


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


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p align="center">Senior Health & Fitness Day Menu Created by CHEF BOB GITRE</p> <p align="center">Chef Bob started down the culinary path at the age of 14, while working in his family bakery. Received his degree at the Johnson & Wales campus in Providence, Chef Bob worked in restaurants from Cape Cod, Massachusetts, to Naples, Florida. He has worked for a 4-star, 4-diamond hotel in Palm Springs, CA for the Ritz Carlton Hotel. Bob has worked under some amazing chefs, one being Celebrity Chef Wolfgang Puck at Spago. Chef Bob continues to sharpen his skills, talents, and taste buds. Working for Epicurean for the past 15 years, and now he is the Director of Community Affairs and special projects.</p>				
<p align="center"><u>VOA CLOSED</u></p> <p align="center"><u>Frozen Meal Pre-delivered FRZ 087</u></p> <p>Pork Riblet in BBQ Sauce Baked Beans with Tomatoes Corn with Red Peppers Wheat Roll with Margarine Banana 1% Milk</p>	<p>3 Lemon Pepper Fish (25g)(548mg) with Tomato Cream Sauce Rice Pilaf (22g) Cape Cod Vegetable Blend Multigrain Roll with Margarine (24g)(240mg) Berry Mango Compote (22g) 1% Milk (12g)</p>	<p>4 Combination Beef & Bean Burrito (28g)(670mg) with Picante Sauce on a Wheat Tortilla Lettuce/Tomato Garnish Savory Black Beans with Cilantro (13g) Mexicali Corn (17g) Apricot Pineapple Compote (24g) 1% Milk (12g)</p>	<p>5 <u>Italian Heritage Celebration</u> Chicken Scampi (55g)(698mg) Whole Grain Pasta Alfredo Italian Vegetables Garlic Breadstick (23g)(240mg) Orange (15g) Lemon Cooler Cookie (17g) 1% Milk (12g)</p>	<p>6 Roast Pork with Diane Sauce (327mg) Rosemary Parmesan (17g) Potatoes Seasoned Greens Cornbread with Margarine (27g)(300mg) Apple (25g) Grape Juice (17g) 1% Milk (12g)</p>
<p>BBQ Cheddar Burger (34g)(365mg) On a Whole Wheat Bun with lettuce, tomato Potato Wedges (29g) Colorado Baked Beans (31g)(239mg) Sliced Peaches (14g) 1% Milk (12g)</p>	<p>10 Pork Chow Mein (364mg) Lo Mein Noodles (21g) Sesame Broccoli Whole Wheat Roll (14g)(146mg) with Margarine Mandarin Oranges Fortune Cookie 1% Milk (12g)</p>	<p>11 Savory Meatloaf (32g)(390mg) with Brown Gravy Roasted Potato Medley (26g) Vegetable Blend Bean Medley Rye Bread with Margarine (15g)(192mg) Fruit Cocktail (14g) 1% Milk (12g)</p>	<p>12 <u>Go Broncos!</u> "Mile High" Hot Beef Sub (37g)(690mg) on a Whole Wheat Hoagie Bun Twice Baked Potato Casserole (18g) Steamed Carrots Orange (15g) Orange Cake (50g)(280mg) 1% Milk (12g)</p>	<p>13 Turkey Meatballs (14g)(445mg) with Mushroom Sauce Parsley Noodles (21g)(173mg) Sliced Beets Wheat Bread (12g) with Margarine Banana (27g) Oatmeal Raisin Cookie (21g) Cranberry Juice / 1% Milk (21g) / (12g)</p>
<p>17 Creamy Ranch (456mg) Baked Chicken Confetti Rice (18g) Green Beans with Almonds Rye Bread with Margarine (16g)(193mg) Apple (25g) 1% Milk (12g)</p>	<p>18 Teriyaki Beef (12g)(547mg) Lo Mein Noodles (21g) Asian Blend Vegetables Whole Wheat Roll (14g)(146mg) with Margarine Berry Mango Compote (22g) 1% Milk (12g)</p>	<p>19 Marinated Pork Cutlet (250mg) with Hunter Sauce Brown Rice (23g) Spinach and Mushrooms (185mg) Multigrain Roll (24g)(240mg) with Margarine Diced Peaches (14g) 1% Milk (12g)</p>	<p>20 <u>Fall Harvest Celebration</u> Cider Braised Beef (14g) with Apple Butter Sauce Buttermilk Mashed Potatoes (17g) Roasted Beets (13g)(309mg) with Fresh Dill Seasonal Apple (25g) Bran Muffin with Margarine (26g)(180mg) Cranberry Juice / 1% Milk (24g) / (12g)</p>	<p>21 Green Pepper Casserole (28g)(620mg) Scandinavian Vegetables Succotash (21g) Wheat Bread (12g) with Margarine Orange Juice (20g) Seedless Red Grapes (14g) 1% Milk (12g)</p>
<p>24 Fish Veracruz (301mg) Baked Beans (12g)(170mg) Seasoned Greens Multigrain Roll with Margarine (24g)(240mg) Orange (15g) 1% Milk (12g)</p>	<p>25 Tasty Beef and Mushrooms (625mg) Brown Rice (27g) Baby Lima Beans (18g) Hawaiian Dinner Roll (48g) with Margarine Cottage Cheese mixed with (20g)(183mg) Mandarin Oranges Foothills Trail Mix (13g) 1% Milk (12g)</p>	<p>26 Broccoli and Cheese (32g)(520mg) Stuffed Chicken Breast Mushroom, Barley, and Lentil Pilaf (37g)(173mg) Oregon Blend Vegetables Wheat Bread with Margarine (12g) Pineapple Chunks (28g) 1% Milk (12g)</p>	<p>27 <u>Guest Chef Day</u> Mile High Meat Lasagna (17g)(618mg) with Marinara Sauce Italian Vegetables Garlic Breadstick (23g)(240mg) Stewed Apricots (24g) Vanilla Pudding (25g) with Mixed Berries 1% Milk</p>	<p>28 Chicken Cassoulet (325mg) Spinach Gulay Apple Glazed Carrots (14g) French Bread with Margarine (17g)(192mg) Fruit Salad Combo (16g) Chocolate Chip Cookie (10g) 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
SEPTEMBER 2018**

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 align="center">These are the values for 33 1/3% of the Recommended Daily Allowance (RDA) for 70+:</p> <p align="center">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 align="center">*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 781 3</p> <p>Fat 26g</p> <p> Saturated Fat 7g</p> <p>Protein 33g</p> <p>Total Carbohydrates 111g</p> <p> Fiber 14g</p> <p>Sodium 763mg</p>	<p>Calories 910 4</p> <p>Fat 31g</p> <p> Saturated Fat 7g</p> <p>Protein 45g</p> <p>Total Carbohydrates 113g</p> <p> Fiber 10.5g</p> <p>Sodium 996mg</p>	<p>Calories 803 5</p> <p>Fat 29g</p> <p> Saturated Fat 11g</p> <p>Protein 44g</p> <p>Total Carbohydrates 98g</p> <p> Fiber 15.8g</p> <p>Sodium 975mg</p> <p align="right">MOW</p>	<p>Calories 850 6</p> <p>Fat 17g</p> <p> Saturated Fat 7g</p> <p>Protein 46g</p> <p>Total Carbohydrates 131g</p> <p> Fiber 13.6g</p> <p>Sodium 1187mg</p>	<p>Calories 976 7</p> <p>Fat 40g</p> <p> Saturated Fat 10g</p> <p>Protein 40g</p> <p>Total Carbohydrates 110g</p> <p> Fiber 10.5g</p> <p>Sodium 997mg</p> <p align="right">MOW</p>	
<p>Calories 876 10</p> <p>Fat 24g</p> <p> Saturated Fat 10g</p> <p>Protein 49g</p> <p>Total Carbohydrates 120g</p> <p> Fiber 12.7g</p> <p>Sodium 788mg</p>	<p>Calories 686 11</p> <p>Fat 26g</p> <p> Saturated Fat 7g</p> <p>Protein 39g</p> <p>Total Carbohydrates 76g</p> <p> Fiber 10.5g</p> <p>Sodium 765mg</p>	<p>Calories 910 12</p> <p>Fat 33g</p> <p> Saturated Fat 9g</p> <p>Protein 47g</p> <p>Total Carbohydrates 108g</p> <p> Fiber 12.6g</p> <p>Sodium 742mg</p> <p align="right">MOW</p>	<p>Calories 1008 13</p> <p>Fat 33g</p> <p> Saturated Fat 10g</p> <p>Protein 39g</p> <p>Total Carbohydrates 137g</p> <p> Fiber 12g</p> <p>Sodium 1222mg</p> <p align="right">MOW</p>	<p>Calories 874 14</p> <p>Fat 27g</p> <p> Saturated Fat 7g</p> <p>Protein 34g</p> <p>Total Carbohydrates 131g</p> <p> Fiber 10g</p> <p>Sodium 1035mg</p> <p align="right">MOW</p>	
<p>Calories 774 17</p> <p>Fat 29g</p> <p> Saturated Fat 8g</p> <p>Protein 47g</p> <p>Total Carbohydrates 81g</p> <p> Fiber 10g</p> <p>Sodium 871mg</p>	<p>Calories 714 18</p> <p>Fat 23g</p> <p> Saturated Fat 6g</p> <p>Protein 43g</p> <p>Total Carbohydrates 87g</p> <p> Fiber 9.8g</p> <p>Sodium 971mg</p> <p align="right">MOW</p>	<p>Calories 892 19</p> <p>Fat 43g</p> <p> Saturated Fat 11g</p> <p>Protein 40g</p> <p>Total Carbohydrates 90g</p> <p> Fiber 10g</p> <p>Sodium 806mg</p>	<p>Calories 901 20</p> <p>Fat 25g</p> <p> Saturated Fat 5g</p> <p>Protein 45g</p> <p>Total Carbohydrates 130g</p> <p> Fiber 11g</p> <p>Sodium 583mg</p>	<p>Calories 763 21</p> <p>Fat 20g</p> <p> Saturated Fat 5g</p> <p>Protein 35g</p> <p>Total Carbohydrates 113g</p> <p> Fiber 10.5g</p> <p>Sodium 965mg</p> <p align="right">MOW</p>	
<p>Calories 633 24</p> <p>Fat 16g</p> <p> Saturated Fat 3g</p> <p>Protein 48g</p> <p>Total Carbohydrates 74g</p> <p> Fiber 12.8g</p> <p>Sodium 948mg</p> <p align="right">MOW</p>	<p>Calories 863 25</p> <p>Fat 25g</p> <p> Saturated Fat 8g</p> <p>Protein 48g</p> <p>Total Carbohydrates 166g</p> <p> Fiber 10.6g</p> <p>Sodium 1052mg</p> <p align="right">MOW</p>	<p>Calories 892 26</p> <p>Fat 24g</p> <p> Saturated Fat 6g</p> <p>Protein 45g</p> <p>Total Carbohydrates 127g</p> <p> Fiber 15g</p> <p>Sodium 948mg</p>	<p>Calories 887 27</p> <p>Fat 33g</p> <p> Saturated Fat 11g</p> <p>Protein 40g</p> <p>Total Carbohydrates 110g</p> <p> Fiber 10g</p> <p>Sodium 1195mg</p> <p align="right">MOW</p>	<p>Calories 989 28</p> <p>Fat 49g</p> <p> Saturated Fat 3g</p> <p>Protein 57g</p> <p>Total Carbohydrates 82g</p> <p> Fiber 10.8g</p> <p>Sodium 859mg</p>	