## VOLUNTEERS OF AMERICA COLORADO MEALS ON WHEELS MENU OCTOBER 2025

Savory Meatloaf (32g with Brown Gravy Buttermilk Mashed Potatoes Country Vegetable Blend 9-Grain Bread with Margarine (30g	Hallowee: (2g){390mg} (17g) (11g) (0g){220mg} (13g) (12g)	alth Day, October 10th!  n, October 31st!  6 Turkey Pot Pie Roasted Butternut Squash Seasoned Greens Wheat Roll with Margarine Mandarin Oranges Chocolate Chip Cookie 1% Milk	(16g)(170mg) (18g) (112mg) (14g)(146mg) (19g) (10g) (12g)	Swedish Turkey Meatballs Parsley Noodles Diced Beets Wheat Bread with Margarine Banana Oatmeal Raisin Cookie Cranberry Juice / 1% Milk  7 BBQ Cheddar Burger On a Whole Wheat Bun Lettuce/Tomato Garnish Potato Wedges Colorado Baked Beans Orange	{311mg} (21g){173mg} (12g) (27g) (21g) (21g) / (12g) (34g){365mg} (13g) (31g){239mg}	THURSDAY  Cider Days are Here  Open Faced Vermonter Ham Sandwich on Multigrain Bread Ancient Grain and Kale Blend Cooked Cabbage with Red Pepper Apple Apple Cinnamon Muffin 1% Milk  Manager Special Smoked Chicken and Sausage Paella Brown Rice Capri Vegetable Blend Hawaiian Roll with Margarine	(30g)(545mg) (13g)(175mg) (25g) (28g) (12g) (14g)(580mg) (23g)	2 Lemon Pepper Fish with Tomato Cream Sauce Rice Pilaf Cape Cod Vegetable Blend Multigrain Bread with Margarine Orange 1% Milk  9 Austrian Goulash with Parsley Noodles Harvard Beets Multigrain Bread with Margarine	(25g){548mg} (22g) (29g){260mg} (15g) (12g) {218mg}
Savory Meatloaf (32g with Brown Gravy Buttermilk Mashed Potatoes Country Vegetable Blend 9-Grain Bread with Margarine (30g Cinnamon Applesauce 1% Milk	Hallowee: (179) (119) (09){220mg} (13g) (12g)	n, October 31st!  6 Turkey Pot Pie Roasted Butternut Squash Seasoned Greens Wheat Roll with Margarine Mandarin Oranges Chocolate Chip Cookie	(18g) {112mg} (14g){146mg} (19g) (10g)	Parsley Noodles Diced Beets Wheat Bread with Margarine Banana Oatmeal Raisin Cookie Cranberry Juice / 1% Milk  7 BBQ Cheddar Burger On a Whole Wheat Bun Lettuce/Tomato Garnish Potato Wedges Colorado Baked Beans Orange	(21g){173mg} (12g) (27g) (21g) (21g) / (12g) (34g){365mg}	Open Faced Vermonter Ham Sandwich on Multigrain Bread Ancient Grain and Kale Blend Cooked Cabbage with Red Pepper Apple Apple Cinnamon Muffin 1% Milk  8	(13g){175mg} (25g) (28g) (12g) (14g)(580mg) (23g)	with Tomato Cream Sauce Rice Pilaf Cape Cod Vegetable Blend Multigrain Bread with Margarine Orange 1% Milk  9 Austrian Goulash with Parsley Noodles Harvard Beets Multigrain Bread with Margarine	(22g) (29g){260mg} (15g) (12g) {218mg}
Savory Meatloaf (32g with Brown Gravy Buttermilk Mashed Potatoes Country Vegetable Blend 9-Grain Bread with Margarine (30g Cinnamon Applesauce 1% Milk	Hallowee: (179) (119) (09){220mg} (13g) (12g)	n, October 31st!  6 Turkey Pot Pie Roasted Butternut Squash Seasoned Greens Wheat Roll with Margarine Mandarin Oranges Chocolate Chip Cookie	(18g) {112mg} (14g){146mg} (19g) (10g)	Diced Beets Wheat Bread with Margarine Banana Oatmeal Raisin Cookie Cranberry Juice / 1% Milk  7 BBQ Cheddar Burger On a Whole Wheat Bun Lettuce/Tomato Garnish Potato Wedges Colorado Baked Beans Orange	(12g) (27g) (21g) (21g) / (12g) (34g){365mg}	Sandwich on Multigrain Bread Ancient Grain and Kale Blend Cooked Cabbage with Red Pepper Apple Apple Cinnamon Muffin 1% Milk  8	(13g){175mg} (25g) (28g) (12g) (14g)(580mg) (23g)	Rice Pilaf Cape Cod Vegetable Blend Multigrain Bread with Margarine Orange 1% Milk  9 Austrian Goulash with Parsley Noodles Harvard Beets Multigrain Bread with Margarine	(29g){260mg} (15g) (12g) (218mg)
Savory Meatloaf (32g with Brown Gravy Buttermilk Mashed Potatoes Country Vegetable Blend 9-Grain Bread with Margarine (30g Cinnamon Applesauce 1% Milk	Hallowee: (179) (119) (09){220mg} (13g) (12g)	n, October 31st!  6 Turkey Pot Pie Roasted Butternut Squash Seasoned Greens Wheat Roll with Margarine Mandarin Oranges Chocolate Chip Cookie	(18g) {112mg} (14g){146mg} (19g) (10g)	Wheat Bread with Margarine Banana Oatmeal Raisin Cookie Cranberry Juice / 1% Milk  7 BBQ Cheddar Burger On a Whole Wheat Bun Lettuce/Tomato Garnish Potato Wedges Colorado Baked Beans Orange	(27g) (21g) (21g) / (12g) (34g){365mg}	Ancient Grain and Kale Blend Cooked Cabbage with Red Pepper Apple Apple Cinnamon Muffin 1% Milk  8	(25g) (28g) (12g) (14g)(580mg) (23g)	Cape Cod Vegetable Blend Multigrain Bread with Margarine Orange 1% Milk  9 Austrian Goulash with Parsley Noodles Harvard Beets Multigrain Bread with Margarine	(29g){260mg} (15g) (12g) (218mg)
Savory Meatloaf (32g with Brown Gravy Buttermilk Mashed Potatoes Country Vegetable Blend 9-Grain Bread with Margarine (30g Cinnamon Applesauce 1% Milk	Hallowee: (179) (119) (09){220mg} (13g) (12g)	n, October 31st!  6 Turkey Pot Pie Roasted Butternut Squash Seasoned Greens Wheat Roll with Margarine Mandarin Oranges Chocolate Chip Cookie	(18g) {112mg} (14g){146mg} (19g) (10g)	Banana Oatmeal Raisin Cookie Cranberry Juice / 1% Milk  7 BBQ Cheddar Burger On a Whole Wheat Bun Lettuce/Tomato Garnish Potato Wedges Colorado Baked Beans Orange	(27g) (21g) (21g) / (12g) (34g){365mg}	Cooked Cabbage with Red Pepper Apple Apple Cinnamon Muffin 1% Milk  8	(25g) (28g) (12g) (14g)(580mg) (23g)	Multigrain Bread with Margarine Orange 1% Milk  9 Austrian Goulash with Parsley Noodles Harvard Beets Multigrain Bread with Margarine	(15g) (12g) (218mg) (29g){260mg}
Savory Meatloaf (32g with Brown Gravy Buttermilk Mashed Potatoes Country Vegetable Blend 9-Grain Bread with Margarine (30g Cinnamon Applesauce 1% Milk	(17g) (11g) (11g) (0g){220mg} (13g) (12g)	6 Turkey Pot Pie Roasted Butternut Squash Seasoned Greens Wheat Roll with Margarine Mandarin Oranges Chocolate Chip Cookie	(18g) {112mg} (14g){146mg} (19g) (10g)	Oatmeal Raisin Cookie Cranberry Juice / 1% Milk  7 BBQ Cheddar Burger On a Whole Wheat Bun Lettuce/Tomato Garnish Potato Wedges Colorado Baked Beans Orange	(21g) (21g) / (12g) (34g){365mg}	Apple Apple Cinnamon Muffin 1% Milk  8	(28g) (12g) (14g){580mg} (23g)	Orange 1% Milk  9 Austrian Goulash with Parsley Noodles Harvard Beets Multigrain Bread with Margarine	(15g) (12g) (218mg) (29g){260mg}
Savory Meatloaf (32g with Brown Gravy Buttermilk Mashed Potatoes Country Vegetable Blend 9-Grain Bread with Margarine (30g Cinnamon Applesauce 1% Milk	(17g) (11g) (11g) (0g){220mg} (13g) (12g)	6 Turkey Pot Pie Roasted Butternut Squash Seasoned Greens Wheat Roll with Margarine Mandarin Oranges Chocolate Chip Cookie	(18g) {112mg} (14g){146mg} (19g) (10g)	Cranberry Juice / 1% Milk  7 BBQ Cheddar Burger On a Whole Wheat Bun Lettuce/Tomato Garnish Potato Wedges Colorado Baked Beans Orange	(21g) / (12g) (34g){365mg}	Apple Cinnamon Muffin  1% Milk  8	(28g) (12g) (14g){580mg} (23g)	1% Milk  9 Austrian Goulash with Parsley Noodles Harvard Beets Multigrain Bread with Margarine	(12g) {218mg} (29g){260mg}
with Brown Gravy Buttermilk Mashed Potatoes Country Vegetable Blend 9-Grain Bread with Margarine (30g Cinnamon Applesauce 1% Milk	(17g) (11g) (0g){220mg} (13g) (12g)	Roasted Butternut Squash Seasoned Greens Wheat Roll with Margarine Mandarin Oranges Chocolate Chip Cookie	(18g) {112mg} (14g){146mg} (19g) (10g)	7 BBQ Cheddar Burger On a Whole Wheat Bun Lettuce/Tomato Garnish Potato Wedges Colorado Baked Beans Orange	(34g){365mg}	1% Milk  8	(12g) (14g){580mg} (23g)	9 Austrian Goulash with Parsley Noodles Harvard Beets Multigrain Bread with Margarine	{218mg} (29g){260mg}
with Brown Gravy Buttermilk Mashed Potatoes Country Vegetable Blend 9-Grain Bread with Margarine (30g) Cinnamon Applesauce 1% Milk	(17g) (11g) (0g){220mg} (13g) (12g)	Roasted Butternut Squash Seasoned Greens Wheat Roll with Margarine Mandarin Oranges Chocolate Chip Cookie	(18g) {112mg} (14g){146mg} (19g) (10g)	On a Whole Wheat Bun Lettuce/Tomato Garnish Potato Wedges Colorado Baked Beans Orange	(13g)	8 Manager Special Smoked Chicken and Sausage Paella Brown Rice Capri Vegetable Blend	(14g){580mg} (23g)	with Parsley Noodles Harvard Beets Multigrain Bread with Margarine	(29g){260mg}
with Brown Gravy Buttermilk Mashed Potatoes Country Vegetable Blend 9-Grain Bread with Margarine (30g Cinnamon Applesauce 1% Milk	(17g) (11g) (0g){220mg} (13g) (12g)	Roasted Butternut Squash Seasoned Greens Wheat Roll with Margarine Mandarin Oranges Chocolate Chip Cookie	(18g) {112mg} (14g){146mg} (19g) (10g)	On a Whole Wheat Bun Lettuce/Tomato Garnish Potato Wedges Colorado Baked Beans Orange	(13g)	Smoked Chicken and Sausage Paella Brown Rice Capri Vegetable Blend	(23g)	with Parsley Noodles Harvard Beets Multigrain Bread with Margarine	(29g){260mg}
Buttermilk Mashed Potatoes Country Vegetable Blend 9-Grain Bread with Margarine (30g Cinnamon Applesauce 1% Milk	(11g) (0g){220mg} (13g) (12g)	Seasoned Greens Wheat Roll with Margarine Mandarin Oranges Chocolate Chip Cookie	{112mg} (14g){146mg} (19g) (10g)	Lettuce/Tomato Garnish Potato Wedges Colorado Baked Beans Orange		Brown Rice Capri Vegetable Blend	(23g)	Harvard Beets Multigrain Bread with Margarine	
Country Vegetable Blend 9-Grain Bread with Margarine (30g Cinnamon Applesauce 1% Milk	(11g) (0g){220mg} (13g) (12g)	Wheat Roll with Margarine Mandarin Oranges Chocolate Chip Cookie	(14g){146mg} (19g) (10g)	Potato Wedges Colorado Baked Beans Orange		Capri Vegetable Blend		Multigrain Bread with Margarine	
9-Grain Bread with Margarine (30g Cinnamon Applesauce 1% Milk	(13g) (12g) (12g)	Mandarin Oranges Chocolate Chip Cookie	(19g) (10g)	Colorado Baked Beans Orange			(48a)	-	
Cinnamon Applesauce 1% Milk	(13g) (12g)	Chocolate Chip Cookie	(10g)	Orange	(31g){239mg}	Hawaiian Roll with Margarine	(48a)	Annala a A I I a Ivaa a	
1% Milk	(12g)	•		•		J.	( <del>4</del> 09)	Apricot Halves	(30g)
		1% Milk	(12g)	1	(15g)	Kiwi	(10g)	Cranberry Juice	(14g)
Herh Roasted Chicken with Mushrooms	{391mg} 1			1% Milk	(12g)	1% Milk	(12g)	1% Milk	(12g)
Herh Roasted Chicken with Mushrooms	{391mg}								
TOTA TOGGERA OTHER OTHER WILLIAM MUSITIONING		13 Cheese Stuffed Shells with Meat Sauce	(47g){103mg}	14 Combination Beef & Bean Burrito	(28g){670mg}	15 <u>National Pasta Day</u>		16 Golden BBQ Pulled Pork Sandwich	(23g){736mg}
Roasted Mediterranean Vegetables	{210mg}	Cannellini Beans	(17g){335mg}	with Picante Sauce		Vodka Style Italian Sausage and Penne	(28g){585mg}	on Hamburger Bun	(22g){217mg}
Rosemary Potatoes	(19g)	Seasoned Spinach		on a Wheat Tortilla		Stewed Apricots	(24g)	Green Beans with Almonds	
9-Grain Bread with Margarine (30g	0g){220mg}	Whole Wheat Roll with Margarine	(16g){172mg}	Spanish Rice	(18g)	Ratatouille		Parslied Carrots	
Peaches	(14g)	Banana	(27g)	Mexicali Corn	(17g)	Whole Wheat Bread with Margarine	(12g)	Orange	(15g)
1% Milk	(12g)	Orange Juice	(21g)	Apricot Pineapple Compote	(24g)	Fresh Pear	(27g)	1% Milk	(12g)
		1% Milk	(12g)	1% Milk	(12g)	1% Milk	(12g)		
Smoky Beef Sirloin Chili (18g	8g){287mg} 2	20 Warm Turkey Muenster Sandwich	(15g){699mg}	21 Marinated Pork Cutlet	{250mg}	22 Fall Harvest Celebration!		23 Creamy Ranch Baked Chicken	{456mg}
Roasted Sweet Potatoes (23g	3g){207mg}	on Whole Wheat Bread	( 10,(11)	with Hunter Sauce		Slow Roasted Beef	{204m}	Confetti Rice	(18g)
Cauliflower and Carrots	370	Light Mayo Packet	(124mg)	Wild Rice Blend	(43g)	with Spiced Apple Gravy		Green Beans with Almonds	( 3,
Cornbread with Margarine		Baked Beans	(11g){170mg}	Spinach and Mushrooms	{185mg}	Buttermilk Mashed Potatoes	(17g)	Whole Grain Roll with Margarine	(21g){260mg}
Apple	(25g)	Glazed Carrots	(14g)	Multigrain Bread with Margarine	(29g){260mg}	Roasted Beets with Fresh Dill	(13g){309mg}	Kiwi	(10g)
Apple Cinnamon Muffin	(28g)	Orange	(15g)	Diced Peaches	(14g)	Seasonal Apple	(25g)	1% Milk	(12g)
1% Milk	(12g)	1% Milk	(12g)	1% Milk	(12g)	Bran Muffin with Margarine	(26g){180mg}		5/
	, 5,				, 5	Cranberry Juice / 1% Milk	(24g) / (12g)		
Chicken Scampi (55g	55g){698mg} 2	Turkey Meatballs with Mushroom Sauce	(14g){445mg}	28 Swiss Steak with Marsala Sauce	{345mg}	29 <u>Halloween Fun!</u>		30 Butter Chicken	(98g){781mg}
Whole Grain Penne Alfredo		Parsley Noodles	(21g){173mg}	Garlic Mashed Potatoes	(24g)	Chili Dog	(25g){1,114mg}	Brown Rice	(23g)
Italian Vegetables		Sliced Beets		Roasted Mediterranean Vegetables	(210mg)	on a Whole Wheat Bun		Roasted Broccoli and Chickpeas	
Italian Bread (50g	i0g){550mg}	Wheat Bread with Margarine	(12g)	9-grain Bread with Margarine	(30g){220mg}	Roasted Sweet Potatoes	(23g){208mg}	Whole Wheat Pita with Margarine	(16g){148mg}
Apricot Halves	(17g)	Banana	(27g)	Pear	(21g)	Yellow and White Corn	(16g)	Berry Mango Compote	(22g){217mg}
1% Milk	(12g)	Oatmeal Raisin Cookie	(21g)	Orange Juice	(21g)	Clementine	(26g)	1% Milk	(12g)
		Cranberry Juice	(21g)	1% Milk	(12g)	Reese's Candy	(10g)		. =/
		1% Milk	(12g)			1% Milk	(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 MEALS ON WHEELS NUTRITION ANALYSIS OCTOBER 2025

MONDA	V	THECOA	v	OCTOBER 20		THIRDDA	V	EDIDAY		
MONDAY  These are the values for 33 1/3			TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Da				Calories	852	Calories	740	Calories	941	
Recommended Daily Allowance (RDA) for 70+:								Fat		
Calories: 667+ Fiber: 9.5 grams				Fat	25g	Fat	21g		32g	
Protein: 33 grams Saturated Fat: less than 8 grams				Saturated Fat	6g	Saturated Fat	6g	Saturated Fat	7g	
Carbohydrates: 92 grams Sodium: less than 1200 mg				Protein	34g	Protein	34g	Protein	47g	
*Based on a 2,000 Calorie Diet; Macronutrient distribution of calories based on:				Total Carbohydrates	130g	Total Carbohydrates	109g	Total Carbohydrates	114g	
20% protein (RDA 10-25%), 25% total fat (RDA 20-35%), 55% carbohydrates (RDA 45-65%)				Fiber	11g	Fiber	10g	Fiber	11g	
	55% carbonydra	ites (RDA 45-65%)		Sodium	958mg	Sodium	958mg	Sodium	1014mg	
	6			7		8	9	<b>1</b>	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	<b>5</b> g	Saturated Fat	6g	
Protein	<b>49</b> g	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	3	1	· ·	1	5	16	3	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		2	1	2	2	23	<u> </u>	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	<b>9</b> g	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	,	2	8	2	9	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	<b>Total Carbohydrates</b>	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. l	ower fat and saturated fat)	<b>Ď</b> Diabetic	Friendly (<800mg sodium, car	bs 65-67g)			
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