

VOLUNTEERS OF AMERICA COLORADO DINING CENTER MENU JUNE 2025														
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
Chicken Tinga Taco on a Whole Wheat Tortilla with Pico de Gallo Ranch Style Beans Three-Way Mixed Vegetables Mandarin Oranges 1% Milk	(411mg) (22g){130mg} (22g){146mg} (17g) (12g)	2	<u>Summer Daze Menu</u> Four-Cheese Burger on a Potato Bun with Lettuce & Tomato Colorado Baked Beans Cabbage with Red Peppers Apple 1% Milk	(49g){134mg} (12g){170mg} (25g) (12g)	3	Rosemary Dijon Steak Salad Chuckwagon Corn Zucchini and Tomatoes Hawaiian Baked Roll with Margarine Banana 1% Milk	(15g){782mg) (23g) {125mg) (48g) (23g) (12g)	4	<u>Manager's Special</u> Creamy Chicken and Baked Ziti Cape Cod Vegetable Peas Bran Muffin with Margarine Honeydew and Cantaloupe 1% Milk	(21g){522mg) (11g) (25g) (25g){289mg) (12g)	5	Stuffed Shells with Meat Sauce Canellini Beans Italian Vegetables Garlic Knot with Margarine Orange Brownie 1% Milk	(47g){103mg) (14g){312mg) (19g){220mg) (15g) (35g){180mg) (12g)	6
Smothered Pork Cutlet with Brown Gravy Baked Beans Country Vegetable Blend Whole Grain Roll with Margarine Sliced Pears Orange Juice 1% Milk	(147mg) (11g){140mg) (11g) (21g){260mg) (21g) (11g) (12g)	9	<u>Summer Daze Menu</u> Honey BBQ Chicken Cauliflower and Carrots Au Gratin Potatoes Cornbread with Margarine Apple Oatmeal Cookie 1% Milk	(105g){435mg) (19g){156mg) (27g){300mg) (25g) (11g) (12g)	10	Dijon Tarragon Chicken Salad Mixed Fruit Salad Napa Cabbage Slaw Wheat Bagel with Margarine Nectarine 1% Milk	(584mg) (43g) (10g) (33g){200mg) (15g) (12g)	11	<u>Celebrating Fathers and Grandfathers</u> Chicken Fried Steak with Country Gravy Whipped Potatoes Seasoned Green Beans Hawaiian Roll with Margarine Orange Sugar Cookie 1% Milk	(26g){520mg) (44g) (48g) (15g) (18g) (12g)	12	Frito Chili Pie (Chips, Cheese, Sour Cream) Spanish Rice Zucchini and Tomatoes Pineapple Tidbits 1% Milk	(19g){293mg) (17g) (15g) (12g)	13
Pastitsio Pasta Napoli Vegetables Harvard Beets Hawaiian Roll with Margarine Peach Pudding 1% Milk	(29g){470mg) (10g) (17g){264mg) (48g) (14g) (23g){151mg) (12g)	16	<u>Summer Daze Menu</u> Meatball Marinara Sub on a Whole Wheat Hoagie Roll Rosemary Parmesan Potatoes California Vegetable Blend Apple 1% Milk	(44g){807mg) (17g) (25g) (12g)	17	Pork Chop with Homestyle Gravy Capri Vegetables Roasted Potato Medley Whole Grain Roll with Margarine Citrus Fruit Cup 1% Milk	(190mg) (21g){260mg) (12g) (12g)	18	<u>Juneteenth</u> 					

VOLUNTEERS OF AMERICA COLORADO DINING CENTER NUTRITION ANALYSIS JUNE 2025									
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
Calories	588	Calories	874	Calories	618	Calories	807	Calories	1018
Fat	13g	Fat	39g	Fat	14g	Fat	21g	Fat	30g
Saturated Fat	4g	Saturated Fat	10g	Saturated Fat	4.5g	Saturated Fat	5g	Saturated Fat	9g
Protein	29g	Protein	32g	Protein	34g	Protein	48g	Protein	39g
Total Carbohydrates	92g	Total Carbohydrates	103g	Total Carbohydrates	128g	Total Carbohydrates	102g	Total Carbohydrates	151g
Fiber	11g	Fiber	12g	Fiber	13g	Fiber	15g	Fiber	18g
Sodium	836mg	Sodium	1589	Sodium	1169mg	Sodium	891mg	Sodium	965mg
9		10		11		12		13	
Calories	812	Calories	1521	Calories	1131	Calories	934	Calories	728
Fat	35g	Fat	57g	Fat	30g	Fat	40g	Fat	27g
Saturated Fat	9g	Saturated Fat	6g	Saturated Fat	6g	Saturated Fat	14g	Saturated Fat	9g
Protein	35g	Protein	57g	Protein	102g	Protein	34g	Protein	43g
Total Carbohydrates	90g	Total Carbohydrates	206g	Total Carbohydrates	117g	Total Carbohydrates	144g	Total Carbohydrates	77g
Fiber	10g	Fiber	12.3g	Fiber	10g	Fiber	13g	Fiber	9.5g
Sodium	714mg	Sodium	1100mg	Sodium	961mg	Sodium	864mg	Sodium	636mg
16		17		18		19		20	
Calories	1036	Calories	864	Calories	839	VOA Closed Juneteenth		Calories	705
Fat	33g	Fat	24g	Fat	35g			Fat	24
Saturated Fat	10g	Saturated Fat	6g	Saturated Fat	9g			Saturated Fat	5g
Protein	39g	Protein	38g	Protein	54g			Protein	39g
Total Carbohydrates	180g	Total Carbohydrates	131g	Total Carbohydrates	78g			Total Carbohydrates	88g
Fiber	12g	Fiber	15g	Fiber	10g	Fiber	11g	Fiber	11g
Sodium	1149mg	Sodium	1195mg	Sodium	746mg			Sodium	613mg
23		24		25		26		27	
Calories	767	Calories	822	Calories	759	Calories	855	Calories	1146
Fat	29g	Fat	31g	Fat	22g	Fat	33g	Fat	52g
Saturated Fat	9g	Saturated Fat	3g	Saturated Fat	4g	Saturated Fat	8g	Saturated Fat	4g
Protein	36g	Protein	31g	Protein	46g	Protein	31g	Protein	61g
Total Carbohydrates	95g	Total Carbohydrates	111g	Total Carbohydrates	98g	Total Carbohydrates	111g	Total Carbohydrates	114g
Fiber	11g	Fiber	16g	Fiber	10g	Fiber	9g	Fiber	16g
Sodium	965mg	Sodium	1095mg	Sodium	795mg	Sodium	1021mg	Sodium	1020mg
30									
Calories	1743	<div>♥ Heart Healthy diet <800mg sodium, lower fat and saturated fat</div> <div>🍏 Diabetic friendly <800mg sodium, carbs 65-67g)</div>				<div>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</div> <div>*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%)</div>			
Fat	153g								
Saturated Fat	13g								
Protein	23g								
Total Carbohydrates	95g								
Fiber	13g								
Sodium	702mg								
For Questions or Concerns regarding the Menu analysis, please contact a VOA Dietitian at 303-297-0408									