VOLUNTEERS OF AMERICA COLORADO DINING CENTER MENU JUNE 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Chicken Tinga Taco	{411mg}	2 <u>Summer Daze Menu</u>	3 Rosen	nary Dijon Steak Salad	(15g){782mg}	4 <u>Manager's Special</u>		5 Stuffed Shells with Meat Sauce	(47g){103mg} 6
on a Whole Wheat Tortilla	(22g){130mg}	Four-Cheese Burger	(49g){134mg} Chuck	wagon Corn	(23g)	Creamy Chicken and Baked Ziti	(21g){522mg}	Canellini Beans	(14g){312mg}
with Pico de Gallo		on a Potato Bun	Zucch	ini and Tomatoes	{125mg}	Cape Cod Vegetable	(11g)	Italian Vegetables	
Ranch Style Beans	(22g){146mg}	with Lettuce & Tomato	Hawai	ian Baked Roll with Margarine	(48g)	Peas	(25g)	Garlic Knot with Margarine	(19g){220mg}
Three-Way Mixed Vegetables		Colorado Baked Beans	(12g){170mg} Banan	a	(23g)	Bran Muffin with Margarine	(25g){289mg}	Orange	(15g)
Mandarin Oranges	(17g)	Cabbage with Red Peppers	1% Mil	k	(12g)	Honeydew and Cantaloupe		Brownie	(35g){180mg}
1% Milk	(12g)	Apple	(25g)			1% Milk	(12g)	1% Milk	(12g)
		1% Milk	(12g)						
Smothered Pork Cutlet	{147mg}	9 <u>Summer Daze Menu</u>	10 Dijon	Tarragon Chicken Salad	{584mg}	11 <u>Celebrating Fathers and Grandfathers</u>		2 Frito Chili Pie	(19g){293mg} 13
with Brown Gravy		Honey BBQ Chicken	(105g){435mg} Mixed	Fruit Salad	(43g)	Chicken Fried Steak with Country Gravy	(26g){520mg}	(Chips, Cheese, Sour Cream)	
Baked Beans	(11g){140mg}	Cauliflower and Carrots	Napa (Cabbage Slaw	(10g)	Whipped Potatoes	(44g)	Spanish Rice	(17g)
Country Vegetable Blend	(11g)	Au Gratin Potatoes	(19g){156mg} Wheat	Bagel with Margarine	(33g){200mg)	Seasoned Green Beans		Zucchini and Tomatoes	
Whole Grain Roll with Margarine	(21g){260mg}	Cornbread with Margarine	(27g){300mg} Nectar	ine	(15g)	Hawaiian Roll with Margarine	(48g)	Pineapple Tidbits	(15g)
Sliced Pears	(21g)	Apple	(25g) 1% Mil	k	(12g)	Orange	(15g)	1% Milk	(12g)
Orange Juice	(11g)	Oatmeal Cookie	(11g)			Sugar Cookie	(18g)		
1% Milk	(12g)	1% Milk	(12g)			1% Milk	(12g)		
Pastitsio Pasta	(29g){470mg}	16 <u>Summer Daze Menu</u>		Chop with Homestyle Gravy	{190mg}	18 <u>Juneteenth</u>	1	9 Cheesy Wild Rice and Turkey Casserole	(13g){223mg} 20
Napoli Vegetables	(10g)	Meatball Marinara Sub		Vegetables				Scandanavian Vegetable Blend	
Harvard Beets	(17g){264mg}	on a Whole Wheat Hoagie Roll		ed Potato Medley				Sweet Corn and Asparagus	(15g)
Hawaiian Roll with Margarine	(48g)	Rosemary Parmesan Potatoes	, 5,	Grain Roll with Margarine	(21g){260mg}			9-Grain Bread with Margarine	(30g){220mg}
Peach	(14g)	California Vegetable Blend		Fruit Cup	(12g)	VOA Closed Juneteenth		Cinnamon Applesauce	(13g)
Pudding	(23g){151mg}	Apple	(25g) 1% Mil	k	(12g)			1% Milk	(12g)
1% Milk	(12g)	1% Milk	(12g)						
Salisbury Steak with Onion Gravy	(13g){498mg}	23 <u>Summer Daze Menu</u>	24 Baked	Fish with Lemon, Garlic,	{280mg}	25 <u>Breakfast for Lunch</u>	2	6 Southwest Chicken Catalina	(11g0{453mg} 27
Au Gratin Potatoes	(19g){156mg}	Chicken Tenders with Honey Mustard	(22g){440mg} and	Rosemary Sauce		Corned Beef Hash with Fried Egg	{744mg}	Corn and Zucchini Mexicana	(16g)
Vegetable Bean Medley		Potato Wedges	(26g) Mushr	oom Barley Pilaf	(23g){176mg}	Potatoes O'Brien	(16g)	Borracho Beans	(11g){109mg}
Whole Wheat Roll with Margarine	(24g){240mg}	Roasted Broccoli and Chickpea Salad	Roaste	ed Brussels Sprouts		Warm Fruit Compote	(38g)	Cornbread with Margarine	(27g){300mg}
Pears	(14g)	Multigrain Roll with Margarine	(24g){240mg} Rye B	read with Margarine	(15g){192mg}	Blueberry Muffin with Margarine	(26g)	Kiwi	(10g)
Orange Juice	(21g)	Citrus Fruit Cup	(12g) Cinnai	mon Pears	(15g)	Clementine	(15g)	1% Milk	(12g)
1% Milk	(12g)	1% Milk	(12g) Raisin	Nut Cup	(18g)	1% Milk	(12g)		
			1% M il	k	(12g)				
Pasta Primavera	(26g){473mg}	30		4.4					N/A
				A A A					



Spiced Peaches Roasted Cauliflower

Foothills Trailmix

1% Milk

Italian Bread with Margarine Strawberry Applesauce

(15g)

(13g)

(12g)

Juneteenth, Thursday, June 19th!

Happy Father's Day, Sunday, June 15th!

First day of Summer, Friday June 20th!





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

The following major food allergens are used as ingredients: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame. Please notify staff for more information about these ingredients

The number in (parenthesis) indicates the grams of carbohydrate per menu item. Carbohydrates are unlisted unless they are greater than 10g. The number listed In (brackets) indicates the mg sodium per menu item. Sodium is unlisted unless it is greater than 140mg.

VOLUNTEERS OF AMERICA COLORADO DINING CENTER NUTRITION ANALYSIS JUNE 2025

MONDAY		TUESDA	١Y	WEDNESDAY		THURS	FRIDAY					
		2		3		4		5			-	
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		Sodium	1589	Sodium	1169mg	Sodium	891mg	Sodium		_		
Socium	836mg	Socium	1369	Socium	riosing	Socium	oainig	Socium		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		
	· · · · · · · · · · · · · · · · · · ·					· ·	v	- Courann	ॐ			
		16		17		18	,	19			20	
Calories	1036	Calories	864	Calories	839			Calories		705		
Fat	33g	Fat	24g	Fat	35g			Fat		24		
Saturated Fat	10g	Saturated Fat	6g	Saturated Fat	9g	VOA CI	osed	Saturated Fat		5g		
Protein	39g	Protein	38g	Protein	54g	Junete	enth	Protein		39g		
Total Carbohydrates	180g	Total Carbohydrates	131g	Total Carbohydrates	78g			Total Carbohydrates		88g		
Fiber	12g	Fiber	15g	Fiber	10g			Fiber		11g		
Sodium	1149mg	Sodium	1195mg	Sodium	746mg			Sodium		613mg		
Jodium	9	- Courant		o a a a a a a a a a a a a a a a a a a a	9			- Courann	*	o.og		
		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	1	1020mg		
		20		₩	1		Those one the	luga for 22 4/20/ of the				
Calarias	1743	30				5		lues for 33 1/3% of the	•			
Calories			20	Hand Hankley d. c		, l	•	Allowance (RDA) for 70+	•			
Fat	153g		•	Heart Healthy diet	-		Calories: 667+ Fiber: 9.5 grams Protein: 33 grams Saturated Fat: less than 8 grams					
Saturated Fat	13g		<800mg sod	ium, lower fat and saturated fat			_		_	าร		
Protein	23g							s Sodium: less than 120				
Total Carbohydrates	95g			Diabetic friendly			•	ronutrient distribution of cal		ed on:		
Fiber	13g		<800m	ng sodium, carbs 65-67g)	sodium, carbs 65-67g) 20%			protein (RDA 10-25%), 25% total fat (RDA 20-35%),				
		1				1	EEO/ carbabyd	rates (RDA 45-65%)				
Sodium	702mg						55% Carbonyu	Tales (RDA 45-65%)				