VOLUNTEERS OF AMERICA COLORADO DINING CENTER MENU



{511mg}

{172mg}

(15g){193mg}

(28g)

(12g)

Hot Ham and Swiss Open-Face Sandwich

on Rye Bread with Mustard packet

Creamed Spinach

(30g)

(13g)

(12g)

(16g){148mg}

Applesauce

1% Milk

Chocolate Chip Cookie

AUGUST 2025 MONDAY TUESDAY WEDNESDAY August is National Wellness Month

Hot German Potato Salad

Warm Three Bean Salad

Pineapple Tidbits

1% Milk

(23g){151mg}

(12g)

Tropical Fruit

Pudding

1% Milk



Wheat Pita Bread with Margarine

Apricot Halves

1% Milk

Oatmeal Raisin Cookie

(12g)

THURSDAY

			August is National Wellness Month		9		Peas and Carrots		{172mg}
		N	ational Watermelor	Dav. August 3rd!	** & & & & & & & & & & & & & & & & & &			Pineapple Tidbits	(16g)
						■ 2		Grape Juice	(19g)
		Na	tional Senior Citizeı	n Day, August 21st!	C	149		1% Milk	(12g)

Smothered Pork Cutlet	{147mg}	4 <u>Summer Daze Menu</u>	!	Creamy Chicken and Ziti Bake	(22g){520mg}	6 <u>Breakfast for Lunch</u>		7 Frito Chili Pie (Beef and Pork)	(19g){293mg} 8
with Brown Gravy		Four-Cheese Burger	(49g){134mg}	Cape Cod Vegetable Blend	(11g)	Western Omelet with Ranchero Sauce	{430mg}	(Chips, Cheese, & Sour Cream)	
Mashed Potatoes	(16g){378mg}	on a Potato Bun		Vegetable Bean Medley		with Onions and Peppers		Spanish Rice	(18g)
Italian Vegetables	(13g){144mg}	with Lettuce and Tomato		Bran Muffin with Margarine	(26g){180mg}	Potatoes O'Brien	(16g)	Herbed Green Beans	
Whole Wheat Bread with Margarine	(29g){710mg}	Baked Beans	(12g){170mg}	Seedless Grapes	(14g)	Warm Fruit Compote	(38g)	Pineapple Chunks	(28g)
Nectarine	(11g)	Creamy Crunchy Coleslaw	{155mg}	1% Milk	(12g)	Apple Cinnamon Muffin	(28g){100mg}	1% Milk	(12g)
Orange Juice	(11g)	Apple	(25g)			Banana	(22g)		
1% Milk	(12g)	1% Milk	(12g)			1% Milk	(12g)		
Roast Pork Loin	(12g){274mg} 1	1 Summer Daze Menu	1:	2 Super Greens Salad	(11g){126mg}	13 <u>National Fajita Day</u>		14 Baked Ravioli and Meat Sauce	(27g){434mg} 15
with Sweet Tomato Sauce		Chicken Tenders	{430mg}	Rosemary Parmesan Potatoes	(17g){125mg}	Beef Fajitas on Whole Wheat Tortilla	(36g){769mg}	Italian Vegetables	
Roasted Sweet Potatoes	(23g){208mg}	Garlic Mashed Potatoes	(24g)	Apple Glazed Carrots	(14g)	with lettuce, tomatoes, and cheese		Herbed Green Beans	
Sweet Corn and Asparagus Tips	(15g)	Creamed Spinach	{172mg}	Rye Bread with Margarine	(15g){192mg}	Mexicali Corn	(18g)	Whole Wheat Bread with Margarine	(29g){710mg}
Wheat Roll with Margarine	(16g){172mg}	Blueberry Muffin with Margarine	(23g)	Nectarine	(15g)	Cilantro Lime Rice	(18g)	Applesauce	(28g)
Apricot Halves	(30g)	Apple	(25g)	Raisin Nut Cup	(18g)	Banana	(22g)	1% Milk	(12g)
1% Milk	(12g)	Orange Juice	(21g)	1% Milk	(12g)	1% Milk	(12g)		
	, 5	1% Milk	(12g)				. 3		
Smoked Pork Macaroni & Cheese	(18g){277mg} 1	8 Summer Daze Menu	19	Fish with Dill Cream Sauce	{252mg}	20 <u>Pueblo County Fair</u>		21 Chicken Salad	{584mg} 22
Vegetable Bean Medley		Meatball Marinara Sub	(44g){807mg}	Orzo Pilaf		Green Chili Burger with Cheese	(29g){457mg)	Apple Cabbage Slaw	(10g)
Warm Cinnamon Apples	(14g)	on a Whole Wheat Hoagie Roll		Cauliflower with Carrots	(14g)	with Whole Wheat Tortilla	(18g){210mg}	Mixed Fruit Salad	(43g)
Whole Wheat Dinner Roll with Margarine	(16g){172mg}	Rosemary Parmesan Potatoes	(17g)	Multigrain Bread with Margarine		Seasoned Pinto Beans	(17g){172mg}	Honey Wheat Bagel with Margarine	(33g){200mg}
Pear	(17g)	Green Beans with Almonds		Orange	(15g)	Zucchini and Tomatoes	{125mg}	Apple	(25g)
Peanut Butter Cookie	(18g)	Honeydew and Cantaloupe		1% Milk	(12g)	Fresh Peach	(14g)	1% Milk	(12g)
1% Milk	(12g)	1% Milk	(12g)			Churro	(27g){140mg}		, 5,
	, 5		. •			1% Milk	(12g)		
Greek Pasta with Beef	(29g){470mg} 2	5 Summer Daze Menu	20	Chicken Tinga Tacos with Pico	{411mg}	27 Manager's Special		28 Hawaiian Pineapple Glazed Pork	(11g){171} 29
Napoli Vegetables	(10g)	Smoke Polish Sausage	(25g){1,114mg}	on Whole Wheat Tortilla	(22g){130mg}	Za'atar Chicken with Tomato Mint Sauce	{140mg}	Coconut Brown Rice	(31g)
Harvard Beets	(17g){264mg}	on a Whole Wheat Bun		Ranch Style Beans	(22g){146mg}	Couscous	(25g)	Island Vegetable Blend	(10g)
Hawaiian Roll with Margarine	(48g)	with Mustard and Ketchup		Spiced Peaches	(20g)	Broccoli with Chickpeas	(11g)	Multigrain Bread with Margarine	(29g){260mg}
					(209)		(119)		(209)(2009)

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

Watermelon

1% Milk

(20g)

(16g)

(12g)

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 BRANCH DINING CENTER NUTRITION ANALYSIS AUGUST 2025

				AUGUS						
MONDAY			TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
The	se are the v	alues for 33 1/3% of the								
Recommended Daily Allowance (RDA) for 70+:				W Heart Healthy diet				Calories	637	
Calories: 667+ Fiber: 9.5 grams			<800mg sodium, lower fat and saturated fat				Fat	21g		
Protein: 33 grams Saturated Fat: less than 8 grams			-				Saturated Fat	9g		
Carbohydrates: 92 grams Sodium: less than 1200 mg				Diabetic friendly				Protein	36g	
*Based on a 2,000 Calorie Diet; Macronutrient distribution of calories based on:			<800mg sodium, carbs 65-67g)				Total Carbohydrates	79g		
20% protein (RDA 10-25%), 25% total fat (RDA 20-35%),			South good and, carbo oo o/g/				Fiber	10g		
		ydrates (RDA 45-65%)	0),					Sodium	1064mg	
`	33 /0 Carbony	ydiates (NDA 45-0570)						Journal	10041119	
		4	5		6	1		7		
Calories	851	Calories	967	Calories	756	Calories	815	Calories	785	
Fat	37g	Fat	42g	Fat	20g	Fat	23g	Fat	29g	
Saturated Fat	11g	Saturated Fat	15g	Saturated Fat	5g	Saturated Fat	4g	Saturated Fat	23g 9g	
Protein	38g	Protein	50g	Protein	42g	Protein	26g	Protein	43g	
Total Carbohydrates	_	Total Carbohydrates	_	Total Carbohydrates	_	Total Carbohydrates	20g 129g	Total Carbohydrates	43g 87g	
-	93g	_	101g		96g	I -	_			
Fiber	10g	Fiber	9.5g	Fiber	10g	Fiber	10g	Fiber	11g	
Sodium	736mg	Sodium	586mg	Sodium	914mg	Sodium	716mg ॐ	Sodium	516mg	
		11	12		13)	1	4	1:	
Calories	755	Calories	910	Calories	814	Calories	632	Calories	723	
		Fat			_	Fat		Fat		
Fat	18g		36g	Fat	38g		13g		24g	
Saturated Fat	4g	Saturated Fat	9g	Saturated Fat	6g	Saturated Fat	4g	Saturated Fat	8g	
Protein	42g	Protein	35g	Protein	24g	Protein	34g	Protein	36g	
Total Carbohydrates	108g	Total Carbohydrates	114g	Total Carbohydrates	103g	Total Carbohydrates	102g	Total Carbohydrates	91g	
Fiber	12g	Fiber	10g	Fiber	13g	Fiber	11g	Fiber	12.5g	
Sodium	767mg	Sodium	850mg	Sodium	622mg	Sodium	1035mg	Sodium	719mg ॐ	
		40	40		0.0	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \		4		
Calories	812	18 Calories	19 742	Calories	20	Calories	975	Calories	2: 1146	
					644					
Fat	27g	Fat	28g	Fat	18g	Fat Saturated Fat	32g	Fat Saturated Fat	30g	
Saturated Fat	7g	Saturated Fat	7g	Saturated Fat	2g		12g		6g	
Protein	30g	Protein	39g	Protein	37g	Protein	47g	Protein	101g	
Total Carbohydrates	113g	Total Carbohydrates	87g	Total Carbohydrates	84g	Total Carbohydrates	124g	Total Carbohydrates	123g	
Fiber	13g	Fiber	12g	Fiber	10g	Fiber	12g	Fiber	11g	
Sodium	682mg	Sodium	1070mg	Sodium	709mg	Sodium	1229mg	Sodium	963mg	
•										
0-1	4000	25	26		27		2		29	
Calories	1038	Calories	854	Calories	636	Calories	790	Calories	1000	
Fat	33g	Fat	39g	Fat	13g	Fat	20g	Fat	32g	
Saturated Fat	10g	Saturated Fat	10g	Saturated Fat	4g	Saturated Fat	2g	Saturated Fat	8g	
Protein	39g	Protein	32g	Protein	30g	Protein	48g	Protein	51g	
Total Carbohydrates	181g	Total Carbohydrates	96g	Total Carbohydrates	108g	Total Carbohydrates	108g	Total Carbohydrates	130g	
Fiber	11g	Fiber	11g	Fiber	11g	Fiber	12g	Fiber	11g	
Sodium	1154mg	Sodium	1588mg	Sodium	827mg	Sodium	562mg	Sodium	690mg	
							•		₩	