



**VOLUNTEERS OF AMERICA COLORADO BRANCH
DINING CENTER MENU
MAY 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Fried Steak (21g){380mg} 1 Whipped Potatoes (44g){190mg} with Country Gravy Peas and Carrots Biscuit with Margarine (21g){370mg} Apple (25g) 1% Milk (12g)	Minestrone Soup (21g){285mg} 2 with Wheat Crackers Sloppy Joe on a Wheat Bun (34g){507mg} Carrot Cabbage Cole Slaw Diced Pears (21g) 1% Milk (12g)	Chicken and Dumplings (21g){236mg} 3 Super Greens Salad (12g) with Poppy Seed Dressing Capri Vegetables Wheat Roll with Margarine (14g){145mg} Apricot Halves (15g) 1% Milk (12g)	<u>Mexican Heritage Celebration</u> 4 Pork Carnitas Fiesta Rice (12g) Borracho Beans (12g) Whole Wheat Tortilla with Margarine (22g) Pineapple Tidbits (20g) Churro (27g){140mg} 1% Milk (12g)	Savory Meatloaf (28g){250mg} 5 Baked Sweet Potato (25g) Green Bean Casserole Rye Bread with Margarine (15g){192mg} Tropical Fruit (17g) Coconut Cream Pie (50g){240mg} 1% Milk (12g)
Pork and Green Chili Stew (12g){255mg} 8 Ranch Style Beans (22g){146mg} Parslied Carrots Cornbread with Margarine (27g){300mg} Pineapple Tidbits (16g) 1% Milk (12g)	Chicken with Supreme Sauce (16g){330mg} 9 Confetti Rice (27g){140mg} Green Beans with Almonds Wheat Bread with Margarine (12g) Apple (25g) 1% Milk (12g)	Pasta Fagioli (24g){325mg} 10 (Italian Pasta with Beans) Greek Salad French Bread with Margarine (16g){192mg} Banana (30g) Peanut Butter Cookie (18g){145mg} 1% Milk (12g)	<u>Celebrating Mothers and Grandmothers</u> 11 Chicken Cordon Bleu (590mg) Walnut Rice Pilaf (10g) Seasoned Brussels Sprouts Multigrain Roll (24g){240mg} with Margarine Apple (25g) Blueberry Pie (41g){290mg} 1% Milk (12g)	Cheese Ravioli (27g){415mg} 12 with Meat Sauce Italian Vegetables Chopped Tuscan Salad (385mg) Lite Italian Dressing Wheat Roll with Margarine (14g){145mg} Sliced Apricots (15g) 1% Milk (12g)
Chicken Fajita (28g){830mg} 15 with Salsa, Sour Cream, Cheddar Cheese and a Wheat Tortilla Lettuce/Tomato Garnish Cilantro Lime Rice (17g) Borracho Beans (12g) Mandarin Oranges (12g) 1% Milk (12g)	Macaroni and Cheese (33g){813mg} 16 with Broccoli Apple Glazed Carrots (14g) Green Peas with Onions (12g) Wheat Bread with Margarine (12g) Banana (26g) 1% Milk (12g)	Ginger Teriyaki Pork Ribs (24g){491mg} 17 Coconut Brown Rice (32g) Mandarin Vegetable Blend Wheat Roll with Margarine (14g){145mg} Apple (25g) 1% Milk (12g)	<u>Caribbean Vacation Day</u> 18 Caribbean Roast Chicken (14g){192mg} Sweet Potatoes (29g) Caribbean Vegetable Blend Cottage Cheese (348mg) Multigrain Roll with Margarine (24g){240mg} Sliced Apricots (15g) 1% Milk (12g)	Chicken Mango Salad 19 Broccoli Peanut Salad (21g){193mg} Rye Bread (15g){192mg} with Margarine Orange (15g) German Chocolate Cake (35g){300mg} 1% Milk (12g)
Creole Style Fish 22 Dirty Rice (22g) Succotash (21g) Biscuit with Margarine (21g){370mg} Pineapple Tidbits (16g) 1% Milk (12g)	Italian Sausage and (31g){417mg} 23 White Bean Stew Whipped Hubbard Squash (10g) Zucchini and Tomatoes French Bread with Margarine (17g){192mg} Fruit Cocktail (14g) 1% Milk (12g)	Baked Pork Chop (300mg) 24 with Sage Gravy Roasted Potato Medley (19g) Cabbage with Red Peppers Multigrain Roll with Margarine (24g){240mg} Apple (25g) 1% Milk (12g)	<u>Memorial Weekend Celebration</u> 25 Cheeseburger (28g){690mg} on a Whole Wheat Bun Ketchup, Lettuce, Tomato Whole Kernel Corn (16g) Creamy Cole Slaw (148mg) Diced Pears (16g) Foothills Trail Mix (13g) 1% Milk (12g)	Clam Chowder (14g){362mg} 26 with Wheat Crackers Egg Salad Sandwich (29g){485mg} on Wheat Bread Lettuce/Tomato Garnish Apple (25g) Cranberry Juice (21g) 1% Milk (12g)
Memorial Day Holiday Dining Centers Closed	Brunswick Stew (41g){583mg} 29 Seasoned Greens Warm Cinnamon Apples (14g) Cornbread with Margarine (27g){300mg} Tropical Fruit (17g) 1% Milk (12g)	Roasted Garlic Potato Soup (13g){175mg} 30 with Wheat Crackers Tuna Macaroni Salad on a Bed of Shredded Lettuce Rye Bread with Margarine (15g){192mg} Orange (15g) 1% Milk (12g)	 <p>May 5th is Cinco de Mayo May 14th is Mother's Day May 31st is National Senior Health & Fitness Day</p> 	

Menu items may change without notice due to availability of items from suppliers.

The number in (parenthesis) indicates the grams of carbohydrate per menu item. Carbohydrates are unlisted unless they are greater than 10g.

The number listed in {brackets} indicates the mg sodium per menu item. Sodium is unlisted unless it is greater than 140mg.

**VOLUNTEERS OF AMERICA COLORADO BRANCH
DINING CENTER NUTRITION ANALYSIS
MAY 2017**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
1		2		3		4		5		
Calories	1003	Calories	767	Calories	690	Calories	856	Calories	1331	
Fat	43g	Fat	26g	Fat	27g	Fat	24g	Fat	56g	
Saturated Fat	16g	Saturated Fat	8g	Saturated Fat	5g	Saturated Fat	5g	Saturated Fat	25g	
Protein	34g	Protein	40g	Protein	37g	Protein	44g	Protein	49g	
Total Carbohydrates	126g	Total Carbohydrates	95g	Total Carbohydrates	80g	Total Carbohydrates	114g	Total Carbohydrates	156g	
Fiber	12.5g	Fiber	11g	Fiber	9.7g	Fiber	10.5g	Fiber	12.5g	
Sodium	1119mg	Sodium	970mg	Sodium	664mg	Sodium	792mg	Sodium	910mg	
8		9		10		11		12		
Calories	824	Calories	1018	Calories	745	Calories	1029	Calories	703	
Fat	33g	Fat	46g	Fat	26g	Fat	43g	Fat	27g	
Saturated Fat	7.8g	Saturated Fat	4g	Saturated Fat	6g	Saturated Fat	8g	Saturated Fat	9g	
Protein	31g	Protein	61g	Protein	25g	Protein	41g	Protein	36g	
Total Carbohydrates	100g	Total Carbohydrates	90g	Total Carbohydrates	109g	Total Carbohydrates	128g	Total Carbohydrates	81g	
Fiber	11g	Fiber	11g	Fiber	11g	Fiber	14g	Fiber	10.4g	
Sodium	889mg	Sodium	700mg	Sodium	860mg	Sodium	1380mg	Sodium	1102mg	
15		16		17		18		19		
Calories	610	Calories	810	Calories	885	Calories	1040	Calories	905	
Fat	12g	Fat	28g	Fat	27g	Fat	38g	Fat	38g	
Saturated Fat	3g	Saturated Fat	11g	Saturated Fat	9g	Saturated Fat	2g	Saturated Fat	9g	
Protein	45g	Protein	33g	Protein	46g	Protein	66g	Protein	41g	
Total Carbohydrates	81g	Total Carbohydrates	112g	Total Carbohydrates	114g	Total Carbohydrates	106g	Total Carbohydrates	108g	
Fiber	10.5g	Fiber	15.5g	Fiber	12g	Fiber	11.7g	Fiber	9.7g	
Sodium	1110mg	Sodium	1170mg	Sodium	893mg	Sodium	992g	Sodium	902mg	
22		23		24		25		26		
Calories	833	Calories	579	Calories	838	Calories	916	Calories	793	
Fat	21g	Fat	13g	Fat	28g	Fat	41g	Fat	24g	
Saturated Fat	8g	Saturated Fat	3g	Saturated Fat	6.8g	Saturated Fat	12g	Saturated Fat	6g	
Protein	61g	Protein	30g	Protein	58g	Protein	43g	Protein	40g	
Total Carbohydrates	97g	Total Carbohydrates	91g	Total Carbohydrates	92g	Total Carbohydrates	99g	Total Carbohydrates	110g	
Fiber	10g	Fiber	13.5g	Fiber	12.5g	Fiber	12.4g	Fiber	11g	
Sodium	850mg	Sodium	884mg	Sodium	679mg	Sodium	1129mg	Sodium	1050mg	
29		30		31	<p align="center">These are the values for 33 1/3% of the Recommended Daily Allowance (RDA) for 70+:</p> <p align="center">Calories: 667+ Fiber: 9.5 grams</p> <p align="center">Protein: 33 grams Saturated Fat: less than 8 grams</p> <p align="center">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>					
Dining Centers Closed		Calories	801	Calories						643
Memorial Day Holiday		Fat	24g	Fat						18g
		Saturated Fat	5g	Saturated Fat						3g
		Protein	33g	Protein						32g
		Total Carbohydrates	115g	Total Carbohydrates	86g					
		Fiber	12g	Fiber	10.5g					
		Sodium	1140mg	Sodium	847mg					