



VOLUNTEERS OF AMERICA COLORADO  
MEALS ON WHEELS MENU  
MAY 2025



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		<p>Happy Cinco de Mayo, May 5th!</p> <p>Happy Mother's Day, May 11th!</p> <p>Memorial Day, May 26th</p>				<p><u>May Day</u></p> <p>Peachy Coconut Chicken (17g){211mg}</p> <p>Coconut Brown Rice (31g)</p> <p>Succotash (11g)</p> <p>Hawaiian Roll with Margarine (48g)</p> <p>Orange (15g)</p> <p>Vanilla Pudding with Berries (18g){107mg}</p> <p>1% Milk (12g)</p>		<p>1 Chicken a la Crème (27g){260mg}</p> <p>French Rice Pilaf (16g)</p> <p>Glazed Carrots (11g)</p> <p>Whole Wheat French Bread (24g){180mg}</p> <p>with Margarine</p> <p>Apple (25g)</p> <p>Grape Juice (19g)</p> <p>1% Milk (12g)</p>	
Hamburger on a Whole Wheat Bun Ketchup, Mustard, Lettuce, Tomato Cauliflower and Carrots Baked Beans Applesauce 1% Milk	(28g){440mg} (12g){170mg} (13g) (12g)	5 Italian Sausage and White Bean Stew Sweet Corn and Asparagus Italian Stewed Tomatoes French Bread with Margarine Banana 1% Milk	(31g){418mg} (15g) (16g) {192mg} (24g) (12g)	6 Ginger Teriyaki Pork Ribs 5-Spice Potatoes Island Vegetable Blend Hawaiian Roll with Margarine Apple 1% Milk	(24g){491mg} (17g) (10g) (40g) (25g) (12g)	7 <u>Celebrating Mothers and Grandmothers</u> Roasted Turkey with Gravy Mashed Sweet Potatoes Peas with Pearl Onions Wheat Roll with Margarine Tropical Fruit Sugar Cookie 1% Milk	(14g){146mg} (15g) (17g) (12g)	8 Fish with Veloute Sauce Walnut Rice Pilaf Carribean Vegetable Blend Multigrain Roll with Margarine Orange Brownie 1% Milk	(17g){412mg} (10g){116mg} (14g){146mg} (15g) {39g}{153mg} (12g)
Cheese Ravioli with Meat Sauce Italian Vegetables Herbed Green Beans Whole Wheat Bread with Margarine Diced Apricots 1% Milk	(26g){434mg} (12g) (15g) (12g)	12 Southwest Chicken Catalina Corn and Zucchini Mexicana Brussel Sprouts Cornbread with Margarine Kiwi 1% Milk	(11g0{453mg} (16g) (27g){300mg} (10g) (12g)	13 Beef and Sausage with Red Beans Corn Maque Choux Seasoned Collard Greens Whole Wheat Roll with Margarine Tropical Fruit 1% Milk	(12g){370mg} (28g) (14g){146mg} (15g)	14 <u>Roman Getaway</u> Chicken Cacciatore with Whole Wheat Spaghetti Italian Vegetable Blend Orange French Bread with Margarine Tiramisu 1% Milk	(430mg) (30g) (15g) (49g){375mg} (41g) (12g)	15 Waldorf Chicken Salad Mixed Fruit Salad Napa Cabbage Slaw Honey Wheat Bagel with Margarine Apple 1% Milk	(584mg) (43g) (10g) (33g){200mg} (25g) (12g)
Tandoori Chicken Basmati Rice Savory Chickpea Stew Pita Bread with Margarine Peach Mango Compote 1% Milk	{191mg} (66g) (14g){111mg} (21g){310mg} (12g) (12g)	19 Salisbury Steak with Marsala Sauce Noodles Romanoff Italian Vegetables Whole Wheat Roll with Margarine Mandarin Oranges Raisin Nut Cup 1% Milk	{478mg} (14g){146mg} (18g) (18g) (12g)	20 Pork and Green Chili Stew Borracho Beans Parslied Carrots Buttermilk Biscuit with Margarine Banana 1% Milk	(12g){255mg} (12g) (14g){290mg} (29g) (12g)	21 <u>Memorial Weekend Celebration</u> Cheeseburger on a Whole Wheat Bun Ketchup, Lettuce, Tomato Whole Kernel Corn Parsley Buttered New Potatoes Diced Pears Foothills Trail Mix 1% Milk	(28g){690mg} (16g) (12g) (16g) (13g) (12g)	22 Chicken Fried Steak Whipped Potatoes with Country Gravy Seasoned Spinach 9-Grain Bread with Margarine Spiced Peaches 1% Milk	(21g){380mg} (27g) 165mg) (30g){220mg} (20g) (12g)
VOA CLOSED Frozen Meal Pre-Delivered Chili Dog on a Whole Wheat Bun Baked Beans Corn Orange Raisin Nut Cup 1% Milk	(50g){504mg} (15g) (18g) (12g)	26 Turkey Meatballs in Pesto Cream Sauce Orzo Pilaf Italian Stewed Tomatoes 9-Grain Bread with Margarine Apricot Halves 1% Milk	(10g){507mg} (15g) (30g){220mg} (17g) (12g)	27 Mediterranean Tuna Fritter Santa Barbara Vegetable Blend Roasted Sweet Potato Wheat Bread with Margarine Mandarin Oranges Foot Hills Trail Mix 1% Milk	(13g){200mg} (13g) (15g) {193mg} (18g) (13g) (12g)	28 <u>Hawaiian Luau</u> Sweet and Sour Sausage Steamed Brown Rice Caribbean Vegetable Blend Hawaiian Roll with Margarine Tropical Fruit Tapioca Pudding 1% Milk	(24g){758mg} (27g) (48g) (15g) (24g){160mg} (12g)	29 Brunswick Stew Seasoned Greens Warm Cinnamon Apples Cornbread with Margarine Pineapple Tidbits 1% Milk	(21g){380mg} (27g) 165mg) (30g){220mg} (15g) (12g)
									30

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

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

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  
MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 *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%)			1	2
			Calories 948 Fat 29g Saturated Fat 10g Protein 53g Total Carbohydrates 153g Fiber 11g Sodium 531mg	Calories 752 Fat 15g Saturated Fat 3g Protein 44g Total Carbohydrates 110g Fiber 10g Sodium 739mg
5	6	7	8	9
Calories 717 Fat 26g Saturated Fat 8g Protein 40g Total Carbohydrates 86g Fiber 13g Sodium 780mg	Calories 618 Fat 13g Saturated Fat 3g Protein 30g Total Carbohydrates 100g Fiber 15g Sodium 704mg	Calories 870 Fat 28g Saturated Fat 7g Protein 54g Total Carbohydrates 136g Fiber 11.5g Sodium 860mg	Calories 813 Fat 22g Saturated Fat 8g Protein 48g Total Carbohydrates 107g Fiber 10.5g Sodium 614mg	Calories 1037 Fat 30g Saturated Fat 7g Protein 70g Total Carbohydrates 124g Fiber 10g Sodium 1084mg
12	13	14	15	16
Calories 681 Fat 24g Saturated Fat 8g Protein 36g Total Carbohydrates 80g Fiber 11g Sodium 714mg	Calories 1139 Fat 54g Saturated Fat 4g Protein 61g Total Carbohydrates 111g Fiber 16g Sodium 925mg	Calories 849 Fat 38g Saturated Fat 9g Protein 41g Total Carbohydrates 87g Fiber 12g Sodium 804mg	Calories 1461 Fat 52g Saturated Fat 20g Protein 106g Total Carbohydrates 142g Fiber 16g Sodium 799mg	Calories 1143 Fat 30g Saturated Fat 6g Protein 101g Total Carbohydrates 122g Fiber 11g Sodium 980mg
19	20	21	22	23
Calories 1091 Fat 45g Saturated Fat 9g Protein 56g Total Carbohydrates 123g Fiber 11g Sodium 575mg	Calories 846 Fat 38g Saturated Fat 10g Protein 40g Total Carbohydrates 90g Fiber 10g Sodium 838mg	Calories 656 Fat 24g Saturated Fat 7g Protein 32g Total Carbohydrates 80g Fiber 12g Sodium 838mg	Calories 911 Fat 39g Saturated Fat 12.4g Protein 46g Total Carbohydrates 97g Fiber 11.8g Sodium 798mg	Calories 911 Fat 37g Saturated Fat 11g Protein 37.5g Total Carbohydrates 112g Fiber 12g Sodium 1028mg
<u>Frozen Meal Pre-Delivered</u> 26	27	28	29	30
Calories 925 Fat 40g Saturated Fat 10g Protein 46g Total Carbohydrates 95g Fiber 15g Sodium 632mg	Calories 732 Fat 24g Saturated Fat 4g Protein 38g Total Carbohydrates 93g Fiber 11g Sodium 913mg	Calories 631 Fat 20g Saturated Fat 3g Protein 28g Total Carbohydrates 85g Fiber 10.5g Sodium 562mg	Calories 909 Fat 32g Saturated Fat 7g Protein 28g Total Carbohydrates 159g Fiber 7.5g Sodium 1172mg	Calories 802 Fat 24g Saturated Fat 5g Protein 33g Total Carbohydrates 115g Fiber 11.7g Sodium 1139mg
For Questions or Concerns regarding the Menu analysis, please contact a VOA Dietitian at 303-297-0408				