






**VOLUNTEERS OF AMERICA COLORADO BRANCH  
EVERGREEN MEALS ON WHEELS MENU  
FEBRUARY 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>Did You Know?</b></p> <p>A person born on February 29 during a leap year is called a "leap ling" and will usually celebrate their birthday on either February 28, or March 1 in all non-leap years. The odds of being born on February 29 are 1 in 1,461 (or 0.068%) according to the Honor Society of Leap Year Day Babies.</p>  			<p>Western-Style Omelet Potatoes O'Brien Strawberry Applesauce Whole Grain Bread with Margarine Orange Juice 1% Milk</p>	<p>Rib Shaped Beef Patty with Spanish Braised Sauce Stewed Tomatoes Garden Peas Wheat Bread with Margarine Pineapple Chunks Chocolate Pudding 1% Milk</p>
<p>Huevos Rancheros (Eggs with chicken, potatoes, beans, and cheese) Cranberry Pears Whole Grain Bread with Margarine Orange Pineapple Juice 1% Milk</p>	<p>Pork Chop Patty with Classic Sauce Sweet Potatoes Brussel Sprouts Multigrain Roll with Margarine Apple 1% Milk</p>	<p>Chicken Parmesan Rosemary Potatoes Cheesy Spinach Whole Wheat Roll with Margarine Pineapple Chunks Raisin Nut Cup 1% Milk</p>	<p>Cavatappi Bolognese Tomatoes &amp; Sauce Italian Vegetables Breadstick Pineapple Tidbits 1% Milk</p>	<p>Chicken Stew Green Beans Apple Raisin Fruit Wheat Bread with Margarine Orange Oatmeal Cookie 1% Milk</p>
<p>Beef Marsala Potato Onion Souffle Squash and Mixed Vegetables Wheat Roll with Margarine Apple 1% Milk</p>	<p>Western Style Omelet Potatoes O'Brien Strawberry Applesauce Crisp Biscuit with Margarine Sliced Apricots Raisin Nut Cup 1% Milk</p>	<p>CranRaspberry Medallions of Turkey Broccoli, Cauliflower and Bean Medley Zucchini and Yellow Corn Wheat Bread with Margarine Orange Trail Mix 1% Milk</p>	<p>New York Steak Patty with Herb Gravy Garlic Mashed Potatoes Zucchini, Yellow Squash and Green Bean Medley Wheat Roll with Margarine Banana 1% Milk</p>	<p>Thai Ginger Chicken Breast Patty Oriental Rice Gingered Carrots Wheat Bread with Margarine Mandarin Oranges Fortune Cookie 1% Milk</p>
<p>Fish Filet Cheesy Mashed Potatoes Mixed Vegetables Banana Rye Bread with Margarine 1% Milk</p>	<p>Sliced Turkey with Gravy and Cornbread Dressing Butternut Squash Flat Beans Wheat Bread with Margarine Apple 1% Milk</p>	<p>Chargrilled Beef Patty with Pizzaioli Sauce Green Beans Pineapple Mandarin Fruit Whole Wheat Hamburger Bun Apple 1% Milk</p>	<p>Macaroni &amp; Cheese Seasoned Carrot Cuts Green Peas Breadstick Fresh Pear 1% Milk</p>	<p>Meatloaf with Apple Brown Gravy Skin on Potatoes Stewed Tomatoes Rye Bread with Margarine Banana Chocolate Brownie 1% Milk</p>
<p>Chicken Sausage and Bean Ragout Diced Sweet Potatoes Super Greens Salad French Bread with Margarine Fresh Grapes 1% Milk</p>	<p>Beef Patty with Gravy Mashed Potatoes Rutabaga with Red Pepper Multigrain Roll with Margarine Orange 1% Milk</p>	<p>Pork Riblet in BBQ Sauce Baked Beans with Tomatoes Corn with Red Peppers Wheat Roll with Margarine Banana 1% Milk</p>	 <p align="center">February is American Heart Health Month</p> <p align="center">February 2nd is National Ground Hog Day</p> <p align="center">February 17th is National Random Acts of Kindness Day</p>  	

Menu items may change without notice due to availability of items from suppliers.

**VOLUNTEERS OF AMERICA COLORADO BRANCH  
EVERGREEN MEALS ON WHEELS NUTRITION ANALYSIS  
FEBRUARY 2018**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
							1		2
						<b>Calories</b>	692	<b>Calories</b>	919
						<b>Fat</b>	23g	<b>Fat</b>	26g
						<b>Saturated Fat</b>	4g	<b>Saturated Fat</b>	8g
						<b>Protein</b>	30g	<b>Protein</b>	41g
						<b>Total Carbohydrates</b>	99g	<b>Total Carbohydrates</b>	132g
						<b>Fiber</b>	12g	<b>Fiber</b>	21g
						<b>Sodium</b>	694mg	<b>Sodium</b>	1034mg
							720		037
	5		6		7		8		9
<b>Calories</b>	745	<b>Calories</b>	700	<b>Calories</b>	851	<b>Calories</b>	624	<b>Calories</b>	877
<b>Fat</b>	25g	<b>Fat</b>	23g	<b>Fat</b>	32g	<b>Fat</b>	21g	<b>Fat</b>	20g
<b>Saturated Fat</b>	5g	<b>Saturated Fat</b>	6g	<b>Saturated Fat</b>	9g	<b>Saturated Fat</b>	5g	<b>Saturated Fat</b>	2g
<b>Protein</b>	36g	<b>Protein</b>	37g	<b>Protein</b>	42g	<b>Protein</b>	32g	<b>Protein</b>	52g
<b>Total Carbohydrates</b>	109g	<b>Total Carbohydrates</b>	93g	<b>Total Carbohydrates</b>	104g	<b>Total Carbohydrates</b>	78g	<b>Total Carbohydrates</b>	133g
<b>Fiber</b>	12g	<b>Fiber</b>	13g	<b>Fiber</b>	11g	<b>Fiber</b>	11g	<b>Fiber</b>	22g
<b>Sodium</b>	793mg	<b>Sodium</b>	900mg	<b>Sodium</b>	638mg	<b>Sodium</b>	593mg	<b>Sodium</b>	981mg
	705		654		655		565		656
	12		13		14		15		16
<b>Calories</b>	685	<b>Calories</b>	943	<b>Calories</b>	705	<b>Calories</b>	641	<b>Calories</b>	534
<b>Fat</b>	26g	<b>Fat</b>	38g	<b>Fat</b>	18.5g	<b>Fat</b>	22g	<b>Fat</b>	16.5g
<b>Saturated Fat</b>	7g	<b>Saturated Fat</b>	8g	<b>Saturated Fat</b>	3g	<b>Saturated Fat</b>	6g	<b>Saturated Fat</b>	4.5g
<b>Protein</b>	29g	<b>Protein</b>	32g	<b>Protein</b>	44g	<b>Protein</b>	30.5g	<b>Protein</b>	32g
<b>Total Carbohydrates</b>	88g	<b>Total Carbohydrates</b>	128g	<b>Total Carbohydrates</b>	105g	<b>Total Carbohydrates</b>	83g	<b>Total Carbohydrates</b>	74g
<b>Fiber</b>	13g	<b>Fiber</b>	10.5g	<b>Fiber</b>	16g	<b>Fiber</b>	10g	<b>Fiber</b>	12g
<b>Sodium</b>	756mg	<b>Sodium</b>	759mg	<b>Sodium</b>	775mg	<b>Sodium</b>	466mg	<b>Sodium</b>	455mg
	042		720		072		036		564
	19		20		21		22		23
<b>Calories</b>	822	<b>Calories</b>	655	<b>Calories</b>	690	<b>Calories</b>	673	<b>Calories</b>	817
<b>Fat</b>	17g	<b>Fat</b>	30g	<b>Fat</b>	20g	<b>Fat</b>	17g	<b>Fat</b>	31g
<b>Saturated Fat</b>	3g	<b>Saturated Fat</b>	2g	<b>Saturated Fat</b>	6g	<b>Saturated Fat</b>	7g	<b>Saturated Fat</b>	9g
<b>Protein</b>	35g	<b>Protein</b>	38g	<b>Protein</b>	32g	<b>Protein</b>	34g	<b>Protein</b>	32g
<b>Total Carbohydrates</b>	137g	<b>Total Carbohydrates</b>	99g	<b>Total Carbohydrates</b>	102g	<b>Total Carbohydrates</b>	102g	<b>Total Carbohydrates</b>	108g
<b>Fiber</b>	14.6g	<b>Fiber</b>	16g	<b>Fiber</b>	15g	<b>Fiber</b>	14g	<b>Fiber</b>	10.5g
<b>Sodium</b>	735mg	<b>Sodium</b>	833mg	<b>Sodium</b>	529mg	<b>Sodium</b>	718mg	<b>Sodium</b>	772mg
	653		078		034		106		044
	26		27		28	<p align="center"><b>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</b></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>			
<b>Calories</b>	823	<b>Calories</b>	777	<b>Calories</b>	781				
<b>Fat</b>	29.5g	<b>Fat</b>	25g	<b>Fat</b>	25g				
<b>Saturated Fat</b>	6g	<b>Saturated Fat</b>	6.3g	<b>Saturated Fat</b>	7g				
<b>Protein</b>	36.5g	<b>Protein</b>	38g	<b>Protein</b>	32.5g				
<b>Total Carbohydrates</b>	89g	<b>Total Carbohydrates</b>	103	<b>Total Carbohydrates</b>	111g				
<b>Fiber</b>	12g	<b>Fiber</b>	12g	<b>Fiber</b>	15g				
<b>Sodium</b>	1122mg	<b>Sodium</b>	819mg	<b>Sodium</b>	729mg				
	533		030		087				
<b>Nutrition analysis provided by the Volunteers of America Registered Dietitian. For nutrition questions, please call 303-297-0408, ext. 13124.</b>									