



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

VOLUNTEERS OF AMERICA COLORADO  
MEALS ON WHEELS NUTRITION ANALYSIS  
OCTOBER 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%)		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)				