</b> (27g) <b>Cranberry Juice</b> (14g) <b>1% Milk</b> (12g)	<b>26</b>	
<b>Fish Veracruz</b> (301mg) <b>Borrracho Beans</b> (12g) <b>Seasoned Greens</b> <b>Multigrain Roll with Margarin</b> (24g)(240mg) <b>Tropical Fruit</b> (17g) <b>1% Milk</b> (12g)	<b>29</b>	<b>Tasty Beef and Mushrooms</b> (625mg) <b>Brown Rice</b> (27g) <b>Baby Lima Beans</b> (18g) <b>Hawaiian Dinner Roll with Margarine</b> (48g) <b>Mandarin Oranges with Cottage Cheese</b> (20g)(183mg) <b>Foothills Trail Mix</b> (13g) <b>1% Milk</b> (12g)		<b>30</b>	<b>Turkey Meatballs with Mushroom Sauce</b> (14g)(445mg) <b>Parsley Noodles</b> (21g)(173mg) <b>Sliced Beets</b> <b>Wheat Bread with Margarine</b> (12g) <b>Banana</b> (27g) <b>Oatmeal Raisin Cookie</b> (21g) <b>Cranberry Juice / 1% Milk</b> (21g) / (12g)	<b>31</b>					

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  
OCTOBER 2018**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	1		2		3		4		5
Calories	864	Calories	1053	Calories	922	Calories	1077	Calories	913
Fat	29g	Fat	39g	Fat	33g	Fat	41g	Fat	25g
Saturated Fat	7g	Saturated Fat	2g	Saturated Fat	13g	Saturated Fat	11g	Saturated Fat	4g
Protein	44g	Protein	67g	Protein	50g	Protein	46g	Protein	53g
Total Carbohydrates	113g	Total Carbohydrates	109g	Total Carbohydrates	116g	Total Carbohydrates	133g	Total Carbohydrates	123g
Fiber	11.5g	Fiber	12g	Fiber	12g	Fiber	12.9g	Fiber	11g
Sodium	845mg	Sodium	997mg	Sodium	638mg	Sodium	900mg	Sodium	648mg
	8		9		10		11		12
Calories	952	Calories	910	Calories	803	Calories	876	Calories	976
Fat	38g	Fat	31g	Fat	29g	Fat	24g	Fat	40g
Saturated Fat	8g	Saturated Fat	7g	Saturated Fat	11g	Saturated Fat	9g	Saturated Fat	10g
Protein	72g	Protein	45g	Protein	44g	Protein	40g	Protein	40g
Total Carbohydrates	83g	Total Carbohydrates	113g	Total Carbohydrates	98g	Total Carbohydrates	127g	Total Carbohydrates	110g
Fiber	13g	Fiber	10.5g	Fiber	15.8g	Fiber	10g	Fiber	10.5g
Sodium	1154mg	Sodium	996mg	Sodium	975mg	Sodium	1135mg	Sodium	997mg
	15		16		17		18		19
Calories	854	Calories	686	Calories	910	Calories	1015	Calories	763
Fat	22g	Fat	26g	Fat	33g	Fat	30g	Fat	20g
Saturated Fat	9g	Saturated Fat	7g	Saturated Fat	9g	Saturated Fat	13g	Saturated Fat	5g
Protein	49g	Protein	39g	Protein	47g	Protein	37g	Protein	35g
Total Carbohydrates	119g	Total Carbohydrates	76g	Total Carbohydrates	108g	Total Carbohydrates	155g	Total Carbohydrates	113g
Fiber	16g	Fiber	10.5g	Fiber	12.6g	Fiber	9.8g	Fiber	10.5g
Sodium	798mg	Sodium	765mg	Sodium	742mg	Sodium	868mg	Sodium	965mg
	22		23		24		25		26
Calories	774	Calories	714	Calories	892	Calories	975	Calories	760
Fat	29g	Fat	23g	Fat	43g	Fat	45g	Fat	22g
Saturated Fat	8g	Saturated Fat	6g	Saturated Fat	11g	Saturated Fat	17g	Saturated Fat	6g
Protein	47g	Protein	43g	Protein	40g	Protein	38g	Protein	41g
Total Carbohydrates	81g	Total Carbohydrates	87g	Total Carbohydrates	90g	Total Carbohydrates	108g	Total Carbohydrates	105g
Fiber	10g	Fiber	9.8g	Fiber	10g	Fiber	15.5g	Fiber	12.7g
Sodium	871mg	Sodium	971mg	Sodium	806mg	Sodium	<b>1411mg</b>	Sodium	777mg
	29		30		31	<p style="text-align: center;"><b>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%)  <b>For questions or concerns regarding the menu analysis, please contact our                      registered dietian at 303-297-0408</b></p>			
Calories	636	Calories	863	Calories	874				
Fat	15g	Fat	25g	Fat	27g				
Saturated Fat	3g	Saturated Fat	8g	Saturated Fat	7g				
Protein	48g	Protein	48g	Protein	34g				
Total Carbohydrates	75g	Total Carbohydrates	166g	Total Carbohydrates	131g				
Fiber	12.6g	Fiber	10.6g	Fiber	10g				
Sodium	892mg	Sodium	1052mg	Sodium	1035mg				