VOLUNTEERS OF AMERICA COLORADO
MEALS ON WHEELS MENU
DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Winter White Chili with Chicken (25g){280mg} Cilantro Lime Rice (18g) Seasoned Spinach Sourdough Bread with Margarine (16g){192mg} Applesauce (13g) 1% Milk (12g)	**2** Ham and Cheese Omelet {430mg} Potatoes O'Brien (16g) Warm Fruit Compote (38g) Bran Muffin with Margarine (29g){260mg} Apple (26g){180mg} 1% Milk (12g)	**3** Turkey Shepherd's Pie (11g){318mg} Sweet Corn (16g) Seasoned Brussel Sprouts Multigrain Bread with Margarine (29g){260mg} Banana (27g) 1% Milk (12g)	**4** ***Southern Comfort*** Smothered Pork Chop Macaroni and Cheese (29g){380mg} Slow Cooked Green Beans Whole Wheat Dinner Roll with Margarine (14g){145mg} Orange (15g) Lemon Loaf (28g){250mg} 1% Milk (12g)	**5** Pizza Burger (25g){723mg} with Provolone on a Brioche Bun Potato Wedges (22g) Cooked Cabbage with Red Pepper Apricots (30g) Santa Fe Trail Mix (37g) 1% Milk (12g)
8 Creamy Tuna Pasta Bake (27g){326mg} Succotash (21g) Broccoli and Carrots French Bread with Margarine (17g){192mg} Apple (25g) 1% Milk (12g)	**9** Chicken Paprikash {145mg} Confetti Rice (27g){140mg} Capri Vegetables Wheat Pita Bread with Margarine (16g){148mg} Apricots (17g) Foothills Trail Mix (13g) 1% Milk (12g)	**10** Baked Meat Lasagna (17g){461mg} Peperonata Italian Vegetables Wheat Italian Bread with Margarine (49g){395mg} Cinnamon Applesauce (13g) 1% Milk (12g)	**11** ***Summer in December*** Honey BBQ Chicken (105g){436mg} Cape Cod Vegetable Mix (11g) Au Gratin Potatoes (19g){156mg} Wheat Roll with Margarine (15g){146mg} Pineapple Tidbits (16g) Oatmeal Raisin Cookie (11g) 1% Milk (12g)	**12** Salisbury Steak with Mushroom Gravy {155mg} Broccoli with Red Peppers (11g) Buttermilk Mashed Potatoes (17g) Hawaiian Roll with Margarine (48g) Orange (15g) 1% Milk (12g)
15 Chicken Fried Steak (26g){520mg} with Country Gravy Collard Greens Whipped Potatoes (20g) 9-Grain Bread with Margarine (30g){220mg} Sliced Peaches (20g) 1% Milk (12g)	**16** Sloppy Joe on Whole Wheat Bun (34g){507mg} Warm Three Bean Salad (18g){340mg} Glazed Carrots (14g) Banana (27g) 1% Milk (12g)	**17** Beef Cabbage Patch Stew Savory Pumpkin Casserole (10g) Spinach Gulay Italian Bread with Margarine (16g){192mg} Pineapple Mango Compote (21g) 1% Milk (12g)	**18** ***Christmas Dinner Meal*** Ham with Cranberry Orange Glaze {900mg} Pecan Yams (15g) Creamed Peas with Pearl Onions (16g){189mg} Hawaiian Roll with Margarine (48mg) Mixed Berry Applesauce (14g) Christmas Cookie (24g) 1% Milk (12g)	**19** Chicken Breast Ranchero {216mg} Brown Rice (23g) Pinto Beans (16g){172mg} Whole Wheat Tortilla (20g){120mg} Apricots (30g) Grape Juice (17g) 1% Milk (12g)
22 Hawaiian Pineapple Glazed Pork Rib (11g){170mg} Coconut Brown Rice (31g) Maui Vegetable Blend (10g) Multigrain Bread with Margarine (29g){260mg} Tangerine (12g) Chocolate Chip Cookie (10g) 1% Milk (12g)	**23** Seafood Alfredo with Shrimp and Pollock (55g){632mg} Zucchini and Peppers Cape Cod Vegetables (11g) Sourdough Bread with Margarine (25g){289mg} Citrus Fruit Cup (12g) 1% Milk (12g)	**24** ***Frozen Pre-Delivered Box - Happy Holidays!*** Turkey with Gravy Green Beans Mashed Potatoes Whole Wheat Roll with Margarine Holiday Dessert 1% Milk	**25** ***Frozen Pre-Delivered Box - Happy Holidays!*** Baked Ham with Fruit Sauce Cheesy Potatoes Green Peas Whole Wheat Roll Holiday Dessert 1% Milk	**26** ***Chef's Choice*** Chicken Fried Chicken with Gravy (24g){380mg} Mashed Potatoes (24g) Green Beans Wheat Dinner Roll with Margarine (14g){145mg} Orange (15g) 1% Milk (12g)
29 Brunswick Stew (41g){582mg} Candied Sweet Potato (28g) Slow Cooked Green Beans Bran Muffin with Margarine (26g){180mg} Orange (15g) Peach Cobbler (25g)	**30** Turkey Meatballs in Pesto Cream Sauce (11g){507mg} Orzo Pilaf (14g) Italian Stewed Tomatoes 9-Grain Bread with Margarine (30g){220mg} Apricots (30g) 1% Milk (12g)	**31** ***Kwanzaa Celebration*** Oven Fried Chicken {430mg} Pecan Yams (15g) Bacon and Garlic Collard Greens (10g) Cornbread with Margarine (27g){300mg} Peach Cobbler (43g){150mg} Pear (25g) 1% Milk (12g)		Happy Holidays and Happy New Year! First Day of Winter, Sunday December 21st! 

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.

The number listed In {brackets} indicates the mg sodium per menu item. Sodium is unlisted unless it is greater than 140mg. The number in (parenthesis) indicates the grams of carbohydrate per menu item. Carbohydrates are unlisted unless they are greater than 10g.

VOLUNTEERS OF AMERICA COLORADO
MEALS ON WHEELS NUTRITION ANALYSIS
DECEMBER 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	1		2		3		4		5
Calories	705	Calories	776	Calories	631	Calories	1053	Calories	1168
Fat	14g	Fat	32g	Fat	16g	Fat	42g	Fat	44g
Saturated Fat	2g	Saturated Fat	7g	Saturated Fat	4g	Saturated Fat	15g	Saturated Fat	15g
Protein	42g	Protein	24g	Protein	26g	Protein	56g	Protein	52g
Total Carbohydrates	103g	Total Carbohydrates	99g	Total Carbohydrates	99g	Total Carbohydrates	113g	Total Carbohydrates	150g
Fiber	14g	Fiber	10g	Fiber	12.5g	Fiber	10g	Fiber	13g
Sodium	729mg	Sodium	757mg	Sodium	718mg	Sodium	954mg	Sodium	1115mg
	8		9		10		11		12
Calories	736	Calories	1036	Calories	691	Calories	1354	Calories	775
Fat	19g	Fat	52g	Fat	24	Fat	44g	Fat	33g
Saturated Fat	6g	Saturated Fat	6g	Saturated Fat	8g	Saturated Fat	4g	Saturated Fat	12g
Protein	38g	Protein	58g	Protein	42g	Protein	56g	Protein	39g
Total Carbohydrates	139g	Total Carbohydrates	86g	Total Carbohydrates	83g	Total Carbohydrates	187g	Total Carbohydrates	113g
Fiber	14g	Fiber	11g	Fiber	11g	Fiber	10g	Fiber	8.5g
Sodium	604mg	Sodium	655mg	Sodium	883mg	Sodium	936mg	Sodium	582mg
	15		16		17		18		19
Calories	874	Calories	728	Calories	796	Calories	1017	Calories	798
Fat	36g	Fat	21g	Fat	34g	Fat	39g	Fat	13g
Saturated Fat	11g	Saturated Fat	7g	Saturated Fat	8g	Saturated Fat	15g	Saturated Fat	3g
Protein	36g	Protein	34g	Protein	42g	Protein	38g	Protein	50g
Total Carbohydrates	107g	Total Carbohydrates	100g	Total Carbohydrates	84g	Total Carbohydrates	132g	Total Carbohydrates	120g
Fiber	11g	Fiber	12g	Fiber	13g	Fiber	12.5g	Fiber	15g
Sodium	946mg	Sodium	1104mg	Sodium	612mg	Sodium	1498mg	Sodium	649mg
	22		23		24		25		26
Calories	945	Calories	775	Calories	742	Calories	1173	Calories	810
Fat	32g	Fat	16g	Fat	18g	Fat	55g	Fat	34g
Saturated Fat	8g	Saturated Fat	5g	Saturated Fat	3g	Saturated Fat	15g	Saturated Fat	11g
Protein	51g	Protein	36g	Protein	38g	Protein	36g	Protein	31g
Total Carbohydrates	115g	Total Carbohydrates	120g	Total Carbohydrates	110g	Total Carbohydrates	138g	Total Carbohydrates	94g
Fiber	9.5g	Fiber	10g	Fiber	18g	Fiber	14g	Fiber	9.5g
Sodium	687mg	Sodium	1133mg	Sodium	808mg	Sodium	1136mg	Sodium	747mg
	29		30		31				
Calories	960	Calories	730	Calories	1173				
Fat	25g	Fat	24g	Fat	55g				
Saturated Fat	6g	Saturated Fat	4g	Saturated Fat	15g				
Protein	35g	Protein	38g	Protein	36g				
Total Carbohydrates	155g	Total Carbohydrates	93g	Total Carbohydrates	138g				
Fiber	15g	Fiber	11g	Fiber	14g				
Sodium	1090mg	Sodium	912mg	Sodium	1136mg				

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)

iabetic Friendly (<800mg sodium, carbs 65-67g)