




VOLUNTEERS OF AMERICA COLORADO
DINING CENTER MENU
SEPTEMBER 2025



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
<div>Happy Labor Day!</div> <div>VOA Closed</div>	1	Chicken Scampi Whole Wheat Fettuccine Alfredo Italian Vegetables Italian Bread Apricot Halves 1% Milk	(55g){698mg} (29g) (50g){550mg} (17g) (12g)	2	Salisbury Steak with Brown Gravy Colorado Style Baked Beans Green Bean Casserole Rye Bread with Margarine Fruit Cocktail Peanut Butter Oatmeal Cookie 1% Milk	{155mg} (11g){170mg} (15g){192mg} (14g) (18g) (12g)	3	<u>Breakfast for Lunch</u> Western Egg Omelet with Ranchero Sauce Potatoes O'Brien Warm Fruit Compote Buttermilk Biscuit with Margarine Apple Orange Juice 1% Milk	{430mg} (16g) (38g) (29g){710mg} (25g) (13g) (12g)	4	Cheese Stuffed Shells with Meat Sauce Cannellini Beans Seasoned Spinach Garlic Knot with Margaine Citrus Fruit Cup 1% Milk	(47g){103mg} (17g){335mg} (16g){172mg} (12g) (12g)		
	Szechuan Chicken 5-Spice Potatoes Asian Vegetable Blend Wheat Roll with Margarine Sliced Pears 1% Milk	{731mg} (17g) (15g){146mg} (27g) (12g)	8	Tomato Basil Soup with Wheat Crackers Egg Salad Sandwich on Rye Bread Lettuce/Tomato Garnish Banana 1% Milk	(10g){192mg} (34g){548mg} (27g) (12g)	9	Lemon Pepper Fish with Tomato Cream Sauce Rice Pilaf Monte Carlo Blend Multigrain Bread with Margarine Berry Mango Compote 1% Milk	(25g){548mg} (22g) {150mg} (29g){260mg} (22g) (12g)	10	<u>Go Broncos!</u> BBQ Cheddar Burger on Whole Wheat Bun Twice Baked Potato Casserole Steamed Carrots Orange Sugar Cookie 1% Milk	(25g){702mg} (22g){190mg} (18g) (15g) (20g){115mg} (12g)	11	Salisbury Steak with Brown Gravy Au Gratin Potatoes Cauliflower and Carrots Sourdough Bread with Margarine Pear 1% Milk	{135mg} (19g){157mg} (25g){289mg} (27g) (12g)
	Creamy Ranch Baked Chicken Confetti Rice Cape Cod Vegetable Blend Whole Grain Bread with Margarine Apple 1% Milk	{456mg} (18g) (15g) (21g){260mg} (25g) (12g)	15	Swedish Turkey Meatballs Parsley Noodles Harvard Beets Wheat Roll with Margarine Banana Oatmeal Raisin Cookie Cranberry Juice / 1% Milk	{311mg} (21g){173mg} (121mg) (13g){147mg} (27g) (21g) (21g) / (12g)	16	Marinated Pork Cutlet with Hunter Sauce Brown Rice Edamame Succotash Multigrain Bread with Margarine Diced Peaches 1% Milk	{250mg} (23g) (11g) (24g){240mg} (14g) (12g)	17	<u>Healthy Aging</u> Greek Salad with Chicken Lemon Potatoes Falafel with Lemon Dill Sauce Wheat Pita with Margarine Citrus Fruit Cup 1% Milk	{120mg} (23g) (10g){163mg} (16g){148mg} (12g) (12g)	18	Smoky Beef Sirloin Chili Roasted Sweet Potatoes Cauliflower and Carrots Cornbread with Margarine Orange Apple Cinnamon Coffee Cake 1% Milk	(18g){287mg} (23g){207mg} (15g) (29g){160mg} (12g)
	Swiss Steak with Marsala Sauce Noodles Romanoff Broccoli with Red Peppers 9-grain Bread with Margarine Apricot Halves 1% Milk	{345mg} (22g) (210mg) (30g){220mg} (30g) (12g)	22	Wisconsin Cheddar Soup with Wheat Crackers Cape Cod Turkey Salad Whole Wheat Bread with Margarine Orange Juice Apple 1% Milk	(17g){186mg} (14g){455mg} (11g) (25g) (12g)	23	Sweet and Sour Pork Lo Mein Noodles Sesame Broccoli Multigrain Roll with Margarine Pineapple Tidbits Vanilla Pudding with Mixed Berries 1% Milk	(24g){627mg} (21g){112mg} (24g){240mg} (18g){107mg} (12g)	24	<u>Southern BBQ</u> BBQ Pork Rib Creole Corn Collard Greens Cornbread Muffin with Margarine Sliced Peaches 1% Milk	(26g){166mg} (19g) (12g) (32g){280mg} (14g) (12g)	25	Chicken Cassoulet Spinach Gulay Apple Glazed Carrots French Bread with Margarine Tropical Fruit Lemon Cookie 1% Milk	{325mg} (14g) (17g){192mg} (17g) (43g){250mg} (12g)
	Warm Turkey Muenster Sandwich on Whole Wheat Bread Light Mayo Packet Baked Beans Glazed Carrots Orange 1% Milk	(15g){699mg} (124mg) (11g){170mg} (14g) (15g) (12g)	29	Chicken Fried Steak with Country Gravy Whipped Potatoes Herbed Green Beans Hawaiian Baked Roll with Margarine Apple Brownie 1% Milk	(21g){380mg} (20g) (15g){193mg} (25g) (35g){180mg} (12g)	30	<div><div><div>hello</div><div>FALL</div></div><div><div>Happy Healthy Aging Month!</div><div>Happy Labor Day, September 1st!</div><div>First Day of Fall, September 22nd!</div></div></div>							
<div><div><div>Health</div></div><div><div></div></div></div>														
<p>*Menu items may change without notice due to availability of items from suppliers.</p> <p>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.</p>														

VOLUNTEERS OF AMERICA COLORADO
DINING CENTER NUTRITION ANALYSIS
SEPTEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>Happy Labor Day!</i> <i>VOA Closed</i>	2 Calories 681 Fat 10g Saturated Fat 2g Protein 41g Total Carbohydrates 103g Fiber 15g Sodium 977mg	3 Calories 859 Fat 37g Saturated Fat 10g Protein 42g Total Carbohydrates 87g Fiber 9g Sodium 701mg	4 Calories 763 Fat 23g Saturated Fat 8g Protein 23g Total Carbohydrates 117g Fiber 10g Sodium 896mg	5 Calories 766 Fat 46g Saturated Fat 4g Protein 37g Total Carbohydrates 110g Fiber 15g Sodium 855mg
8 Calories 921 Fat 37g Saturated Fat 8g Protein 70g Total Carbohydrates 79g Fiber 12g Sodium 1062mg	9 Calories 649 Fat 19g Saturated Fat 5g Protein 28g Total Carbohydrates 92g Fiber 10.6g Sodium 1028mg	10 Calories 930 Fat 32g Saturated Fat 7g Protein 46g Total Carbohydrates 116g Fiber 10g Sodium 1121mg	11 Calories 900 Fat 30g Saturated Fat 10g Protein 35g Total Carbohydrates 118g Fiber 11g Sodium 1276mg	12 Calories 804 Fat 27g Saturated Fat 9g Protein 43g Total Carbohydrates 102g Fiber 12g Sodium 851mg
15 Calories 813 Fat 25g Saturated Fat 7g Protein 50g Total Carbohydrates 93g Fiber 12g Sodium 985mg	16 Calories 866 Fat 27g Saturated Fat 7g Protein 32g Total Carbohydrates 127g Fiber 9.5g Sodium 951mg	17 Calories 776 Fat 56g Saturated Fat 11g Protein 42g Total Carbohydrates 96g Fiber 11g Sodium 616mg	18 Calories 620 Fat 23g Saturated Fat 3g Protein 27g Total Carbohydrates 80g Fiber 8g Sodium 570mg	19 Calories 1419 Fat 56g Saturated Fat 17g Protein 43g Total Carbohydrates 189g Fiber 18g Sodium 1149mg
22 Calories 816 Fat 19g Saturated Fat 4g Protein 45g Total Carbohydrates 93g Fiber 11g Sodium 719mg 	23 Calories 987 Fat 39g Saturated Fat 11g Protein 49g Total Carbohydrates 119g Fiber 9g Sodium 1010mg	24 Calories 957 Fat 33g Saturated Fat 8g Protein 47g Total Carbohydrates 122g Fiber 11g Sodium 1243mg	25 Calories 1228 Fat 44g Saturated Fat 11g Protein 77g Total Carbohydrates 137g Fiber 12g Sodium 1011mg	26 Calories 1249 Fat 60g Saturated Fat 13g Protein 60g Total Carbohydrates 117g Fiber 12g Sodium 1029mg
29 Calories 565 Fat 18g Saturated Fat 6g Protein 32g Total Carbohydrates 69g Fiber 11g Sodium 1169mg	30 Calories 1099 Fat 48g Saturated Fat 18g Protein 35g Total Carbohydrates 166g Fiber 10g Sodium 965mg	 Heart Healthy diet <800mg sodium, lower fat and saturated fat  Diabetic friendly <800mg sodium, carbs 65-67g		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%)