VOLUNTEERS OF AMERICA COLORADO MEALS ON WHEELS MENU

JU	NE	201	25

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Chicken Tinga Taco	{411mg}	2 <u>Summer Daze Menu</u>		3 Son of a Gun Beef Stew	(10g{122mg}	4 <u>Manager's Special</u>	;	5 Stuffed Shells with Meat Sauce	(47g){103mg}
on a Whole Wheat Tortilla	(22g){130mg}	Four-Cheese Burger	(49g){134mg}	Chuckwagon Corn	(23g)	Creamy Chicken and Baked Ziti	(21g){522mg}	Canellini Beans	(14g){312mg}
with Pico de Gallo		on a Potato Bun		Zucchini and Tomatoes	{125mg}	Cape Cod Vegetable	(11g)	Italian Vegetables	
Ranch Style Beans	(22g){146mg}	with Lettuce & Tomato		Hawaiian Baked Roll with Margarine	(48g)	Peas	(25g)	Garlic Knot with Margarine	(19g){220mg}
Three-Way Mixed Vegetables		Colorado Baked Beans	(12g){170mg}	Banana	(23g)	Bran Muffin with Margarine	(25g){289mg}	Orange	(15g)
Mandarin Oranges	(17g)	Cabbage with Red Peppers		1% Milk	(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 Grandfa</u>	thers 1:	² Frito Chili Pie	(19g){293mg}
with Brown Gravy		Meatball Marinara Sub	(44g){807mg}	Mixed Fruit Salad	(43g)	Chicken Fried Steak with Country Gravy	(26g){520mg}	(Chips, Cheese, Sour Cream)	
Baked Beans	(11g){140mg}	on a Whole Wheat Hoagie Roll		Napa Cabbage Slaw	(10g)	Whipped Potatoes	(44g)	Spanish Rice	(17g)
Country Vegetable Blend	(11g)	Rosemary Parmesan Potatoes	(17g)	Wheat Bagel with Margarine	(33g){200mg)	Seasoned Green Beans		Zucchini and Tomatoes	
Whole Grain Roll with Margarine	(21g){260mg}	California Veg Blend		Nectarine	(15g)	Hawaiian Roll with Margarine	(48g)	Pineapple Tidbits	(15g)
Sliced Pears	(21g)	Apple	(25g)	1% Milk	(12g)	Orange	(15g)	1% Milk	(12g)
Orange Juice	(11g)	1% Milk	(12g)			Sugar Cookie	(18g)		
1% Milk	(12g)					1% Milk	(12g)		
Pastitsio Pasta	(29g){470mg}	16 <u>Summer Daze Menu</u>		17 Pork Chop with Homestyle Gravy	{190mg}	18 <u>VOA Closed Juneteenth - Delivere</u>	e <u>d 6/18</u> 19	9 Cheesy Wild Rice and Turkey Casserole	(13g){223mg}
Napoli Vegetables	(10g)	Honey BBQ Chicken	(105g){435mg}	Capri Vegetables		Oven Fried Chicken	(27g){405mg}	Scandanavian Vegetable Blend	
Harvard Beets	(17g){264mg}	Cauliflower and Carrots		Roasted Potato Medley		Macaroni & Cheese	(29g){380mg}	Sweet Corn and Asparagus	(15g)
Hawaiian Roll with Margarine	(48g)	Au Gratin Potatoes	(19g){156mg}	Whole Grain Roll with Margarine	(21g){260mg}	Slow Cooked Green Beans		9-Grain Bread with Margarine	(30g){220mg}
Fresh Peach	(14g)	Cornbread with Margarine	(27g){300mg}	Citrus Fruit Cup	(12g)	Corn Muffin with Margarine	(32g){280mg}	Cinnamon Applesauce	(13g)
Pudding	(23g){151mg}	Apple	(25g)	1% Milk	(12g)	Orange	(15g)	1% Milk	(12g)
1% Milk	(12g)	Oatmeal Cookie	(11g)			Red Velvet Cake	(49g){340mg}		
		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>	20	6 Southwest Chicken Catalina	(11g0{453mg}
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)	Mushroom Barley Pilaf	(23g){176mg}	Potatoes O'Brien	(16g)	Borracho Beans	(11g){109mg}
Whole Wheat Roll with Margarine	(24g){240mg}	Roasted Broccoli and Chickpea Salad		Roasted Brussels Sprouts		Warm Fruit Compote	(38g)	Cornbread with Margarine	(27g){300mg}
Pears	(14g)	Multigrain Roll with Margarine	(24g){240mg}	Rye Bread with Margarine	(15g){192mg}	Blueberry Muffin with Margarine	(26g)	Kiwi	(10g)
Orange Juice	(21g)	Citrus Fruit Cup	(12g)	Cinnamon Pears	(15g)	Clementine	(15g)	1% Milk	(12g)
1% Milk	(12g)	1% Milk	(12g)	Raisin Nut Cup	(18g)	1% Milk	(12g)		-
				1% Milk	(12g)				
Pasta Primavera	(26g){473mg}	30							
Spiced Peaches	(20g)							×	



Roasted Cauliflower

1% Milk

Strawberry Applesauce Foothills Trailmix

Italian Bread with Margarine

(13g)

(12g)

Juneteenth, Wednesday, June 19th!

Happy Father's Day, Sunday, June 16th!

First day of Summer, Thursday June 20th!





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

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.

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

VOLUNTEERS OF AMERICA COLORADO MEALS ON WHEELS NUTRITION ANALYSIS JUNE 2025

MONDAY		TUESD	WEDN	WEDNESDAY		THURSDAY		FRIDAY				
		2		3			4		5			6
Calories	588	Calories	874	Calories		682	Calories	807	Calories		1018	
Fat	13g	Fat	39g	Fat		21g	Fat	21 g	Fat		30g	
Saturated Fat	4g	Saturated Fat	10g	Saturated Fat		6g	Saturated Fat	5g	Saturated Fat		9g	
Protein	29g	Protein	32g	Protein		37g	Protein	48g	Protein		39g	
Total Carbohydrates	92g	Total Carbohydrates	103g	Total Carbohydrates		124g	Total Carbohydrates	102g	Total Carbohydrates		151g	
Fiber	11g	Fiber	12g	Fiber		10g	Fiber	15g	Fiber		18g	
Sodium	836mg	Sodium	1589	Sodium	5	09mg	Sodium	891mg	Sodium		965mg	
9				10			1	1:	2			13
Calories	812	Calories	750	Calories		1131	Calories	934	Calories		728	
Fat	35g	Fat	24g	Fat		30g	Fat	40g	Fat		27g	
Saturated Fat	9g	Saturated Fat	6g	Saturated Fat		6g	Saturated Fat	14g	Saturated Fat		9g	
Protein	35g	Protein	38g	Protein		102g	Protein	34g	Protein		43g	
Total Carbohydrates	90g	Total Carbohydrates	103g	Total Carbohydrates		117g	Total Carbohydrates	144g	Total Carbohydrates		77g	
Fiber	10g	Fiber	15g	Fiber		10g	Fiber	13g	Fiber		9.5g	
Sodium	714mg	Sodium	1082mg	Sodium	Q	61mg	Sodium	864mg	Sodium		636mg	
Socialii	7 14mg	Souldin	10021119	Jouluin	3	oning		*	Socialii	\$	osonig	
		16		17		1	8 VOA Closed - Pre-l	Delivered 1	9			20
Calories	1036	Calories	1521	Calories		839	Calories	1530	Calories		705	
Fat	33g	Fat	57g	Fat		35g	Fat	63g	Fat		24	
Saturated Fat	10g	Saturated Fat	6g	Saturated Fat		9g	Saturated Fat	21g	Saturated Fat		5g	
Protein	39g	Protein	57g	Protein		54g	Protein	70g	Protein		39g	
Total Carbohydrates	180g	Total Carbohydrates	206g	Total Carbohydrates		78g	Total Carbohydrates	171g	Total Carbohydrates		88g	
Fiber	12g	Fiber	12.3g	Fiber		10g	Fiber	8g	Fiber		11g	
Sodium	1149mg	Sodium	1100mg	Sodium	7	46mg	Sodium	1601mg	Sodium	•	613mg	
		23		24			25	20	6	₩		27
Calories	767	Calories	822	Calories		759	Calories	855	Calories		1146	21
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	93g 11g	Fiber	111g 16g	Fiber		90g 10g	Fiber	9g	Fiber		114g 16g	
Sodium	965mg	Sodium	1095mg	Sodium	7:	95mg	Sodium	9g 1021mg	Sodium		1020mg	
	_				•			_				
	30					_		es for 33 1/3% of the				
Calories	1743						Re		Illowance (RDA) for 70+:			
Fat	153g								Fiber: 9.5 grams			
Saturated Fat	13g								Saturated Fat: less tha		ns	
Protein	23g								Sodium: less than 1200			
Total Carbohydrates	95g						*Based on a 2,00	0 Calorie Diet; Macro	nutrient distribution of calo	ries bas	ed on:	
Fiber	13g						20% p	rotein (RDA 10-25%)	25% total fat (RDA 20-359	%),		
Sodium	702mg						·		tes (RDA 45-65%)	•		
	₩											
		Fo	r Questions or Conc	erns regarding the Menu ana	lysis, please	contact a	VOA Dietitian at 303-297-0408					