











VOLUNTEERS OF AMERICA COLORADO  
MEALS ON WHEELS MENU  
AUGUST 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>  <p>August is National Wellness Month</p> <p>National Watermelon Day, August 3rd!</p> <p>National Senior Citizen Day, August 21st!</p>  </div>				
Smothered Pork Cutlet with Brown Gravy (147mg) Mashed Potatoes (16g)(278mg) Italian Vegetables (13g)(144mg) Whole Wheat Bread with Margarine (29g)(710mg) Nectarine (11g) Orange Juice (11g) 1% Milk (12g)	<b>4</b> <u>Summer Daze Menu</u> Four-Cheese Burger on a Potato Bun with Lettuce & Tomato (49g)(134mg) Baked Beans (12g)(170mg) Cabbage with Red Peppers Apple (25g) 1% Milk (12g)	<b>5</b> Creamy Chicken and Ziti Bake (22g)(520mg) Cape Cod Vegetable Blend (11g) Vegetable Bean Medley Bran Muffin with Margarine (26g)(180mg) Seedless Grapes (14g) 1% Milk (12g)	<b>6</b> <u>Breakfast for Lunch</u> Western Omelet with Ranchero Sauce with Onions and Peppers (430mg) Potatoes O'Brien (16g) Warm Fruit Compote (38g) Apple Cinnamon Muffin (28g)(100mg) Banana (22g) 1% Milk (12g)	<b>7</b> Hot Ham and Swiss Open-Face Sandwich on Rye Bread with Mustard packet (511mg) Creamed Spinach (15g)(193mg) Peas and Carrots (172mg) Pineapple Tidbits (16g) Grape Juice (19g) 1% Milk (12g)
Roast Pork Loin (12g)(274mg) with Sweet Tomato Sauce Roasted Sweet Potatoes (23g)(208mg) Sweet Corn and Asparagus Tips (15g) Wheat Roll with Margarine (16g)(172mg) Apricot Halves (39g) 1% Milk (12g)	<b>11</b> <u>Summer Daze Menu</u> Chicken Tenders (430mg) Garlic Mashed Potatoes (24g) Creamed Spinach (172mg) Blueberry Muffin with Margarine (23g) Apple (25g) Orange Juice (21g) 1% Milk (12g)	<b>12</b> Cod with Fire Roasted Tomato Sauce (240mg) Lemon Risotto (23g)(176mg) Seasoned Brussels Sprouts Rye Bread with Margarine (15g)(192mg) Nectarine (15g) Raisin Nut Cup (19g) 1% Milk (12g)	<b>13</b> <u>National Fajita Day</u> Beef Fajitas on Whole Wheat Tortilla with lettuce, tomatoes, and cheese (34g)(769mg) Mexicali Corn (18g) Cilantro Lime Rice (18g) Banana (22g) 1% Milk (12g)	<b>14</b> Baked Ravioli and Meat Sauce (Beef) (27g)(434mg) Italian Vegetables Herbed Green Beans Whole Wheat Bread with Margarine (29g)(710mg) Applesauce (28g) 1% Milk (12g)
Smoked Pork Macaroni & Cheese (18g)(277mg) Vegetable Bean Medley (14g) Warm Cinnamon Apples (16g)(172mg) Whole Wheat Dinner Roll with Margarine (17g) Pear (19g) Peanut Butter Cookie (12g)	<b>18</b> <u>Summer Daze Menu</u> Turkey Meatball Marinara Sub on a Whole Wheat Hoagie Roll (44g)(807mg) Rosemary Parmesan Potatoes (17g) Green Beans with Almonds Honeydew and Cantaloupe 1% Milk (12g)	<b>19</b> Fish with Dill Cream Sauce (252mg) Orzo Pilaf (14g) Cauliflower with Carrots Multigrain Bread with Margarine (15g) Orange (12g) 1% Milk (12g)	<b>20</b> <u>Pueblo County Fair</u> Green Chili Burger with Cheese with Whole Wheat Tortilla (29g)(457mg) Seasoned Pinto Beans (18g)(210mg) Seasoned Pinto Beans (17g)(172mg) Zucchini and Tomatoes (125mg) Fresh Peach (14g) Churro (27g)(140mg) 1% Milk (12g)	<b>21</b> Chicken Salad (584mg) Apple Cabbage Slaw (19g) Mixed Fruit Salad (43g) Honey Wheat Bagel with Margarine (33g)(200mg) Apple (25g) 1% Milk (12g)
Greek Pasta with Beef (28g)(470mg) Napoli Vegetables (19g) Harvard Beets (17g)(264mg) Hawaiian Roll with Margarine (49g) Tropical Fruit (15g) Pudding (23g)(151mg) 1% Milk (12g)	<b>25</b> <u>Summer Daze Menu</u> Smoke Polish Sausage on a Whole Wheat Bun with Mustard and Ketchup (25g)(1,114mg) Hot German Potato Salad (20g) Warm Three Bean Salad (20g) Pineapple Tidbits (16g) 1% Milk (12g)	<b>26</b> Chicken Tinga Tacos with Pico on Whole Wheat Tortilla (411mg) Ranch Style Beans (22g)(130mg) Spiced Peaches (22g)(146mg) Watermelon (20g) 1% Milk (12g)	<b>27</b> <u>Manager's Special</u> Za'atar Chicken with Tomato Mint Sauce (140mg) Couscous (25g) Broccoli with Chickpeas (11g) Wheat Pita Bread with Margarine (16g)(148mg) Apricot Halves (30g) Oatmeal Raisin Cookie (13g) 1% Milk (12g)	<b>28</b> Hawaiian Pineapple Glazed Pork (11g)(171) Coconut Brown Rice (31g) Island Vegetable Blend (19g) Multigrain Bread with Margarine (29g)(260mg) Applesauce (28g) Chocolate Chip Cookie 1% Milk (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  
AUGUST 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%)		 Heart Healthy diet <800mg sodium, lower fat and saturated fat   Diabetic friendly <800mg sodium, carbs 65-67g)		1 Calories 637 Fat 21g Saturated Fat 9g Protein 36g Total Carbohydrates 79g Fiber 10g Sodium 1064mg
4 Calories 851 Fat 37g Saturated Fat 11g Protein 38g Total Carbohydrates 93g Fiber 10g Sodium 736mg	5 Calories 888 Fat 34g Saturated Fat 14g Protein 49g Total Carbohydrates 98g Fiber 10g Sodium 444mg	6 Calories 756 Fat 20g Saturated Fat 5g Protein 42g Total Carbohydrates 96g Fiber 10g Sodium 914mg	7 Calories 815 Fat 23g Saturated Fat 4g Protein 26g Total Carbohydrates 129g Fiber 10g Sodium 716mg 	8 Calories 785 Fat 29g Saturated Fat 9g Protein 43g Total Carbohydrates 87g Fiber 11g Sodium 516mg
11 Calories 755 Fat 18g Saturated Fat 4g Protein 42g Total Carbohydrates 108g Fiber 12g Sodium 767mg 	12 Calories 910 Fat 36g Saturated Fat 9g Protein 35g Total Carbohydrates 114g Fiber 10g Sodium 850mg	13 Calories 835 Fat 23g Saturated Fat 4g Protein 66g Total Carbohydrates 94g Fiber 11g Sodium 749mg	14 Calories 632 Fat 13g Saturated Fat 4g Protein 34g Total Carbohydrates 102g Fiber 11g Sodium 1035mg	15 Calories 723 Fat 24g Saturated Fat 8g Protein 36g Total Carbohydrates 91g Fiber 12.5g Sodium 719mg 
18 Calories 812 Fat 27g Saturated Fat 7g Protein 30g Total Carbohydrates 113g Fiber 13g Sodium 682mg 	19 Calories 742 Fat 28g Saturated Fat 7g Protein 39g Total Carbohydrates 87g Fiber 12g Sodium 1070mg	20 Calories 644 Fat 18g Saturated Fat 2g Protein 37g Total Carbohydrates 84g Fiber 10g Sodium 709mg 	21 Calories 975 Fat 32g Saturated Fat 12g Protein 47g Total Carbohydrates 124g Fiber 12g Sodium 1229mg	22 Calories 1146 Fat 30g Saturated Fat 6g Protein 101g Total Carbohydrates 123g Fiber 11g Sodium 963mg
25 Calories 1038 Fat 33g Saturated Fat 10g Protein 39g Total Carbohydrates 181g Fiber 11g Sodium 1154mg	26 Calories 854 Fat 39g Saturated Fat 10g Protein 32g Total Carbohydrates 96g Fiber 11g Sodium 1588mg	27 Calories 636 Fat 13g Saturated Fat 4g Protein 30g Total Carbohydrates 108g Fiber 11g Sodium 827mg	28 Calories 790 Fat 20g Saturated Fat 2g Protein 48g Total Carbohydrates 108g Fiber 12g Sodium 562mg 	29 Calories 1000 Fat 32g Saturated Fat 8g Protein 51g Total Carbohydrates 130g Fiber 11g Sodium 690mg 