




**VOLUNTEERS OF AMERICA COLORADO BRANCH
MEALS ON WHEELS MENU
JUNE 2018**


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>June is National Adopt A Cat Month</p> <p>June 17th is Father's Day</p> <p>June is the first month of the Summer Season</p>		<p>Did you know? On June 1st, 1980 The Cable News Network (CNN) began broadcasting.</p> 	<p>Smothered Pork Rib (147mg) 1 with Brown Gravy Mashed Potatoes (16g)(379mg) Seasoned Spinach Biscuit with Margarine (22g)(279mg) Apple (25g) Orange Juice (11g) Lemon Bar (23g) 1% Milk (12g)</p>	
<p>Hot Open-Faced Turkey Sandwich with Gravy on Rye Bread (22g)(457mg) 4 Creamed Spinach (172mg) Peas and Carrots Orange (15g) 1% Milk (12g)</p>	<p>Summer Daze Menu 5</p> <p>Honey BBQ Chicken (105g)(435mg) Cauliflower and Carrots Au Gratin Potatoes (19g)(156mg) Cornbread with Margarine (27g)(300mg) Apple (25g) Oatmeal Cookie (11g) 1% Milk (12g)</p>	<p>Mediterranean Pasta and Cheese (32g)(279mg) 6 Cape Cod Vegetable Blend (11g) Warm Fruit Compote (27g) Multigrain Roll with Margarine (24g)(240mg) Banana (27g) 1% Milk (12g)</p>	<p>Japanese Heritage Day 7</p> <p>Teriyaki Beef (12g)(546mg) Lo Mein Noodles (22g) Asian Blend Vegetables Wheat Roll with Margarine (15g)(145mg) Berry Mango Compote (22g) 1% Milk (12g)</p>	<p>Frito Chili Pie 8 (Chips, Cheese, Sour Cream, Sliced Tomato) Spanish Rice Zucchini and Tomatoes Sliced Peaches (14g) 1% Milk (12g)</p>
<p>Cod with Lemon, Garlic, and Rosemary Sauce (280mg) 11 Lemon Risotto (23g)(176mg) Seasoned Brussels Sprouts Rye Bread with Margarine (15g)(192mg) Orange (15g) Raisin Nut Cup (18g) 1% Milk (12g)</p>	<p>Summer Daze Menu 12</p> <p>Meatball Marinara Sub on a Whole Wheat Hoagie Roll (44g)(807mg) Rosemary Parmesan Potatoes (17g) Steamed Broccoli Apple (25g) 1% Milk (12g)</p>	<p>Chicken Creole (10g) 13 Dirty Rice (23g) Green Peas (10g) 9 Grain Wheat Bread with Margarine (30g)(220mg) Apricot Halves (15g) Chocolate Pudding (23g)(148mg) 1% Milk (12g)</p>	<p>Celebrating Fathers and Grandfathers 14</p> <p>Chicken Fried Steak with Country Gravy (26g)(520mg) Whipped Potatoes (44g) Seasoned Green Beans Orange (15g) Lemon Bar (18g) 1% Milk (12g)</p>	<p>Salisbury Steak with Onion Gravy (13g)(498mg) 15 Buttered New Potatoes (12g) Seasoned Green Beans Whole Wheat Roll with Margarine (15g)(145mg) Seedless Grapes (14g) Orange Juice (21g) 1% Milk (12g)</p>
<p>Roast Pork with Sweet Tomato Sauce (12g)(274mg) 18 Mashed Sweet Potatoes (27g) Sweet Corn (15g) and Asparagus Tips Wheat Roll with Margarine (14g)(145mg) Diced pears (14g) 1% Milk (12g)</p>	<p>Summer Daze Menu 19</p> <p>Oven Fried Chicken (430mg) Cheesy Potatoes (15g) Creamed Spinach (172mg) Multigrain Roll with Margarine (24g)(240mg) Banana (27g) Orange Juice (21g) 1% Milk (12g)</p>	<p>Beef Soft Taco on a Whole Wheat Tortilla with Salsa & Cheddar Cheese (26g)(271mg) 20 Lettuce/Tomato Garnish Cilantro Lime Rice (15g) Mexicali Corn (18g) Orange (15g) 1% Milk (12g)</p>	<p>Dietitian's Choice Day 21</p> <p>Baked Chicken with Apricot Glaze (16g) Summer Risotto (22g) Summer Squash with Onions 9-Grain Bread with Margarine (30g)(220mg) Pineapple Tidbits (16g) Blueberry Yogurt Parfait (20g) 1% Milk (12g)</p>	<p>Baked Haddock Almandine (281mg) 22 Curry Rice Pilaf with Raisins (23g) Ratatouille (11g) (Squash with Tomatoes) Rye Bread with Margarine (15g)(192mg) Apple (25g) 1% Milk (12g)</p>
<p>Curried Beef 25 Coconut Rice (32g) Ginger Orange Carrots (38g) Rye Bread with Margarine (15g)(193mg) Apricot Halves (30g) 1% Milk (12g)</p>	<p>Summer Daze Menu 26</p> <p>Smoke Polish Sausage on a Whole Wheat Bun with Mustard and Ketchup (25g)(1,114mg) Hot German Potato Salad (20g) Warm Three Bean Salad (20g) Banana (26g) 1% Milk (12g)</p>	<p>Creamy Chicken and Baked Ziti (21g)(522mg) 27 Steamed Carrots Asparagus Garlic Breadstick with margarine (23g)(240mg) Apple (25g) 1% Milk (12g)</p>	<p>Independence Day Celebration 28</p> <p>Mushroom and Swiss Burger on a Whole Wheat Bun with Mustard, Ketchup, Lettuce & Tomato (30g)(380mg) Twice Baked Potato Casserole (18g) Seasoned Green Beans Watermelon Lemon Bar (18g) 1% Milk (12g)</p>	<p>Moo Goo Gai Pan (Chicken with Mushrooms) (15g)(413mg) 29 Lo Mein noodles (21g) Braised Chinese Cabbage (11g)(332mg) Rye Bread with Margarine (15g)(193mg) Orange (15g) Fortune Cookie 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 2018**

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<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> <table> <tr><td>Calories</td><td align="right">867</td></tr> <tr><td>Fat</td><td align="right">28g</td></tr> <tr><td>Saturated Fat</td><td align="right">6.6g</td></tr> <tr><td>Protein</td><td align="right">44g</td></tr> <tr><td>Total Carbohydrates</td><td align="right">113g</td></tr> <tr><td>Fiber</td><td align="right">10g</td></tr> <tr><td>Sodium</td><td align="right">1084mg</td></tr> </table>		Calories	867	Fat	28g	Saturated Fat	6.6g	Protein	44g	Total Carbohydrates	113g	Fiber	10g	Sodium	1084mg																																																						
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