



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
		Frito Chili Pie (19g){293mg} 1 (Chips, Cheese, Sour Cream, Sliced Tomato) Spanish Rice (18g) Zucchini and Tomatoes Sliced Peaches (14g) 1% Milk (12g)	<i>California Dreamin'</i> 2 Orange Glazed Haddock (21g){614mg} Fingerling Potatoes (20g){248mg} Sweet Corn and Asparagus (15g) 9 Grain Wheat Bread with Margarine (30g){220mg} Fresh Orange (15g) 1% Milk (12g)	Moo Goo Gai Pan (15g){413mg} 3 (Chicken with Mushrooms) Lo Mein noodles (21g) Braised Chinese Cabbage (11g){332mg} Rye Bread with Margarine (15g){193mg} Fresh Peach (15g) Fortune Cookie 1% Milk (12g)		
		Chicken Breast Paprikash {249mg} 6 Rosemary Potatoes (19g) Spiced Carrots 9-Grain Sandwich Bread with Margarine (30g){220mg} Tropical Fruit (17g) Raisin Nut Cup (18g) 1% Milk (12g)	<u>Summer Daze Menu</u> 7 Beef Patty Melt on Rye Bread (32g){815mg} Cooked Cabbage with Red Peppers Napoli Vegetables (10g) Nectarine (15g) 1% Milk (12g)	Beef Soft Taco (26g){271mg} 8 on a Whole Wheat Tortilla with Salsa and Cheddar Cheese Lettuce/Tomato Garnish Cilantro Lime Rice (15g) Mexicali Corn (18g) Orange (15g) 1% Milk (12g)	<i>French Heritage Day</i> 9 Coq Au Vin {277mg} (Chicken in Red Wine Sauce) (27g) Steamed Brown Rice (27g) Haricot Verts (Green Beans) Croissant (13g) Banana / Foothills Trail Mix (27g) / (13) Mini Cream Puffs 1% Milk (12g)	Smothered Pork Cutlet 10 with Brown Gravy Mashed Potatoes (16g){378mg} Seasoned Spinach Whole Grain Buttermilk Biscuit (21g){370mg} Nectarine (15g) Orange Juice (11g) 1% Milk (12g)
		Hot Open-Faced Turkey Sandwich with Gravy on Wheat Bread (19g){391mg} 13 Creamed Spinach {172mg} Peas and Carrots Pineapple Tidbits (16g) Grape Juice (19g) 1% Milk (12g)	<u>Summer Daze Menu</u> 14 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)	Cod with Lemon, Garlic and Rosemary Sauce (280mg) 15 Lemon Risotto (23g){176mg} Seasoned Brussels Sprouts Rye Bread with Margarine (15g){192mg} Nectarine (15g) Raisin Nut Cup (18g) 1% Milk (12g)	<i>Grecian Holiday</i> 16 Pastitsio (29g){470mg} (Baked Greek Style Pasta) Napoli vegetables Zucchini and Tomatoes Garlic Breadstick with Margarine (23g){240mg} Apricot Halves (30g) Baklava (45g){170mg} 1% Milk (12g) OW	Broccoli and Cheese (32g){520mg} 17 Stuffed Chicken Breast Mushroom, Barley, and Lentil Pilaf (37g){173mg} Oregon Blend Vegetables Wheat Bread with Margarine (12g) Orange (15g) 1% Milk (12g)
		Creamy Chicken and Ziti Bake (21g){522mg} 20 Steamed Carrots Asparagus Garlic Breadstick with margarine (23g){240mg} Honeydew and Cantaloupe 1% Milk (12g)	<u>Summer Daze Menu</u> 21 Meatball Marinara Sub on a Whole Wheat Hoagie Roll (44g){807mg} Rosemary Parmesan Potatoes (17g) Steamed Broccoli Apple (25g) 1% Milk (12g)	Chicken Creole (10g) 22 Dirty Rice (23g) Green Peas (10g) Multigrain Roll with Margarine (24g){240mg} Apricot Halves (15g) Chocolate Pudding (23g){148mg} 1% Milk (12g)	<i>Healthy Aging Day</i> 23 Maple Balsamic Glazed Chicken Breast (16g) Israeli Couscous (25g) Seasoned Spinach Multigrain Roll (24g){240mg} Fresh Peach (15g) Cranberry Juice (25g) 1% Milk (12g)	Salisbury Steak (13g){498mg} 24 with Onion Gravy Buttered New Potatoes (12g) Seasoned Green Beans Whole Wheat Roll with Margarine (15g){145mg} Seedless Grapes (14g) Orange Juice (21g) 1% Milk (12g)
Roast Pork with Apricot Glaze (16g){186mg} 27 Mashed Sweet Potatoes (27g) Sweet Corn & Asparagus Tips (15g) Wheat Roll with Margarine (14g){145mg} Diced pears (14g) 1% Milk (12g)	<u>Summer Daze Menu</u> 28 Oven Fried Chicken {430mg} Cheesy Potatoes (15g) Creamed Spinach {172mg} Multigrain Roll with Margarine (24g){240mg} Fresh Peach (15g) Orange Juice (21g) 1% Milk (12g)	Mediterranean Pasta and Cheese (32g){279mg} 29 Cape Cod Vegetable Blend (11g) Warm Fruit Compote (27g) 9-Grain Sandwich Bread (30g){220mg} Banana (27g) 1% Milk (12g)	<i>Labor Day Celebration</i> 30 Bratwurst on a Wheat Bun with Onions and Mustard (24g){1,114mg} Baked Beans (12g){170mg} Cooked Cabbage and Red Peppers Watermelon Raisin Nut Cup (18g) 1% Milk (12g)	Baked Haddock Almandine (281mg) 31 Curry Rice Pilaf with Raisins (23g) Ratatouille (11g) (Squash with Tomatoes) (15g){192mg} Rye Bread with Margarine (15g){192mg} Apple (25g) 1% Milk (12g)		

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
AUGUST 2018**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p style="text-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>				1		2		3	
				Calories 712	Calories 799	Calories 648			
				Fat 27g	Fat 23g	Fat 14g			
				Saturated Fat 9g	Saturated Fat 3g	Saturated Fat 3g			
				Protein 43g	Protein 42g	Protein 37g			
				Total Carbohydrates 75g	Total Carbohydrates 111g	Total Carbohydrates 96g			
		Fiber 10g	Fiber 12.5g	Fiber 9.6g					
		Sodium 641mg	Sodium 974mg	Sodium 1176mg					
6		7		8		9		10	
Calories 1236	Calories 747	Calories 750	Calories 1343	Calories 839					
Fat 64g	Fat 31g	Fat 24g	Fat 72g	Fat 42g					
Saturated Fat 6.5g	Saturated Fat 11g	Saturated Fat 7g	Saturated Fat 15g	Saturated Fat 15g					
Protein 60g	Protein 43g	Protein 44g	Protein 60g	Protein 35g					
Total Carbohydrates 108g	Total Carbohydrates 74g	Total Carbohydrates 94g	Total Carbohydrates 115g	Total Carbohydrates 82g					
Fiber 12.4g	Fiber 10.5g	Fiber 11.4g	Fiber 9.9g	Fiber 9.7g					
Sodium 669mg	Sodium 1008mg	Sodium 536mg	Sodium 549mg	Sodium 1095mg					
13		14		15		16		17	
Calories 602	Calories 1521	Calories 752	Calories 1074	Calories 845					
Fat 18g	Fat 57g	Fat 22g	Fat 32g	Fat 24g					
Saturated Fat 5g	Saturated Fat 6g	Saturated Fat 4g	Saturated Fat 8g	Saturated Fat 6g					
Protein 34g	Protein 57g	Protein 48g	Protein 41g	Protein 45g					
Total Carbohydrates 81g	Total Carbohydrates 206g	Total Carbohydrates 95g	Total Carbohydrates 156g	Total Carbohydrates 115g					
Fiber 10g	Fiber 12.3g	Fiber 10.8g	Fiber 16g	Fiber 15.8g					
Sodium 752mg	Sodium 1100mg	Sodium 790mg	Sodium 1195mg	Sodium 946mg					
20		21		22		23		24	
Calories 646	Calories 751	Calories 832	Calories 810	Calories 763					
Fat 18g	Fat 24g	Fat 19g	Fat 17g	Fat 30g					
Saturated Fat 5g	Saturated Fat 6g	Saturated Fat 4g	Saturated Fat 2g	Saturated Fat 8g					
Protein 45g	Protein 40g	Protein 51g	Protein 48g	Protein 35g					
Total Carbohydrates 78g	Total Carbohydrates 103g	Total Carbohydrates 115g	Total Carbohydrates 121g	Total Carbohydrates 94g					
Fiber 9.5g	Fiber 16g	Fiber 11g	Fiber 10.6g	Fiber 10.4g					
Sodium 974mg	Sodium 1067mg	Sodium 795mg	Sodium 601mg	Sodium 779mg					
27		28		29		30		31	
Calories 538	Calories 775	Calories 806	Calories 665	Calories 692					
Fat 40g	Fat 30g	Fat 18g	Fat 27g	Fat 22g					
Saturated Fat 10.5g	Saturated Fat 7g	Saturated Fat 3g	Saturated Fat 2g	Saturated Fat 2.5g					
Protein 52g	Protein 37g	Protein 28g	Protein 34g	Protein 36g					
Total Carbohydrates 99g	Total Carbohydrates 97g	Total Carbohydrates 138g	Total Carbohydrates 78g	Total Carbohydrates 93g					
Fiber 9.9g	Fiber 11.4g	Fiber 15g	Fiber 10.7g	Fiber 10.9g					
Sodium 538mg	Sodium 1000mg	Sodium 676mg	Sodium 1427mg	Sodium 767mg					

For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Kelsey Thornton, MS, RDN at 303-297-0408