



VOLUNTEERS OF AMERICA COLORADO  
DINING CENTER MENU  
MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Happy Cinco de Mayo, May 5th!  Happy Mother's Day, May 11th!  Memorial Day, May 26th		<u>May Day</u> Peachy Coconut Chicken (17g){211mg} Coconut Rice (31g) Succotash (11g) Hawaiian Roll with Margarine (48g) Orange (15g) Vanilla Pudding with Berries (18g){107mg} 1% Milk (12g)	1 Chicken a la Crème (27g){260mg} 2 French Rice Pilaf (16g) Glazed Carrots (11g) Whole Wheat French Bread (24g){180mg} with Margarine Apple (25g) Grape Juice (19g) 1% Milk (12g)
Hamburger (28g){440mg} on a Whole Wheat Bun Ketchup, Mustard, Lettuce, Tomato Cauliflower and Carrots Baked Beans (12g){170mg} Applesauce (13g) 1% Milk (12g)	5 Greek Salad with Chicken (31g){418mg} Lemon Risotto Peperonata (15g) Multigrain Roll with Margarine Banana (24g) 1% Milk (12g)	6 Ginger Teriyaki Pork Ribs (24g){491mg} 5-Spice Potatoes (17g) Island Vegetable Blend (10g) Hawaiian Roll with Margarine (40g) 1% Milk (12g) Apple (25g)	7 <u>Celebrating Mothers and Grandmothers</u> Roasted Turkey with Gravy Mashed Sweet Potatoes (30g) Peas with Pearl Onions (14g) Wheat Roll with Margarine (14g){146mg} Tropical Fruit (15g) Sugar Cookie (17g) 1% Milk (12g)	8 Fish with Veloute Sauce (17g){412mg} 9 Walnut Rice Pilaf (10g){116mg} Carribean Vegetable Blend Multigrain Roll with Margarine (14g){146mg} Orange (15g) Brownie (39g){153mg} 1% Milk (12g)
Cheese Ravioli with Meat Sauce (26g){434mg} Italian Vegetables Herbed Green Beans Whole Wheat Bread with Margarine (12g) Diced Apricots (15g) 1% Milk (12g)	12 Southwest Chicken Catalina (11g0){453mg} Corn and Zucchini Mexicana (16g) Brussel Sprouts Cornbread with Margarine (27g){300mg} Kiwi (10g) 1% Milk (12g)	13 Beef and Sausage (12g){370mg} with Red Beans Corn Maque Choux (28g) Seasoned Collard Greens Whole Wheat Roll with Margarine (14g){146mg} Tropical Fruit (15g) 1% Milk (12g)	14 <u>Roman Getaway</u> Chicken Cacciatore (430mg) with Whole Wheat Spaghetti (30g) Italian Vegetable Blend French Bread with Margarine (49g){375mg} Orange (15g) Tiramisu (41g) 1% Milk (12g)	15 Waldorf Chicken Salad (15g){276mg} 16 Malibu Salad Walnut Rice Pilaf (10g){116mg} Wheat Dinner Roll with Margarine (14g){146mg} Applesauce Foothills Trail Mix (13g) 1% Milk (12g)
Tandoori Chicken (191mg) Basmati Rice (66g) Savory Chickpea Stew (14g){111mg} Pita Bread with Margarine (21g){310mg} Peach Mango Compote (12g) 1% Milk (12g)	19 Salisbury Steak (478mg) with Marsala Sauce Noodles Romanoff Italian Vegetables Whole Wheat Roll with Margarine (14g){146mg} Mandarin Oranges (18g) Raisin Nut Cup (18g) 1% Milk (12g)	20 Pork and Green Chili Stew (12g){255mg} Borracho Beans (12g) Parslied Carrots Buttermilk Biscuit with Margarine (14g){290mg} Banana (29g) 1% Milk (12g)	21 <u>Memorial Weekend Celebration</u> Cheeseburger (28g){690mg} on a Whole Wheat Bun Ketchup, Lettuce, Tomato Whole Kernel Corn (16g) Parsley Buttered New Potatoes (12g) Diced Pears (16g) Foothills Trail Mix (13g) 1% Milk (12g)	22 Chicken Fried Steak (21g){380mg} 23 Whipped Potatoes (27g) 165mg) with Country Gravy Seasoned Spinach 9-Grain Bread with Margarine (30g){220mg} Spiced Peaches (20g) 1% Milk (12g)
Memorial Day Holiday  Dining Centers Closed	26 Turkey Meatballs (10g){507mg} in Pesto Cream Sauce Orzo Pilaf (15g) Italian Stewed Tomatoes 9-Grain Bread with Margarine (30g){220mg} Apricot Halves (17g) 1% Milk (12g)	27 Mediterranean Tuna Fritter (13g){200mg} Santa Barbara Vegetable Blend Roasted Sweet Potato (13g) Wheat Bread with Margarine (15g) {193mg} Mandarin Oranges (18g) Foot Hills Trail Mix (13g) 1% Milk (12g)	28 <u>Hawaiian Luau</u> Sweet and Sour Sausage (24g){758mg} Steamed Brown Rice (27g) Caribbean Vegetable Blend Hawaiian Roll with Margarine (48g) Tropical Fruit (15g) Tapioca Pudding (24g){160mg} 1% Milk (12g)	29 Brunswick Stew (41g){583mg} 30 Seasoned Greens Warm Cinnamon Apples (14g) Cornbread with Margarine (27g){300mg} Pineapple Tidbits (15g) 1% Milk (12g)

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  
MAY 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<div>These are the values for 33 1/3% of the Recommended Daily Allowance (RDA) for 70+:</div> <div>Calories: 667+    Fiber: 9.5 grams</div> <div>Protein: 33 grams    Saturated Fat: less than 8 grams</div> <div>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>						1		2	
						Calories 948		Calories 752	
						Fat 29g		Fat 15g	
						Saturated Fat 10g		Saturated Fat 3g	
						Protein 53g		Protein 44g	
						Total Carbohydrates 153g		Total Carbohydrates 110g	
						Fiber 11g		Fiber 10g	
						Sodium 531mg		Sodium 739mg	
5		6		7		8		9	
Calories 717		Calories 585		Calories 870		Calories 813		Calories 1037	
Fat 26g		Fat 12g		Fat 28g		Fat 22g		Fat 30g	
Saturated Fat 8g		Saturated Fat 2g		Saturated Fat 7g		Saturated Fat 8g		Saturated Fat 7g	
Protein 40g		Protein 30g		Protein 54g		Protein 48g		Protein 70g	
Total Carbohydrates 86g		Total Carbohydrates 94g		Total Carbohydrates 136g		Total Carbohydrates 107g		Total Carbohydrates 124g	
Fiber 13g		Fiber 9g		Fiber 11.5g		Fiber 10.5g		Fiber 10g	
Sodium 780mg		Sodium 755mg		Sodium 860mg		Sodium 614mg		Sodium 1084mg	
12		13		14		15		16	
Calories 681		Calories 1139		Calories 849		Calories 1461		Calories 741	
Fat 24g		Fat 54g		Fat 38g		Fat 52g		Fat 18g	
Saturated Fat 8g		Saturated Fat 4g		Saturated Fat 9g		Saturated Fat 20g		Saturated Fat 5g	
Protein 36g		Protein 61g		Protein 41g		Protein 106g		Protein 59g	
Total Carbohydrates 80g		Total Carbohydrates 111g		Total Carbohydrates 87g		Total Carbohydrates 142g		Total Carbohydrates 85g	
Fiber 11g		Fiber 16g		Fiber 12g		Fiber 16g		Fiber 10g	
Sodium 714mg		Sodium 925mg		Sodium 804mg		Sodium 799mg		Sodium 758mg	
19		20		21		22		23	
Calories 1091		Calories 846		Calories 656		Calories 911		Calories 911	
Fat 45g		Fat 38g		Fat 24g		Fat 39g		Fat 37g	
Saturated Fat 9g		Saturated Fat 10g		Saturated Fat 7g		Saturated Fat 12.4g		Saturated Fat 11g	
Protein 56g		Protein 40g		Protein 32g		Protein 46g		Protein 37.5g	
Total Carbohydrates 123g		Total Carbohydrates 90g		Total Carbohydrates 80g		Total Carbohydrates 97g		Total Carbohydrates 112g	
Fiber 11g		Fiber 10g		Fiber 12g		Fiber 11.8g		Fiber 12g	
Sodium 575mg		Sodium 838mg		Sodium 838mg		Sodium 798mg		Sodium 1028mg	
26		27		28		29		30	
<div>Dining Centers Closed</div> <div>Memorial Day Holiday</div>		Calories 732		Calories 631		Calories 909		Calories 802	
		Fat 24g		Fat 20g		Fat 32g		Fat 24g	
		Saturated Fat 4g		Saturated Fat 3g		Saturated Fat 7g		Saturated Fat 5g	
		Protein 38g		Protein 28g		Protein 28g		Protein 33g	
		Total Carbohydrates 93g		Total Carbohydrates 85g		Total Carbohydrates 159g		Total Carbohydrates 115g	
		Fiber 11g		Fiber 10.5g		Fiber 7.5g		Fiber 11.7g	
		Sodium 913mg		Sodium 562mg		Sodium 1172mg		Sodium 1139mg	