VOLUNTEERS OF AMERICA COLORADO MEALS ON WHEELS MENU JULY 2025

				JULY 202	25					
MONDAY		TUESDAY			WEDNESDAY		THURSDAY		FRIDAY	
		Summer Daze Menu		1 Creamy Tuna Noodle Pasta Bake	(27g){326mg} 2	National Eat Your Beans Day!	;	<u>Frozen Pre-Delivered - VOA Closed</u>	for 4th of July	
		Meatball Marinara Sub	(44g){807mg}	Cape Cod Vegetable Blend	(11g)	Chicken Fajita with Cheese and Salsa	(20g){808mg}	Meatloaf		
		on a Whole Wheat Hoagie Roll		Vegetable Bean Medley		Savory Black Beans	(13g){101mg}	Sweet Potatoes	(27g){460mg}	
		Rosemary Parmesan Potatoes	(17g)	Bran Muffin with Margarine	(26g){180mg}	Ciliantro Lime Rice	(18g)	Peas and Carrots		
		California Veg Blend		Seedless Grapes	(14g)	Wheat Tortilla with Margarine	(14g){146mg}	Wheat Dinner Roll with Margarine	(14g){146mg}	
		Apple	(25g)	1% Milk	(12g)	Pineapple Tidbits	(16g)	Orange	(15g)	
		1% Milk	(12g)			1% Milk	(12g)	Peanut Butter Cookie	(16g){140mg}	
								1% Milk	(12g)	
Ham with Apple Glaze	(11g){782mg}	Summer Daze Menu		8 Greek Pasta with Beef	(29g){470mg} g	The Cowboy Café	10	Dijon Tarragon Chicken Salad	{584mg}	
Whipped Sweet Potatoes	(43g){108mg}	Honey BBQ Chicken	(105g){435mg}	Napoli Vegetables	(10g)	Frito Chili Pie	(19g){293mg}	Mixed Fruit Salad	(43g)	
Vegetable Bean Blend	,.	Cauliflower and Carrots	, ,,,	Harvard Beets	(17g){264mg}	(Chips, Cheese, and Sour Cream)	, ,,,	Napa Cabbage Slaw	(10g)	
Whole Wheat Bread with Margarine	(12g){127mg}	Au Gratin Potatoes	(19g){156mg}	Hawaiian Roll with Margarine	(48g)	Spanish Rice	(18g)	Wheat Bagel with Margarine	(33g){200mg)	
Orange	(15g)	Cornbread with Margarine	(27g){300mg}	Tropical Fruit	(15g)	Chuckwagon Corn	(23g)	Orange	(15g)	
1% Milk	(12g)	Applesauce	(28g)	Pudding	(23g){151mg}	Nectarine	(15g)	1% Milk	(13g) (12g)	
1 /0 HIIIK	(129)	Oatmeal Cookie		1% Milk	(12g)	Sante Fe Trail Mix	(13g) (37g)	1 70 WHIK	, ,	
I		1% Milk	(11g)	1,72,33,33	, 3,	1% Milk	(37g) (12g)			
		1 70 WIIK	(12g)			1 70 WHIR	(12g)			
Salisbury Steak	(13g){498mg} 14	-		15 Cod with Tomato Cream Sauce	(17g){308mg} 16	Georgia on my Mind		Creamy Chicken and Baked Ziti	(21g){522mg}	
with Onion Gravy		Smoke Polish Sausage	(25g){1,114mg}	Lemon Parmesean Rice	(23g){176mg}	Brunswick Stew (Chicken and Ham)	(41g){582mg}	Steamed Carrots		
Buttered New Potatoes	(12g)	on a Whole Wheat Bun		Roasted Brussell Sprouts	(11g)	Pecan Sweet Potatoes	(28g)	Green Peas	(15g)	
Italian Vegetables		with Mustard and Ketchup		Rye Bread with Margarine	(15g){192mg}	Slow Cooked Green Beans		Sourdough Bread with Margarine	(26g){180mg}	
Whole Wheat Roll with Margarine	(13g)	Hot German Potato Salad	(20g)	Nectarine	(15g)	Corn Muffin with Margarine	(32g){280mg}	Cantaloupe and Honeydew	(15g)	
Mango Blueberry Compote	(29g)	Warm Three Bean Salad	(20g)	1% Milk	(12g)	Banana	(27g)	1% Milk	(12g)	
1% Milk	(12g)	Pineapple Tidbits	(16g)			Peach Cobbler				
		1% Milk	(12g)			1% Milk	(12g)			
Hawaiian Pineapple Glazed Pork	(11g){171} 2°	Summer Daze Menu		22 Hot Open-Faced Turkey Muenster	(27g){752mg} 23	Day at the Beach	24	Smoked Pork Macaroni & Cheese	(18g){277mg}	
Coconut Brown Rice	(31g)	Oven Fried Chicken	{430mg}	on Whole Wheat French Bread	(24g){180mg}	Chicken Parmesan Sandwich	(18g){661mg}	Vegetable Bean Medley		
Maui Vegetable Blend	(10g)	Garlic Mashed Potatoes	(24g)	with Peppers and Onions		on Whole Wheat Bun	(25g){239mg}	Warm Cinnamon Apples	(14g)	
Multigrain Bread with Margarine	(29g){260mg}	Creamed Spinach	{172mg}	Apple Glazed Carrots	(14g)	Carrots, Corn, and Green Bean Blend		9-Grain Bread and Margarine	(30g){220mg}	
Applesauce	(28g)	Blueberry Muffin with Margarine	(23g)	Broccoli with Red Peppers		Sweet Potato Wedges	(26g)	Tropical Fruit	(17g)	
Chocolate Chip Cookie		Apple	(25g)	Sliced Pears		Watermelon		1% Milk	(12g)	
1% Milk	(12g)	Orange Juice	(21g)	1% Milk	(12g)	1% Milk	(12g)		-	
		1% Milk	(12g)							
Hash Brown Casserole	(22g){682mg} 28	Summer Daze Menu		29 Beef Soft Taco	(26g){271mg} 30	Mediterranean	3.	1		
California Blend Vegetables		Four-Cheese Burger on a Potato Bun	(49g){134mg}	on a Whole Wheat Tortilla		Chicken Scampi with Whole Wheat Spaghetti	(21g)			
Diced Beets	{152mg}	with Lettuce & Tomato, Ketchup and Mustard		with Salsa & Cheddar Cheese		Sweet Corn and Asparagus	(15g)	△		
Wheat Bread with Margarine	(12g){118mg}	Baked Beans	(12g){170mg}	Lettuce/Tomato Garnish		Three Bean Salad	(22g){174mg}			
Orange	(15g)	Cabbage with Red Peppers	. 5,	Cilantro Lime Rice	(15g)	Wheat Breadstick with Margarine	(23g){240mg}			
1% Milk	(13g) (12g)	Apple	(25g)	Mexicali Corn	(18g)	Mango Berry Compote	(22g)			
	(129)	1% Milk	(23g) (12g)	Banana	(18g) (29g)	1% Milk	(22g) (12g)			
			(129)	1% Milk			(129)			
				1 /0 WIIIK	(12g)					

*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 JULY 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1101127		10202	1	1	2		3	Frozen Pre-Deliv	
		Calories	750	Calories	748	Calories	767	Calories	638
W Heart Healthy diet		Fat	24g	Fat	22g	Fat	16g	Fat	19
	<800mg sodium, lower fat and saturated fat		- · g 6g	Saturated Fat	9 5g	Saturated Fat	5g	Saturated Fat	6g
according couldnis, lower lat alla catalatea lat		Saturated Fat Protein	38g	Protein	34g	Protein	54g	Protein	34g
 Diabetic friendly 		Total Carbohydrates	103g	Total Carbohydrates	98g	Total Carbohydrates	99g	Total Carbohydrates	88g
<800mg sodium, carbs 65-67g)		Fiber	15g	Fiber	10g	Fiber	11g	Fiber	13g
Cooling Sociality, Carbs 05-07g)		Sodium	1082mg	Sodium	707mg	Sodium	1188mg	Sodium	800mg
					ॐ	- Courain		Courain	%
	-	7		3	9		10		11
Calories	692	Calories	1432	Calories	1038	Calories	1019	Calories	801
Fat	18g	Fat	45g	Fat	33g	Fat	38g	Fat	23g
Saturated Fat	3g	Saturated Fat	3g	Saturated Fat	10g	Saturated Fat	10g	Saturated Fat	6g
Protein	34g	Protein	58g	Protein	39g	Protein	49g	Protein	37g
Total Carbohydrates	102g	Total Carbohydrates	208g	Total Carbohydrates	181g	Total Carbohydrates	129g	Total Carbohydrates	113g
Fiber	15g	Fiber	12g	Fiber	11g	Fiber	16g	Fiber	12g
Sodium	1172mg	Sodium	1035mg	Sodium	1154mg	Sodium	571mg	Sodium	653mg
	Ū		· ·		· ·		J		>
	14	4	15	5	16		17		18
Calories	762	Calories	854	Calories	895	Calories	998	Calories	706
Fat	28g	Fat	39g	Fat	28g	Fat	24g	Fat	18g
Saturated Fat	9g	Saturated Fat	10g	Saturated Fat	5g	Saturated Fat	6g	Saturated Fat	5g
Protein	35g	Protein	32g	Protein	69g	Protein	35g	Protein	45g
Total Carbohydrates	95g	Total Carbohydrates	96g	Total Carbohydrates	93g	Total Carbohydrates	168g	Total Carbohydrates	89g
Fiber	11g	Fiber	11g	Fiber	11g	Fiber	13g	Fiber	10g
Sodium	957mg	Sodium	1588mg	Sodium	894mg	Sodium	1191mg	Sodium	1181mg
21		1	22	2	23		24		25
Calories	1000	Calories	910	Calories	607	Calories	715	Calories	692
Fat	32g	Fat	36g	Fat	18g	Fat	18g	Fat	20 g
Saturated Fat	8g	Saturated Fat	9 g	Saturated Fat	6g	Saturated Fat	4g	Saturated Fat	5g
Protein	51g	Protein	35g	Protein	32g	Protein	47g	Protein	30g
Total Carbohydrates	130g	Total Carbohydrates	114g	Total Carbohydrates	79g	Total Carbohydrates	98g	Total Carbohydrates	100g
Fiber	11g	Fiber	10g	Fiber	12g	Fiber	14g	Fiber	10g
Sodium	690mg	Sodium	850mg	Sodium	1075mg	Sodium	969mg	Sodium	671mg
•	®								⋄
	28		29		30		31	These are the value	s for 33 1/3% of the
Calories	580	Calories	888	Calories	799	Calories	731	Recommended Daily Al	` '
Fat	28g	Fat	34g	Fat	24g	Fat	16g	Calories: 667+	· ·
Saturated Fat	11g	Saturated Fat	14g	Saturated Fat	7 g	Saturated Fat	4g	Protein: 33 grams Saturated Fat: <8 grams	
Protein	27g	Protein	49g	Protein	44g	Protein	42g	Carbs: 92 grams Sodium: less than 1200 mg	
Total Carbohydrates	73g	Total Carbohydrates	98g	Total Carbohydrates	107g	Total Carbohydrates	105g	*Based on a 2,000 Calorie Diet; Macronutrient dist. of calories based on:	
Fiber	10g	Fiber	10g	Fiber	11g	Fiber	9g	20% protein (RDA 10-25%), 25% total fat (RDA 20-35%),	
Sodium	1114mg	Sodium	444mg	Sodium	538mg	Sodium	1002mg	55% carbohydrate	s (RDA 45-65%)
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