





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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef and Sausage with Red Beans (12g){370mg} 2 Brown Rice (22g) Seasoned Greens Whole Grain Buttermilk Biscuit with Margarine (21g){370mg} Tropical Fruit (17g) 1% Milk (12g)	Chicken with Supreme Sauce (16g){331mg} 3 Orzo Pilaf Green Beans with Almonds (18g) Multigrain Roll with Margarine Orange 1% Milk (25g)	Hamburger on a Whole Wheat Bun with Ketchup, Mustard, Lettuce, Tomato (28g){440mg} 4 Cauliflower and Carrots Baked Beans (12g){170mg} Banana (27g) 1% Milk (12g)	<u>World Health Day!</u> Turkey Posole (23g){235mg} 5 Fiesta Rice (16g) Mexicali Corn (18g) Whole Wheat Tortilla (22g) Fruit Salad (16g) 1% Milk (12g)	Cheese Ravioli with Meat Sauce (26g){434mg} 6 Italian Vegetables Seasoned Spinach Wheat Roll with Margarine (14g){145mg} Sliced Apricots (15g) 1% Milk (12g)
Chicken Fajita with a Wheat Tortilla and Salsa, Sour Cream, Cheddar Cheese (28g){830mg} 9 Caribbean Vegetable Blend Borrracho Beans (12g) Mandarin Oranges (12g) 1% Milk (12g)	Ginger Teriyaki Pork Ribs (24g){491mg} 10 Coconut Brown Rice (32g) Mandarin Vegetable Blend Wheat Roll with Margarine (14g){145mg} Apple (25g) 1% Milk (12g)	Macaroni and Cheese with Broccoli (33g){813mg} 11 Apple Glazed Carrots (14g) Green Peas with Onions (12g) Wheat Bread with Margarine (12g) Banana (27g) 1% Milk (12g)	<u>Deep in the Heart of Texas!</u> Frito Chili Pie (Chips, Cheese, Sour Cream) (25g){364mg} 12 Spanish Rice (18g) Stewed Apricots (24g) Peach Cobbler (41g){260mg} Grape Juice (19g) 1% Milk (12g)	Herb Baked Chicken (290mg) 13 Whipped Sweet Potatoes (27g) Cape Cod Vegetable Blend Rye Bread with Margarine (15g) {192mg} Orange (15g) Tapioca Pudding (24g){160mg} 1% Milk (12g)
MOW				
Baked Pork Chop with Sage Gravy (300mg) 16 Roasted Potato Medley (19g) Cabbage with Red Peppers Rye Bread with Margarine (15g){193mg} Apple (25g) 1% Milk (12g)	Italian Sausage and White Bean Stew (31g){418mg} 17 Whipped Hubbard Squash (10g) Zucchini and Tomatoes French Bread with Margarine (17g){192mg} Fruit Cocktail (14g) 1% Milk (12g)	Salisbury Steak with Marsala Sauce (478mg) 18 Noodles Romanoff Italian Vegetables Rye Bread with Margarine (15g) {192mg} Mandarin Oranges (18g) Raisin Nut Cup (18g) 1% Milk (12g)	<u>Chinese Heritage Day</u> Moo Goo Gai Pan (Chicken with Mushrooms) (15g){413mg} 19 Steamed White Rice (22g) Chinese Braised Cabbage (11g){332mg} Orange (15g) Multigrain Roll with Margarine (24g){240mg} Fortune Cookie (12g) 1% Milk (12g)	Savory Meatloaf (28g){250mg} 20 Baked Sweet Potato Pieces (25g) Green Bean Casserole Rye Bread with Margarine (15g) {192mg} Tropical Fruit (17g) Peanut Butter (18g) Oatmeal Cookie 1% Milk (12g)
MOW				
Ginger Orange Chicken (14g){542mg} 23 Lo Mein Noodles (22g) Orange Spiced Carrots Wheat Bread with Margarine (12g) Apricot Pineapple Compote (25g) 1% Milk (12g)	Brunswick Stew (41g){583mg} 24 Seasoned Greens Warm Cinnamon Apples (14g) Cornbread with Margarine (27g){300mg} Tropical Fruit (17g) 1% Milk (12g)	Mediterranean Tuna Fritter (13g){200mg} 25 Broccoli Parmesan (15g){148mg} Roasted Sweet Potato Pieces (13g) Rye Bread with Margarine (15g) {193mg} Orange (15g) Foot Hills Trail Mix (13g) 1% Milk (12g) OW	<u>New York State of Mind</u> Sausage and Peppers (672mg) 26 Rosemary Potatoes (19g) Zucchini and Tomatoes Garlic Bread with Margarine (17g){193mg} Banana (27g) Raisin Nut Cup (18g) 1% Milk (12g) MOW	Creole Style Fish 27 Dirty Rice (22g) Succotash (21g) Biscuit with Margarine (21g){370mg} Pineapple Tidbits (16g) 1% Milk (12g)
Pork and Green Chili Stew (12g){255mg} 30 Borrracho Beans (12g) Parslied Carrots Whole Grain Buttermilk Biscuit with Margarine (21g){370mg} Apricot Halves (30g) 1% Milk (12g)	<div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 25%;">  <p style="text-align: center;">April 1st is April Fools' Day</p>  <p style="text-align: center;">April 4th is national walking day</p> </div> <div style="width: 25%; text-align: center;">  <p>Did You Know</p> </div> <div style="width: 40%;"> <p>Each year April 22nd is celebrated as Earth Day. On Earth Day there are events around the world to help teach people how they can help our planet. It has been reported that over 1 billion people do something on or around Earth Day each year in an effort to help the environment.</p>  </div> </div>			

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
MEALS ON WHEELS NUTRITION ANALYSIS**

APRIL 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	2		3		4		5		6
Calories	875	Calories	1041	Calories	717	Calories	712	Calories	675
Fat	39g	Fat	47g	Fat	26g	Fat	18g	Fat	24g
Saturated Fat	13g	Saturated Fat	4g	Saturated Fat	8g	Saturated Fat	3g	Saturated Fat	8g
Protein	38g	Protein	64g	Protein	40g	Protein	35g	Protein	38g
Total Carbohydrates	89g	Total Carbohydrates	90g	Total Carbohydrates	86g	Total Carbohydrates	107g	Total Carbohydrates	81g
Fiber	11g	Fiber	10g	Fiber	13g	Fiber	14g	Fiber	14g
Sodium	990mg	Sodium	716mg	Sodium	780mg	Sodium	544mg	Sodium	826mg
	9		10		11		12		13
Calories	567	Calories	857	Calories	804	Calories	1036	Calories	904
Fat	11g	Fat	27g	Fat	29g	Fat	35g	Fat	27g
Saturated Fat	3g	Saturated Fat	9g	Saturated Fat	11g	Saturated Fat	12g	Saturated Fat	5g
Protein	44g	Protein	41g	Protein	34g	Protein	44g	Protein	46g
Total Carbohydrates	73g	Total Carbohydrates	114g	Total Carbohydrates	110g	Total Carbohydrates	137g	Total Carbohydrates	118g
Fiber	11.7g	Fiber	11g	Fiber	14.6g	Fiber	9.9g	Fiber	11g
Sodium	1112mg	Sodium	874mg	Sodium	1172mg	Sodium	790mg	Sodium	880mg
	16		17		18		19		20
Calories	802	Calories	579	Calories	831	Calories	673	Calories	1069
Fat	28g	Fat	13g	Fat	37g	Fat	13g	Fat	42g
Saturated Fat	7g	Saturated Fat	3g	Saturated Fat	10g	Saturated Fat	2g	Saturated Fat	11g
Protein	56g	Protein	30g	Protein	39g	Protein	37g	Protein	51g
Total Carbohydrates	84g	Total Carbohydrates	91g	Total Carbohydrates	90g	Total Carbohydrates	106g	Total Carbohydrates	124g
Fiber	11.3g	Fiber	13.6g	Fiber	10.5g	Fiber	9.6g	Fiber	12.7g
Sodium	633mg	Sodium	884mg	Sodium	840mg	Sodium	1115mg	Sodium	730mg
	23		24		25		26		27
Calories	671	Calories	802	Calories	686	Calories	1000	Calories	828
Fat	14g	Fat	24g	Fat	25g	Fat	52g	Fat	21g
Saturated Fat	2g	Saturated Fat	5g	Saturated Fat	5g	Saturated Fat	12g	Saturated Fat	8g
Protein	46g	Protein	33g	Protein	29g	Protein	35g	Protein	61g
Total Carbohydrates	92g	Total Carbohydrates	115g	Total Carbohydrates	87g	Total Carbohydrates	107g	Total Carbohydrates	95g
Fiber	10.5g	Fiber	11.7g	Fiber	11.7g	Fiber	12g	Fiber	9.6g
Sodium	957mg	Sodium	1139mg	Sodium	762mg	Sodium	1141mg	Sodium	848mg
	30	<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>For Questions or Concerns regarding the menu analysis, please contact our VOA Dietitian at 303-297-0408</p>			