



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


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sloppy Joe on a Wheat Bun (34g)(507mg) 1 Warm Three Bean Salad (18g)(420mg) Warm Spiced Peaches (20g) Carrot Cabbage Cole Slaw Diced Pears (21g) 1% Milk (12g)	Chicken Stuffing Casserole (363mg) 2 Seasoned Spinach Capri Vegetables Wheat Roll with Margarine (15g)(145mg) Pineapple Orange Compote (22g) 1% Milk (12g)	<u>Mexican Heritage Celebration</u> 3 Beef Barbacoa Fiesta Rice (12g) Borracho Beans (12g) Whole Wheat Tortilla with Margarine (22g) Banana (27g) Churro (27g)(140mg) Grape Juice / 1% Milk (19g) / (12g)	Chicken Fried Steak (21g)(380mg) 4 Whipped Potatoes with Country Gravy (27g) 165mg Peas and Carrots Biscuit with Margarine (21g)(370mg) Orange (15g) 1% Milk (12g)
Hamburger on a Whole Wheat Bun (28g)(440mg) 7 Ketchup, Mustard, Lettuce, Tomato Cauliflower and Carrots Baked Beans (12g)(170mg) Banana (27g) 1% Milk (12g)	Chicken with Supreme Sauce (16g)(331mg) 8 Orzo Pilaf (15g) Green Beans with Almonds Multigrain Roll with Margarine (14g)(146mg) Orange (15g) 1% Milk (12g)	Pasta Fagioli (Italian Pasta with Beans) (24g)(325mg) 9 Cape Cod Vegetable Blend Warm Cinnamon Apples (14g) French Bread with Margarine (17g) (193mg) Banana (29g) Peanut Butter Cookie (18g) (144mg) 1% Milk (12g)	<u>Celebrating Mothers and Grandmothers</u> 10 Roasted Turkey with Gravy (30g) Mashed Sweet Potatoes (14g) Peas with Pearl Onions (14g)(146mg) Wheat Roll with Margarine (28g) Fruit Cocktail (19g)(209mg) Mixed Berry Shortcake (12g) 1% Milk (12g)	Cheese Ravioli with Meat Sauce (26g)(434mg) 11 Italian Vegetables Seasoned Spinach Whole Wheat Bread with Margarine (12g) Sliced Apricots (15g) 1% Milk (12g)
Chicken Fajita with a Wheat Tortilla (28g)(830mg) 14 Salsa, Sour Cream, Cheddar Cheese Caribbean Vegetable Blend Borracho Beans (12g) Mandarin Oranges (12g) 1% Milk (12g)	Macaroni and Cheese with Broccoli (33g)(813mg) 15 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) 16 Coconut Brown Rice (32g) Mandarin Vegetable Blend Wheat Roll with Margarine (14g)(145mg) Apple (25g) 1% Milk (12g)	<u>Down in New Orleans!</u> 17 Beef and Sausage with Red Beans (12g)(370mg) Brown Rice (23g) Seasoned Greens Whole Grain Buttermilk Biscuit with Margarine (21g)(370mg) Tropical Fruit (17g) 1% Milk (12g)	Chicken and Cornbread Stuffing Casserole (363mg) 18 Whipped Sweet Potatoes (27g) Cape Cod Vegetable Blend Rye Bread with Margarine (15g) (193mg) Orange (15g) Peanut Butter Oatmeal Cookie (18g) 1% Milk (12g)
Creole Style Fish 21 Dirty Rice (22g) Succotash (21g) Biscuit with Margarine (21g)(370mg) Pineapple Tidbits (16g) 1% Milk (12g)	Salisbury Steak with Marsala Sauce (478mg) 22 Noodles Romanoff Italian Vegetables Whole Wheat Roll with Margarine (14g)(146mg) Banana (27g) Oatmeal Raisin Cookie (13g) 1% Milk (12g)	Baked Pork Chop with Sage Gravy (300mg) 23 Roasted Potato Medley (19g) Cabbage with Red Peppers Rye Bread with Margarine (15g)(193mg) Apple (25g) 1% Milk (12g)	<u>Memorial Weekend Celebration</u> 24 Cheeseburger on a Whole Wheat Bun (28g)(690mg) Ketchup, Lettuce, Tomato Whole Kernel Corn (16g) Parsley Buttered New Potatoes (12g) Diced Pears (16g) Foothills Trail Mix (13g) 1% Milk (12g)	Italian Sausage and White Bean Stew (31g)(418mg) 25 Whipped Hubbard Squash (10g) Zucchini and Tomatoes French Bread with Margarine (16g) (192mg) Fruit Cocktail (14g) 1% Milk (12g)
<u>VOA CLOSED</u> 28 <u>Frozen Meal Predelivered</u> Chili Dog on a Whole Wheat Bun (50g)(504mg) Baked Beans Corn Orange (15g) Raisin Nut Cup (18g) 1% Milk (12g)	Brunswick Stew (41g)(583mg) 29 Seasoned Greens Warm Cinnamon Apples (14g) Cornbread with Margarine (27g)(300mg) Tropical Fruit (17g) 1% Milk (12g)	Mediterranean Tuna Fritter (13g)(200mg) 30 Broccoli Parmesan (15g)(148mg) Roasted Sweet Potato Pieces (13g) Rye Bread with Margarine (15g) (193mg) Mandarin Oranges (18g) Foot Hills Trail Mix (13g) 1% Milk (12g)	<u>Hawaiian Luau</u> 31 Sweet and Sour Sausage (24g)(758mg) Steamed Brown Rice (27g) Caribbean Vegetable Blend Hawaiian Roll with Margarine (48g) Tropical Fruit (15g) Tapioca Pudding (24g)(160mg) 1% Milk (12g)	May is National Bike Month 

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
MAY 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Calories 772	Calories 576	Calories 1039	Calories 903
	Fat 21g	Fat 17g	Fat 26g	Fat 42g
	Saturated Fat 6.4g	Saturated Fat 3g	Saturated Fat 6g	Saturated Fat 16g
	Protein 36g	Protein 36g	Protein 63g	Protein 32g
	Total Carbohydrates 111g	Total Carbohydrates 66g	Total Carbohydrates 139g	Total Carbohydrates 104g
Fiber 13g	Fiber 10g	Fiber 12.5g	Fiber 10.6g	
Sodium 1103mg	Sodium 755mg	Sodium 776mg	Sodium 1094mg	
7	8	9	10	11
Calories 717	Calories 1041	Calories 750	Calories 844	Calories 671
Fat 26g	Fat 47g	Fat 18g	Fat 21g	Fat 24g
Saturated Fat 8g	Saturated Fat 4g	Saturated Fat 4g	Saturated Fat 6g	Saturated Fat 8g
Protein 40g	Protein 64g	Protein 24g	Protein 49g	Protein 39g
Total Carbohydrates 86g	Total Carbohydrates 90g	Total Carbohydrates 124g	Total Carbohydrates 120g	Total Carbohydrates 78g
Fiber 13g	Fiber 10g	Fiber 13.4g	Fiber 13g	Fiber 13.5g
Sodium 780mg	Sodium 716mg	Sodium 845mg	Sodium 743mg	Sodium 808mg
14	15	16	17	18
Calories 567	Calories 804	Calories 857	Calories 875	Calories 859
Fat 11g	Fat 29g	Fat 27g	Fat 39g	Fat 28g
Saturated Fat 3g	Saturated Fat 11g	Saturated Fat 9g	Saturated Fat 13g	Saturated Fat 6g
Protein 44g	Protein 34g	Protein 41g	Protein 38g	Protein 38g
Total Carbohydrates 73g	Total Carbohydrates 110g	Total Carbohydrates 114g	Total Carbohydrates 89g	Total Carbohydrates 106g
Fiber 11.7g	Fiber 14.6g	Fiber 11g	Fiber 11g	Fiber 12g
Sodium 1112mg	Sodium 1172mg	Sodium 874mg	Sodium 982mg	Sodium 855mg
21	22	23	24	25
Calories 828	Calories 799	Calories 805	Calories 911	Calories 579
Fat 21g	Fat 34g	Fat 32g	Fat 39g	Fat 13g
Saturated Fat 8g	Saturated Fat 10g	Saturated Fat 9g	Saturated Fat 12.4g	Saturated Fat 3g
Protein 61g	Protein 35g	Protein 51g	Protein 46g	Protein 30g
Total Carbohydrates 95g	Total Carbohydrates 92g	Total Carbohydrates 84g	Total Carbohydrates 97g	Total Carbohydrates 91g
Fiber 9.6g	Fiber 10g	Fiber 11.3g	Fiber 11.8g	Fiber 13.6g
Sodium 848mg	Sodium 810mg	Sodium 663mg	Sodium 798mg	Sodium 884mg
<u>Frozen Meal Predelivered</u>	29	30	31	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%)
Calories 925	Calories 802	Calories 697	Calories 909	
Fat 40g	Fat 24g	Fat 24g	Fat 32g	
Saturated Fat 10g	Saturated Fat 5g	Saturated Fat 4.4g	Saturated Fat 7g	
Protein 46g	Protein 33g	Protein 29g	Protein 28g	
Total Carbohydrates 95g	Total Carbohydrates 115g	Total Carbohydrates 89g	Total Carbohydrates 159g	
Fiber 15g	Fiber 11.7g	Fiber 10.8g	Fiber 7.5g	
Sodium 632mg	Sodium 1139mg	Sodium 771mg	Sodium 1172mg	

For Questions or Concerns regarding the Menu analysis, please contact a VOA Dietitian at 303-297-0408