


Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>Vegetable Lasagna Green Beans WW Roll and Butter Banana</p> <p></p>	<p>4</p> <p>Savory Meatloaf Scalloped Potatoes Green Peas Biscuit and Butter Peaches</p>	<p>5</p> <p>Chef Salad with Turkey, Ham, and Cheese Light Ranch Dressing WW Roll and Butter Raisin Nut Cup Orange</p>	<p>6</p> <p>Pork Chow Mein Brown Rice Asian Vegetable Blend Cottage Cheese and Pineapple Fresh Pear Fortune Cookie</p>	<p>7</p> <p>Cabbage Roll Mixed Vegetables Rye Bread and Butter Cottage Cheese Raisin Nut Cup Tropical Fruit</p>
<p>10</p> <p>Chicken and Dumplings Mashed Potatoes Peas and Red Peppers WW Bread and Butter Mandarin Oranges</p>	<p>11</p> <p>Tuna Noodle Casserole Tossed Vegetable Salad Lite Italian Dressing Rye Bread and Butter Pear Chocolate Pudding</p>	<p>12</p> <p>Scalloped Potatoes and Ham Brussels Sprouts WW Bread and Butter Peaches</p>	<p>13</p> <p>Garden Chili Wheat Crackers Applesauce Waldorf Salad Corn Bread and Butter Pineapple Juice</p> <p></p>	<p>14</p> <p>Chicken Cordon Bleu Mashed Potatoes Green Beans Tossed Salad w Dressing WW Roll and Butter Pineapple Tidbits</p>
<p>17</p> <p>Spaghetti & Meatballs with Marinara Italian Salad w Dressing Italian Vegetable Blend WW Roll and Butter Apple</p>	<p>18</p> <p>Stuffed Peppers California Vegetable Blend Sweet Yellow Corn WW Bread & Butter Pear</p>	<p>19</p> <p>Penne Pasta with Marinara Spinach and Mushroom Salad Lite Italian Dressing WW Roll & Butter Banana</p> <p></p>	<p>20</p> <p>Chicken Fajita with Salsa, Sour Cream, Cheese WW Tortilla Lettuce and Tomato Spanish Rice and Pinto Beans Tropical Fruit</p>	<p>21</p> <p>Chili Relleno Casserole Salsa and Sour Cream Brown Rice and Succotash Raisin Nut Cup Cottage Cheese Tropical Fruit</p> <p></p>
<p>24</p> <p>Turkey and Wild Rice Soup Succotash WW Roll and Butter Raisin Nut Cup Orange</p>	<p>25</p> <p>Honey Glazed BBQ Chicken Macaroni Salad California Vegetables WW Roll and Butter Peaches</p>	<p>26</p> <p>Open Faced Hot Turkey Sandwich with Gravy Whipped Potatoes Tossed Salad w Dressing Pear Peanut Butter Cookie</p>	<p>27</p> <p>Past Pork with Fruit Glaze Rosemary Potatoes Broccoli Rye Bread and Butter Peaches Cake</p> <p></p>	<p>28</p> <p>Hungarian Goulash Green Salad w/ Ranch Dressing Oven Potato Fries Orange Cake</p>
<p>31</p> <p>Yankee Pot Roast Mashed Potatoes and Gravy Maple Glazed Carrots Rye Bread & Butter Pineapple Tidbits Cranberry Oatmeal Cookie</p>			<p> Birthday Cake Served: 10/27 – Bell,SL2,North,FCSC,Oak2* 10/28 – SL1,Chil,Well,Oak1*</p> <p></p>	

*Items may change without notice due to availability from suppliers
* Call us with any food allergy questions at 970-472-9630

Milk, tea, and coffee are complimentary with all meals. Lunch is served at noon.

Please make reservations & cancellations by 1:30pm the day before you wish to attend by speaking to a desk volunteer or call 970-472-9630

Suggested donation for those age 60 or older is \$2.50 • Guests under the age of 60 must pay \$13.50

Mon	Tue	Wed	Thu	Fri
3 Calories – 717 Protein – 33g Carb – 113g Fat – 16g Sodium – 905mg Fiber – 11.6g	4 Calories – 1034 Protein – 53g Carb – 115g Fat – 42g Sodium – 665mg Fiber – 12g	5 Calories – 787 Protein – 38g Carb – 95g Fat – 33g Sodium – 665mg Fiber – 12.6g	6 Calories – 623 Protein – 36g Carb – 102g Fat – 10g Sodium – 834 mg Fiber – 12g	7 Calories – 698 Protein – 41g Carb – 89g Fat – 22g Sodium – 836g Fiber – 9.6g
10 Calories – 737 Protein – 44g Carb – 115g Fat – 13g Sodium – 785mg Fiber – 11.2g	11 Calories – 998 Protein – 49g Carb – 130g Fat – 33g Sodium – 1142mg Fiber – 13.5	12 Calories – 664 Protein – 36g Carb – 80g Fat – 24g Sodium – 982mg Fiber – 9.6mg	13 Calories – 696 Protein – 23g Carb – 104g Fat – 23g Sodium – 758mg Fiber – 11g	14 Calories – 879 Protein – 55g Carb – 102g Fat – 28g Sodium – 874mg Fiber – 10g
17 Calories – 1027 Protein – 48g Carb – 124g Fat – 38g Sodium – 835mg Fiber – 14g	18 Calories – 605 Protein – 24g Carb – 89g Fat – 19g Sodium – 1120mg Fiber – 15g	19 Calories – 596 Protein – 22g Carb – 104g Fat – 12g Sodium – 994mg Fiber – 13.5g	20 Calories – 919 Protein – 55g Carb – 130g Fat – 22g Sodium – 870mg Fiber – 19g	21 Calories – 871 Protein – 45g Carb – 115g Fat – 29g Sodium – 824mg Fiber – 15.4g
24 Calories – 732 Protein – 33g Carb – 103g Fat – 29g Sodium – 380mg Fiber – 13.61g	25 Calories – 885 Protein – 51g Carb – 120g Fat – 26g Sodium – 674mg Fiber – 10.5g	26 Calories – 884 Protein – 48g Carb – 108g Fat – 30g Sodium – 601mg Fiber – 14g	27 Calories – 807 Protein – 54g Carb – 74g Fat – 34g Sod – 431mg Fiber – 9.8g With Cake: Cal – 1114 Protein – 58g Carb – 113g Fat – 57g Sod – 911g Fiber – 11.8g	28 Calories – 612 Protein – 30g Carb – 85g Fat – 20.5g Sod – 569mg Fiber – 12g With Cake: Cal – 982 Protein – 34g Carb – 124g Fat – 43.5g Sod – 1049mg Fiber – 14g
31 Calories – 1030 Protein – 57g Carb – 130g Fat – 33g Sodium – 643mg Fiber – 9.7g		<p>Did you know VOA meals provide 1/3 of seniors' Recommended Daily Allowance (RDA)? Each meals provides the following: Calories ≥ 667; Fiber ≥ 9.5 grams; Protein ≥ 33 grams; Saturated Fat < 8 grams; Carbohydrates ≥ 92 grams; Sodium < 1200 mg</p> <p><small>*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%)</small></p>		

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