




VOLUNTEERS OF AMERICA COLORADO BRANCH

MEALS ON WHEELS MENU

JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><i>Frozen Meal Pre-Delivered</i></b> 1 Chicken Parmesan (32g){363mg} Rosemary Potato Wedges Cheesy Spinach Whole Wheat Roll (14g){146mg} with Margarine Pineapple Chunks (16g) Raisin Nut Cup (18g) 1% Milk (12g) 655	Hash Brown Casserole (22g){682mg} 2 California Vegetable Blend Diced Beets {150mg} Wheat Bread with Margarine (12g) Apple (25g) 1% Milk (12g)	Sesame Glazed (492mg) 3 Chicken Breast Steamed Brown Rice (22g) Peas with Mushrooms (13g) Multigrain Roll with Margarine (24g){240mg} Tangerine (12g) Pineapple Juice (24g) 1% Milk (12g)	<b><i>Welcome 2017 Celebration</i></b> 4 Roast Pork with Sage Gravy {190mg} Hoppin' John (19g){192mg} Seasoned Greens Rye Bread (15g){192mg} with Margarine Orange (15g) Carrot Cake (39g){280mg} 1% Milk (12g)	Greek Chicken (235mg) 5 Rosemary Potatoes (18g) Capri Vegetable Blend Wheat Bread with Margarine (12g) Apple (25g) Raisin Nut Cup (18g) 1% Milk (12g) Grape Juice (19g)
Winter White Chili (25g){280mg} 8 with Chicken Cilantro lime rice (18g) Seasoned Spinach Sourdough Bread (16g){192mg} with Margarine (14g) Orange (15g) 1% Milk (12g)	Turkey Stroganoff (20g){184mg} 9 Seasoned Brussels Sprouts Succotash (21g) Multigrain Roll (24g){240mg} with Margarine Cottage Cheese with Cherries (25g){235mg} 1% Milk (12g) Grape Juice (19g)	Mongolian Beef (424mg) 10 Lo Mein Noodles (20g) Sesame Broccoli Rye Bread with Margarine (15g){192mg} Banana (27g) Fortune Cookie 1% Milk (12g)	<b><i>Martin Luther King Remembrance</i></b> 11 BBQ Country Style Pork Rib (14g) Succotash (21g) Seasoned Greens Cornbread with Margarine (27g){300mg} Pineapple Mandarin (21g) Orange Compote Peach Cobbler (41g){260mg} 1% Milk (12g)	Mediterranean Fish Fillet (335mg) 12 Rice Pilaf Scandinavian Blend Vegetables Multigrain Roll with Margarine (24g){240mg} Orange (15g) 1% Milk (12g)
Baked Meat Lasagna (17g){461mg} 15 Zucchini and Tomatoes Italian Vegetables Garlic Bread (17g){193mg} with Margarine Apple (25g) 1% Milk (12g)	Pizza Burger with Provolone (25g){723mg} 16 on a Ciabatta Bun Potato Wedges (22g) Cooked Cabbage with Red Pepper Fresh Pear (27g) Santa Fe Trail Mix (37g) 1% Milk (12g)	Sweet and Sour Pork (24g){627mg} 17 Mandarin Vegetable Blend Brown Rice (23g) Multigrain Roll (24g){240mg} with Margarine Banana (27g) Low-fat fruited yogurt (21g) 1% Milk (12g)	<b><i>Healthy Aging Day</i></b> 18 Salmon with Savory (16g){340mg} Veloute Sauce Root Vegetable Blend {180mg} Warm Fruit Compote (38g) Cucumber, Tomato, (12g) and Chickpea Salad Whole Wheat Roll with Margarine (14g){146mg} 1% Milk (12g)	Combination Beef & Bean Burrito (22g){538mg} 19 on a Wheat Tortilla with Salsa Lettuce/Tomato Garnish Spanish Rice (18g) Mexicali Corn (18g) Strawberry Applesauce (15g) 1% Milk (12g)
Beef Cabbage Patch Stew 22 Whipped Hubbard Squash (10g) Spinach Gulay French Bread with Margarine (16g){192mg} Pineapple Mango Compote (21g) 1% Milk (12g)	Marinated Pork Cutlet (12g){250mg} 23 with Hunter Style Sauce Vegetable Bean Medley Sliced Beets Multigrain Roll (24g){240mg} with Margarine Orange (15g) 1% Milk (12g)	BBQ Chicken Sandwich (28g){330mg} 24 on a Whole Wheat Bun Baked Beans (29g){550mg} Warm Cinnamon Apples (14g) Lettuce/Tomato Garnish Banana (27g) 1% Milk (12g)	<b><i>Kitchen Manager's Special</i></b> 25 Polish Sausage (57g){498mg} with Sweet Tomato Sauce Spaetzle (German Style Egg Noodle) Braised Red Cabbage Rye Bread with Margarine (15g){192mg} Manager's Choice Dessert (42g){144mg} Apricot Halves (30g) 1% Milk (12g)	Chicken A La King (225g) 26 Steamed Brown Rice (22g) Seasoned Greens Whole Wheat Roll with Margarine (14g){146mg} Mandarin Oranges Oatmeal Raisin Cookie (21g) 1% Milk (12g) Apple Juice (14g)
Orange Rosemary (268mg) 29 Chicken Breast Roasted Potato Medley (25g) Seasoned Brussels Sprouts Rye Bread with Margarine (15g){193mg} Cottage Cheese with Peaches (232mg) 1% Milk (12g)	Turkey Tetrazzini (29){491mg} 30 Italian Green Beans Warm Cinnamon Apples (15g) Multigrain Roll (24g){240mg} with Margarine Tangerine (12g) 1% Milk (12g)	Garlic Rubbed Pork Loin (180mg) 31 with Herb Tomato Sauce Vegetable Bean Medley Mashed Sweet Potatoes (24g) Whole Wheat Roll (14g){146mg} with Margarine Fresh Pear (27g) 1% Milk (12g)	 <p>January is National Soup Month in the U.S.                      January 15th is National Hat Day</p>   <p>Did You Know?                      The first Super Bowl was held at the L.A. Coliseum on January 15th, 1967</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  
JANUARY 2018**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<u>Frozen Meal Pre-Delivered</u>									
Calories	851	Calories	611	Calories	789	Calories	971	Calories	1000
Fat	32g	Fat	28g	Fat	16g	Fat	36g	Fat	41g
Saturated Fat	9g	Saturated Fat	11g	Saturated Fat	3g	Saturated Fat	9g	Saturated Fat	8g
Protein	42g	Protein	26g	Protein	50g	Protein	46g	Protein	50g
Total Carbohydrates	104g	Total Carbohydrates	84g	Total Carbohydrates	116g	Total Carbohydrates	112g	Total Carbohydrates	114g
Fiber	11g	Fiber	11g	Fiber	12g	Fiber	10.5g	Fiber	14g
Sodium	638mg	Sodium	1125mg	Sodium	941mg	Sodium	1121mg	Sodium	547mg
	1		2		3		4		5
	8		9		10		11		12
Calories	667	Calories	867	Calories	765	Calories	1180	Calories	753
Fat	14	Fat	18g	Fat	22g	Fat	41g	Fat	16g
Saturated Fat	2g	Saturated Fat	5g	Saturated Fat	6g	Saturated Fat	12g	Saturated Fat	2g
Protein	48g	Protein	47g	Protein	45g	Protein	52g	Protein	63g
Total Carbohydrates	91g	Total Carbohydrates	128g	Total Carbohydrates	95g	Total Carbohydrates	149g	Total Carbohydrates	90g
Fiber	14g	Fiber	12g	Fiber	12g	Fiber	11g	Fiber	11.7g
Sodium	724mg	Sodium	793mg	Sodium	869mg	Sodium	974mg	Sodium	806mg
	15		16		17		18		19
Calories	712	Calories	1063	Calories	972	Calories	893	Calories	716
Fat	24g	Fat	43g	Fat	28g	Fat	32g	Fat	26g
Saturated Fat	8g	Saturated Fat	14g	Saturated Fat	8g	Saturated Fat	7g	Saturated Fat	10g
Protein	42g	Protein	50g	Protein	46g	Protein	46g	Protein	37g
Total Carbohydrates	87g	Total Carbohydrates	128g	Total Carbohydrates	136g	Total Carbohydrates	105g	Total Carbohydrates	88g
Fiber	12g	Fiber	13.5g	Fiber	11g	Fiber	11.5g	Fiber	10g
Sodium	931mg	Sodium	997mg	Sodium	1075mg	Sodium	1031mg	Sodium	795mg
	22		23		24		25		26
Calories	689	Calories	840	Calories	687	Calories	1234	Calories	858
Fat	29g	Fat	43g	Fat	9g	Fat	48g	Fat	27g
Saturated Fat	8g	Saturated Fat	10g	Saturated Fat	1g	Saturated Fat	16g	Saturated Fat	6g
Protein	37g	Protein	37g	Protein	44g	Protein	36g	Protein	44g
Total Carbohydrates	72g	Total Carbohydrates	79g	Total Carbohydrates	112g	Total Carbohydrates	166g	Total Carbohydrates	108g
Fiber	10g	Fiber	11g	Fiber	17g	Fiber	12.7g	Fiber	9.8g
Sodium	540mg	Sodium	710mg	Sodium	1024mg	Sodium	1025mg	Sodium	684mg
	29		30		31	<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</p> <p 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>			
Calories	906	Calories	776	Calories	701				
Fat	34g	Fat	20g	Fat	19g				
Saturated Fat	8g	Saturated Fat	5g	Saturated Fat	3g				
Protein	76g	Protein	49g	Protein	38g				
Total Carbohydrates	74g	Total Carbohydrates	95g	Total Carbohydrates	95g				
Fiber	11g	Fiber	10.5g	Fiber	14g				
Sodium	832mg	Sodium	978mg	Sodium	551mg				