



VOLUNTEERS OF AMERICA COLORADO DINING CENTER MENU OCTOBER 2025					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 <p>World Mental Health Day, October 10th!</p> <p>Halloween, October 31st!</p>		Swedish Turkey Meatballs {311mg} 1 Parsley Noodles (21g){173mg} Diced Beets (12g) Wheat Bread with Margarine (27g) Banana (21g) Oatmeal Raisin Cookie (21g) Cranberry Juice / 1% Milk (21g) / (12g)	<u><i>Cider Days are Here</i></u> Open Faced Vermonter Ham (30g){545mg} 2 Sandwich on Multigrain Bread (13g){175mg} Ancient Grain and Kale Blend (25g) Cooked Cabbage with Red Pepper (28g) Apple (12g) Apple Cinnamon Muffin 1% Milk	Lemon Pepper Fish (25g){548mg} 3 with Tomato Cream Sauce Rice Pilaf (22g) Cape Cod Vegetable Blend Multigrain Bread with Margarine (29g){260mg} Orange (15g) 1% Milk (12g)	
Savory Meatloaf (32g){390mg} 6 with Brown Gravy Buttermilk Mashed Potatoes (17g) Country Vegetable Blend (11g) 9-Grain Bread with Margarine (30g){220mg} Cinnamon Applesauce (13g) 1% Milk (12g)	Turkey Pot Pie (16g){170mg} 7 Roasted Butternut Squash (18g) Seasoned Greens {112mg} Wheat Roll with Margarine (14g){146mg} Mandarin Oranges (19g) Chocolate Chip Cookie (10g) 1% Milk (12g)	BBQ Cheddar Burger (34g){365mg} 8 On a Whole Wheat Bun Lettuce/Tomato Garnish Potato Wedges (13g) Colorado Baked Beans (31g){239mg} Orange (15g) 1% Milk (12g)	<u><i>Manager Special</i></u> Smoked Chicken and Sausage Paella (14g){580mg} 9 Brown Rice (23g) Capri Vegetable Blend Hawaiian Roll with Margarine (48g) Kiwi (10g) 1% Milk (12g)	Austrian Goulash (218mg) 10 with Parsley Noodles Harvard Beets Multigrain Bread with Margarine (29g){260mg} Apricot Halves (30g) Cranberry Juice (14g) 1% Milk (12g)	
Herb Roasted Chicken with Mushrooms {391mg} 13 Roasted Mediterranean Vegetables {210mg} Rosemary Potatoes (19g) 9-Grain Bread with Margarine (30g){220mg} Peaches (14g) 1% Milk (12g)	Cheese Stuffed Shells with Meat Sauce (47g){103mg} 14 Cannellini Beans (17g){335mg} Seasoned Spinach Whole Wheat Roll with Margarine (16g){172mg} Banana (27g) Orange Juice (21g) 1% Milk (12g)	Combination Beef & Bean Burrito (28g){670mg} 15 with Picante Sauce on a Wheat Tortilla Spanish Rice (18g) Mexicali Corn (17g) Apricot Pineapple Compote (24g) 1% Milk (12g)	<u><i>National Pasta Day</i></u> Vodka Style Italian Sausage and Penne (28g){585mg} 16 Stewed Apricots (24g) Ratatouille Whole Wheat Bread with Margarine (12g) Fresh Pear (27g) 1% Milk (12g)	Golden BBQ Pulled Pork Sandwich (23g){736mg} 17 on Hamburger Bun (22g){217mg} Green Beans with Almonds Parslied Carrots Orange (15g) 1% Milk (12g)	
Smoky Beef Sirloin Chili (18g){287mg} 20 Roasted Sweet Potatoes (23g){207mg} Cauliflower and Carrots Cornbread with Margarine Apple (25g) Apple Cinnamon Muffin (28g) 1% Milk (12g)	Warm Turkey Muenster Sandwich (15g){699mg} 21 on Whole Wheat Bread Light Mayo Packet (124mg) Baked Beans (11g){170mg} Glazed Carrots (14g) Orange (15g) 1% Milk (12g)	Marinated Pork Cutlet {250mg} 22 with Hunter Sauce (43g) Wild Rice Blend {185mg} Spinach and Mushrooms (29g){260mg} Multigrain Bread with Margarine (14g) Diced Peaches (12g)	<u><i>Fall Harvest Celebration!</i></u> Slow Roasted Beef (204m) 23 with Spiced Apple Gravy Buttermilk Mashed Potatoes (17g) Roasted Beets with Fresh Dill (13g){309mg} Seasonal Apple (25g) Bran Muffin with Margarine (26g){180mg} Cranberry Juice / 1% Milk (24g) / (12g)	Creamy Ranch Baked Chicken {456mg} 24 Confetti Rice (18g) Green Beans with Almonds Whole Grain Roll with Margarine (21g){260mg} Kiwi (10g) 1% Milk (12g)	
Chicken Scampi (55g){698mg} 27 with Whole Grain Penne Alfredo Italian Vegetables Italian Bread (50g){550mg} Apricot Halves (17g) 1% Milk (12g)	Turkey Meatballs with Mushroom Sauce (14g){445mg} 28 Parsley Noodles (21g){173mg} Sliced Beets Wheat Bread with Margarine (12g) Banana (27g) Oatmeal Raisin Cookie (21g) Cranberry Juice (21g) 1% Milk (12g)	Swiss Steak with Marsala Sauce {345mg} 29 Noodles Romanoff (22g) Roasted Mediterranean Vegetables (210mg) 9-grain Bread with Margarine (30g){220mg} Pear (27g) Clementine (21g) Orange Juice (12g)	<u><i>Halloween Fun!</i></u> Chili Dog (25g){1,114mg} 30 on a Whole Wheat Bun Roasted Sweet Potatoes (23g){208mg} Yellow and White Corn (16g) Clementine (26g) Reese's Candy (10g) 1% Milk (12g)	Butter Chicken (98g){781mg} 31 Brown Rice (23g) Roasted Broccoli and Chickpeas Whole Wheat Pita with Margarine (16g){148mg} Berry Mango Compote (22g){217mg} 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					

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>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</p> <p>*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%)</p>				1		2		3	
				Calories	852	Calories	740	Calories	941
				Fat	25g	Fat	21g	Fat	32g
				Saturated Fat	6g	Saturated Fat	6g	Saturated Fat	7g
				Protein	34g	Protein	34g	Protein	47g
				Total Carbohydrates	130g	Total Carbohydrates	109g	Total Carbohydrates	114g
				Fiber	11g	Fiber	10g	Fiber	11g
Sodium	958mg	Sodium	958mg	Sodium	1014mg				
6		7		8		9		10	
Calories	983	Calories	785	Calories	849	Calories	643	Calories	811
Fat	36g	Fat	26g	Fat	23g	Fat	21g	Fat	22g
Saturated Fat	10g	Saturated Fat	6g	Saturated Fat	10g	Saturated Fat	5g	Saturated Fat	6g
Protein	49g	Protein	41g	Protein	48g	Protein	32g	Protein	53g
Total Carbohydrates	121g	Total Carbohydrates	93g	Total Carbohydrates	111g	Total Carbohydrates	114g	Total Carbohydrates	104g
Fiber	12g	Fiber	9g	Fiber	13g	Fiber	9g	Fiber	10g
Sodium	750mg	Sodium	647mg	Sodium	742mg	Sodium	817mg	Sodium	931mg
13		14		15		16		17	
Calories	1002	Calories	840	Calories	829	Calories	744	Calories	688
Fat	47g	Fat	18g	Fat	30g	Fat	24g	Fat	23g
Saturated Fat	2g	Saturated Fat	3g	Saturated Fat	11g	Saturated Fat	4g	Saturated Fat	6g
Protein	55g	Protein	40g	Protein	42g	Protein	27g	Protein	32g
Total Carbohydrates	82g	Total Carbohydrates	133g	Total Carbohydrates	102g	Total Carbohydrates	110g	Total Carbohydrates	88g
Fiber	10g	Fiber	16g	Fiber	12g	Fiber	15g	Fiber	11g
Sodium	972mg	Sodium	830mg	Sodium	897mg	Sodium	908mg	Sodium	1144mg
20		21		22		23		24	
Calories	1042	Calories	565	Calories	1012	Calories	1013	Calories	783
Fat	38g	Fat	18g	Fat	44g	Fat	37g	Fat	30g
Saturated Fat	8g	Saturated Fat	6g	Saturated Fat	11g	Saturated Fat	9g	Saturated Fat	8g
Protein	39g	Protein	32g	Protein	43g	Protein	52g	Protein	51g
Total Carbohydrates	141g	Total Carbohydrates	69g	Total Carbohydrates	115g	Total Carbohydrates	123g	Total Carbohydrates	74g
Fiber	17g	Fiber	11g	Fiber	11g	Fiber	11g	Fiber	10g
Sodium	1076mg	Sodium	1169mg	Sodium	616mg	Sodium	667mg	Sodium	941mg
27		28		29		30		31	
Calories	770	Calories	874	Calories	738	Calories	873	Calories	2056
Fat	12g	Fat	27g	Fat	19g	Fat	41g	Fat	73g
Saturated Fat	3g	Saturated Fat	7g	Saturated Fat	3.5g	Saturated Fat	13g	Saturated Fat	21g
Protein	41g	Protein	34g	Protein	44g	Protein	35g	Protein	176g
Total Carbohydrates	90g	Total Carbohydrates	131g	Total Carbohydrates	103g	Total Carbohydrates	98g	Total Carbohydrates	179g
Fiber	12g	Fiber	10g	Fiber	12.5g	Fiber	12g	Fiber	27g
Sodium	958mg	Sodium	1035mg	Sodium	909mg	Sodium	1550mg	Sodium	1121mg
♥ Heart Healthy diet (<800mg sodium, lower fat and saturated fat)     🍏 Diabetic Friendly (<800mg sodium, carbs 65-67g)									