





VOLUNTEERS OF AMERICA COLORADO BRANCH  
MEALS ON WHEELS MENU  
SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
 <p>September 26th is National Johnny Appleseed Day September 29th is National Coffee Day September 30th is National Family Health &amp; Fitness Day</p>		 <p><b>Did you know?</b> In 1979, National Grandparents Day was proclaimed by Presidency Jimmy Carter to be celebrated on the Sunday following Labor Day.</p> 		 <p><b>Beef Pasta Florentine</b> (20g)(593mg) 1 with Whole Wheat Fettuccine <b>Seasoned Brussels Sprouts</b> <b>Parslied Carrots</b> <b>Sourdough Bread</b> (16g)(192mg) with Margarine <b>Apple</b> (25g) <b>1% Milk</b> (12g)</p>					
<p><b>VOA CLOSED</b> 4 <i>Frozen Meal Predelivered</i></p> <p><b>Chicken Parmesan</b> (32g)(363mg) <b>Rosemary Potatoes</b> <b>Cheesy Spinach</b> <b>Whole Wheat Roll with Margarine</b> (14g)(146mg) <b>Pineapple Chunks</b> (28g) <b>Raisin Nut Cup</b> (18g) <b>1% Milk</b></p>		<p><b>Lemon Pepper Fish</b> (25g)(548mg) 5 with Tomato Cream Sauce <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)</p>		<p><b>Combination Beef &amp; Bean Burrito</b> (28g)(670mg) 6 with Picante Sauce on a Wheat Tortilla <b>Lettuce/Tomato Garnish</b> <b>Cilantro Lime Rice</b> (16g) <b>Mexicali Corn</b> (18g) <b>Apricot Pineapple Compote</b> (25g) <b>1% Milk</b> (12g)</p>		<p><b>Labor Day Celebration</b> 7 <b>BBQ Chicken on a Wheat Bun</b> (41g)(375mg) <b>Potato Wedges</b> <b>Warm Three Bean Salad</b> (18g)(420mg) <b>Watermelon</b> <b>Foothills Trail Mix</b> (13g) <b>Cranberry Juice</b> (23g) <b>1% Milk</b> (12g)</p>		<p><b>Roast Pork with Diane Sauce</b> (327mg) 8 <b>Rosemary Parmesan Potatoes</b> (17g) <b>Seasoned Greens</b> <b>Cornbread with Margarine</b> (27g)(300mg) <b>Orange</b> (15g) <b>Raisin Nut Cup</b> (18g) <b>1% Milk</b> (12g)</p>	
<p><b>Mexi-Burger</b> (185mg) 11 with Mild Green Chili <b>Spanish Rice</b> (18g) <b>Mexicali Corn</b> (17g) <b>Whole Wheat Tortilla</b> (22g) with Margarine <b>Orange</b> (15g) <b>1% Milk</b> (12g)</p>		<p><b>Pork Chow Mein</b> (364mg) 12 <b>Lo Mein Noodles</b> (21g) <b>Sesame Broccoli</b> <b>Whole Wheat Roll</b> (14g) with Margarine <b>Mandarin Oranges</b> <b>Fortune Cookie</b> <b>1% Milk</b> (12g)</p>		<p><b>Savory Meatloaf</b> (32g)(390mg) 13 with Brown Gravy <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)</p>		<p><b>Go Broncos!</b> 14 <b>"Mile High" Hot Beef Sub</b> (37g)(690mg) on a Whole Wheat Hoagie Bun <b>Twice Baked Potato Casserole</b> (18g) <b>Steamed Carrots</b> <b>Orange</b> (15g) <b>Orange Cake</b> (50g)(280mg) <b>1% Milk</b> (12g)</p>		<p><b>Porcupine Meatballs</b> (14g)(182mg) 15 with Mushroom Sauce <b>Parsley Noodles</b> (21g)(175mg) <b>Sliced Beets</b> <b>Wheat Bread</b> (12g) with Margarine <b>Berry Mango Compote</b> (22g) <b>Peanut Butter Cookie</b> (16g)(140mg) <b>1% Milk</b> (12g)</p>	
<p><b>Beef and Sausage</b> (12g)(378mg) 18 with Red Beans <b>Brown Rice</b> (22g) <b>Spinach and Mushrooms</b> (185mg) <b>Multigrain Roll</b> (24g)(240mg) with Margarine <b>Diced Peaches</b> (14g) <b>1% Milk</b> (12g)</p>		<p><b>Honey Curry Chicken</b> (24g)(185mg) 19 <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)</p>		<p><b>Roast Beef with Hunter Sauce</b> (330mg) 20 <b>Herbed Roasted Potatoes</b> (20g)(248mg) <b>Hubbard Squash</b> <b>Wheat Roll</b> (14g)(146mg) with Margarine <b>Banana</b> (27g) <b>Cranberry Juice</b> (24g) <b>1% Milk</b> (12g)</p>		<p><b>Italian Heritage Celebration</b> 21 <b>Chicken Scampi</b> (55g)(698mg) <b>Whole Grain Spaghetti Alfredo</b> <b>Italian Vegetables</b> <b>Garlic Breadstick</b> (23g)(240mg) <b>Orange</b> (15g) <b>Amaretto Cookie</b> (15g) <b>1% Milk</b> (12g)</p>		<p><b>Green Pepper Casserole</b> (28g)(620mg) 22 <b>Santa Barbara Vegetable Blend</b> <b>Succotash</b> (21g) <b>Wheat Bread</b> (12g) with Margarine <b>Orange Juice</b> (20g) <b>Grapes</b> (14g) <b>1% Milk</b> (12g)</p>	
<p><b>Chicken Cassoulet</b> (325mg) 25 <b>Spinach Gulay</b> <b>Apple Glazed Carrots</b> (14g) <b>French Bread with Margarine</b> (17g)(192mg) <b>Fruit Salad Combo</b> (16g) <b>Chocolate Chip Cookie</b> (10g) <b>1% Milk</b> (12g)</p>		<p><b>Tasty Beef and Mushrooms</b> (625mg) 26 <b>Brown Rice</b> (27g) <b>Baby Lima Beans</b> (18g) <b>Hawaiian Dinner Roll</b> (48g) with Margarine <b>Cottage Cheese</b> (175mg) <b>Pineapple Mandarin Orange Compote</b> (24g) <b>Foothills Trail Mix</b> (13g) <b>1% Milk</b> (12g)</p>		<p><b>Chicken Parmesan</b> (58g)(577mg) 27 <b>Whole Grain Spaghetti</b> with Garlic Herb Pasta Sauce <b>Capri Vegetable Blend</b> <b>Sourdough Bread</b> (16g)(192mg) with Margarine <b>Tropical Fruit</b> (17g) <b>1% Milk</b> (12g)</p>		<p><b>Fall Harvest Celebration</b> 28 <b>Cider Braised Beef</b> (14g) with Apple Butter Sauce <b>Buttermilk Mashed Potatoes</b> (17g) <b>Roasted Beets</b> (13g)(309mg) with Fresh Dill <b>Seasonal Apple</b> (25g) <b>Bran Muffin with Margarine</b> (26g)(180mg) <b>Cranberry Juice *1% Milk</b> (24g) / (12g)</p>		<p><b>Fish Veracruz</b> (301mg) 29 <b>Cilantro Lime Rice</b> (17g) <b>Seasoned Greens</b> <b>Multigrain Roll with Margarine</b> (24g)(240mg) <b>Orange</b> (15g) <b>1% Milk</b> (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  
SEPTEMBER 2017**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Kelsey Thornton, MS, RDN at 303-297-0408</p>	<p>These are the values for 33 1/3% of the Recommended Daily Allowance (RDA) for 70+:</p> <p>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>*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>Calories 585            Fat 14g            Saturated Fat 3g            Protein 32g            Total Carbohydrates 89g            Fiber 15g            Sodium 989mg</p>
<p>Calories 851            Fat 32g            Saturated Fat 9g            Protein 42g            Total Carbohydrates 104g            Fiber 11g            Sodium 638mg</p>	<p>Calories 910            Fat 31g            Saturated Fat 7g            Protein 45g            Total Carbohydrates 113g            Fiber 10.5g            Sodium 996mg</p>	<p>Calories 832            Fat 30g            Saturated Fat 11g            Protein 42g            Total Carbohydrates 103g            Fiber 11.8g            Sodium 908mg</p>	<p>Calories 932            Fat 19.5g            Saturated Fat 4g            Protein 56g            Total Carbohydrates 136g            Fiber 11g            Sodium 972mg</p>	<p>Calories 1028            Fat 49g            Saturated Fat 11g            Protein 45g            Total Carbohydrates 99g            Fiber 11.2g            Sodium 992mg</p>
<p>Calories 824            Fat 33g            Saturated Fat 10g            Protein 47g            Total Carbohydrates 88g            Fiber 10.6g            Sodium 514mg</p>	<p>Calories 684            Fat 26g            Saturated Fat 7g            Protein 40g            Total Carbohydrates 75g            Fiber 10.6g            Sodium 765mg</p>	<p>Calories 910            Fat 33g            Saturated Fat 9g            Protein 47g            Total Carbohydrates 108g            Fiber 12.6g            Sodium 742mg</p>	<p>Calories 1000            Fat 33g            Saturated Fat 10g            Protein 39g            Total Carbohydrates 137g            Fiber 12g            Sodium 1222mg</p>	<p>Calories 891            Fat 34g            Saturated Fat 11g            Protein 42g            Total Carbohydrates 106g            Fiber 10g            Sodium 817mg</p>
<p>Calories 765            Fat 30g            Saturated Fat 7g            Protein 40g            Total Carbohydrates 91g            Fiber 13g            Sodium 925mg</p>	<p>Calories 808            Fat 28g            Saturated Fat 4g            Protein 43g            Total Carbohydrates 99g            Fiber 11g            Sodium 601mg</p>	<p>Calories 854            Fat 23g            Saturated Fat 5g            Protein 57g            Total Carbohydrates 114g            Fiber 10g            Sodium 872mg</p>	<p>Calories 840            Fat 15g            Saturated Fat 3g            Protein 48g            Total Carbohydrates 129g            Fiber 14.6g            Sodium 1097mg</p>	<p>Calories 764            Fat 20g            Saturated Fat 5g            Protein 35g            Total Carbohydrates 113g            Fiber 10.5g            Sodium 965mg</p>
<p>Calories 989            Fat 49g            Saturated Fat 3g            Protein 57g            Total Carbohydrates 82g            Fiber 11g            Sodium 859mg</p>	<p>Calories 883            Fat 25g            Saturated Fat 8g            Protein 48g            Total Carbohydrates 153g            Fiber 11g            Sodium 1048mg</p>	<p>Calories 816            Fat 20g            Saturated Fat 4g            Protein 51g            Total Carbohydrates 110g            Fiber 12.6g            Sodium 926mg</p>	<p>Calories 901            Fat 25g            Saturated Fat 5g            Protein 45g            Total Carbohydrates 130g            Fiber 11.3g            Sodium 792mg</p>	<p>Calories 658            Fat 16g            Saturated Fat 3g            Protein 47g            Total Carbohydrates 81g            Fiber 11.7g            Sodium 812mg</p>