

VOLUNTEERS OF AMERICA COLORADO  
IDAHO SPRINGS MENU  
JANUARY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>Happy New Year, 2026!!</b></p> <p><b>Martin Luther King Jr. Day, Monday, January 19th!</b></p> 				
<b>Brunswick Stew</b> (41g)(582mg) <b>Candied Sweet Potato</b> (28g) <b>Slow Cooked Green Beans</b> <b>Bran Muffin with Margarine</b> (26g)(180mg) <b>Orange</b> (15g) <b>Peach Cobbler</b> (25g)	<b>5 Turkey Meatballs in Pesto Cream Sauce</b> (11g)(507mg) <b>Orzo Pilaf</b> (14g) <b>Italian Stewed Tomatoes</b> <b>9-Grain Bread with Margarine</b> (30g)(220mg) <b>Apricots</b> (30g) <b>1% Milk</b> (12g)	<b>6 <u>Kwanzaa Celebration</u></b> <b>Oven Fried Chicken</b> (430mg) <b>Pecan Yams</b> (15g) <b>Bacon and Garlic Collard Greens</b> (10g) <b>Cornbread with Margarine</b> (27g)(300mg) <b>Peach Cobbler</b> (43g)(150mg) <b>Pear</b> (25g) <b>1% Milk</b> (12g)	<b>7 VOA Dining Centers Closed - Happy New Year!</b> <b>Slow Cooked Ham and Blackeyed Peas</b> (14g)(420mg) <b>Steamed Brown Rice</b> (27g) <b>Collard Greens</b> <b>Cornbread and Margarine</b> (27g)(300mg) <b>Fruit Cocktail</b> (28g) <b>1% Milk</b> (12g)	<b>1 Chicken Fried Chicken with Gravy</b> (24g)(380mg) <b>Mashed Potatoes</b> (24g) <b>Green Beans</b> <b>Wheat Dinner Roll with Margarine</b> (14g)(145mg) <b>Orange</b> (15g) <b>1% Milk</b> (12g)
<b>Winter White Chili with Chicken</b> (25g)(280mg) <b>Cilantro Lime Rice</b> (18g) <b>Seasoned Spinach</b> <b>Sourdough Bread with Margarine</b> (16g)(192mg) <b>Applesauce</b> (13g) <b>1% Milk</b> (12g)	<b>12 Salisbury Steak with Mushroom Gravy</b> (155mg) <b>Country Vegetable Blend</b> (11g) <b>Buttermilk Mashed Potatoes</b> (17g) <b>Rye Bread and Margarine</b> (15g)(193mg) <b>Orange</b> (15g) <b>1% Milk</b> (12g)	<b>13 Turkey Meatballs in Pesto Cream Sauce</b> (11g)(507mg) <b>Orzo Pilaf</b> (14g) <b>Italian Stewed Tomatoes</b> <b>9-Grain Bread with Margarine</b> (30g)(220mg) <b>Banana</b> (27g) <b>1% Milk</b> (12g)	<b>14 Smoked Pork Macaroni and Cheese</b> (18g)(277mg) <b>Vegetable Bean Medley</b> <b>Cinnamon Apples</b> (14g) <b>Wheat Roll with Margarine</b> (15g)(146mg) <b>Pear</b> (27g) <b>Peanut Butter Cookie</b> (18g) <b>1% Milk</b> (12g)	<b>15 Western Omelet</b> (430mg) <b>Potatoes O'Brien</b> (16g) <b>Warm Fruit Compote</b> (38g) <b>Bran Muffin with Margarine</b> (26g)(180mg) <b>Apple</b> (15g) <b>1% Milk</b> (12g)
<b>Honey Garlic Pork Cutlet</b> (25g)(417mg) <b>Vegetable Bean Medley</b> <b>Harvard Beets</b> (121mg) <b>9-Grain Bread with Margarine</b> (12g) <b>Orange</b> (15g) <b>1% Milk</b> (12g)	<b>19 Cheeseburger on Whole Wheat Bun</b> (25g)(239mg) <b>Baked Beans</b> (35g)(390mg) <b>Country Vegetable Blend</b> (11g) <b>Applesauce</b> (27g) <b>Chocolate Chip Cookie</b> (10g) <b>1% Milk</b> (12g)	<b>20 Butter Chicken</b> (960mg) <b>Brown Rice</b> (23g) <b>Roasted Broccoli and Chickpeas</b> <b>Pita Bread with Margarine</b> (16g)(148mg) <b>Berry Mango Compote</b> (22g) <b>1% Milk</b> (12g)	<b>21 BBQ Country Style Pork Rib</b> (23g)(208mg) <b>Hoppin' John</b> (19g)(176mg) <b>Stewed Tomatoes</b> <b>Cornbread with Margarine</b> (27g)(300mg) <b>Apricot Halves</b> (30g) <b>Peach Cobbler</b> (41g)(260mg) <b>1% Milk</b> (12g)	<b>22 Roast Turkey with Gravy</b> (122mg) <b>Garlic Mashed Potatoes</b> (24g) <b>Cape Cod Vegetable Blend</b> (11g) <b>Rye Bread with Margarine</b> (15g)(193mg) <b>Pear</b> (14g) <b>1% Milk</b> (12g)
<b>Chicken Fried Steak with Country Gravy</b> (26g)(520mg) <b>Collard Greens</b> <b>Whipped Potatoes</b> (20g) <b>9-Grain Bread with Margarine</b> (30g)(220mg) <b>Sliced Peaches</b> (20g) <b>1% Milk</b> (12g)	<b>26 Baked Meat Lasagna</b> (17g)(461mg) <b>Peperonata</b> <b>Italian Vegetables</b> <b>Italian Bread with Margarine</b> (49g)(395mg) <b>Apple</b> (25g) <b>1% Milk</b> (12g)	<b>27 Chicken Scampi with Whole Wheat Penne Pasta</b> (13g)(693mg) <b>Capri Vegetable Blend</b> (29g) <b>Bran Muffin with Margarine</b> (10g)(110mg) <b>Banana</b> (27g) <b>1% Milk</b> (12g)	<b>28 Hot Dog on Whole Wheat Bun with Relish and Mustard</b> (26g)(579mg) <b>Twice Baked Potato Casserole</b> (18g) <b>Steamed Carrots</b> <b>Orange</b> (15g) <b>Orange Cake</b> (50g)(280mg) <b>1% Milk</b> (12g)	<b>29 Shredded Chicken Taco with Pico de Gallo and Cotija Cheese</b> (411mg) <b>Whole Wheat Tortilla</b> (22g)(130mg) <b>Ranch Style Beans</b> (22g)(146mg) <b>5-Way Mixed Vegetables</b> <b>Kiwi</b> (10g) <b>1% Milk</b> (12g)
<p>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.</p>				
<p>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.</p>				