

**VOLUNTEERS OF AMERICA COLORADO  
MEALS ON WHEELS MENU  
FEBRUARY 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY						
Turkey Shepherd's Pie Sweet Corn Broccoli, Carrots and Cauliflower Rye Bread with Margarine Banana 1% Milk	(11g){318mg} (16g) (15g){193mg} (27g) (12g)	2 Vermonter Ham Sandwich on Wheat Bread Apple Glazed Carrots Ancient Grain and Kale Blend Orange Apple Cinnamon Muffin 1% Milk	(19g){445mg} (12g){127mg} (14g) (13g){175g} (16g) (28g){100mg} (12g)	3 Winter White Chili with Chicken Cilantro Lime Rice Seasoned Spinach Sourdough Bread with Margarine Applesauce 1% Milk	(25g){280mg} (18g) (16g){192mg} (13g) (12g)	4 Turkey Posole Fiesta Rice Mexicali Corn Whole Wheat Tortilla Tropical Fruit 1% Milk	(23g){235mg} (16g) (18g) (22g) (17g) (12g)	5 Baked Ham Mashed Sweet Potatoes Peas Multigrain Bread with Margarine Orange 1% Milk	(750ng) (55g) (11g){140mg} (11g) (15g) (12g)	6
Chicken Breast Ranchero Brown Rice Pinto Beans Whole Wheat Tortilla Apple Grape Juice 1% Milk	(216mg) (23g) (16g){172mg} (20g){120mg} (25g) (19g) (12g)	9 Butter Chicken Brown Rice Roasted Broccoli and Chickpeas Pita Bread with Margarine Berry Mango Compote 1% Milk	(980mg) (23g) (16g){148mg} (22g) (12g)	10 Sloppy Joe on Whole Wheat Bun Warm Three Bean Salad Glazed Carrots Pita Bread with Margarine 1% Milk	(34g){507mg} (18g){340mg} (14g) (12g)	11 Roast Beef with Pan Gravy Potatoes Au Gratin Cinnamon Apples Whole Grain Roll with Margarine Citrus Fruit Cup Blondie 1% Milk	(171mg) (17g) (21g) (21g){260mg} (14g) (71g){240mg} (12g)	12 Pizza Burger with Provolone on a Brioche Bun Potato Wedges Cooked Cabbage with Red Pepper Apricots Santa Fe Trail Mix 1% Milk	(25g){723mg} (22g) (30g) (37g) (12g)	13
<u>President's Day</u> Honey Garlic Pork Cutlet Vegetable Bean Medley Harvard Beets 9-Grain Bread with Margarine Orange 1% Milk	(25g){417mg} (21mg) (121mg) (12g) (15g) (12g)	16 Salisbury Steak with Mushroom Gravy Au Gratin Potatoes Cauliflower and Carrots Whole Wheat Roll with Margarine Banana 1% Milk	(340mg) (19g){156mg} (14g){146mg} (27g) (12g)	17 Creamy Ranch Baked Chicken Savory Pumpkin Casserole Green Bean with Almonds Wheat Dinner Roll with Margarine Kiwi Milk	(455mg) (21g){260mg} (10g) (12g)	18 Chicken and Sausage Jambalaya Corn Maque Choux Buttered Lima Beans Cornbread with Margarine Diced Peaches Praline Peanut Mix Cranberry Juice 1% Milk	(21g){556mg} (28g) (21g) (27g){300mg} (14g) (30g) (23g) (12g)	19 Mediterranean Fish Fillet Rice Pilaf Italian Vegetables Whole Wheat Pita Bread Applesauce 1% Milk	(335mg) (22g) (18g){169mg} (15g) (12g)	20
Smothered Cube Steak Parsley Noodles Seasoned Spinach Bran Muffin with Margarine Apple Grape Juice 1% Milk	(311mg) (21g){174mg} (26g){180mg} (25g) (17g) (12g)	23 Western Omelet Potatoes O'Brien Warm Fruit Compote Multigrain Bread with Margarine Orange 1% Milk	(430mg) (16g) (38g) (29g){260mg} (15g) (12g)	24 Turkey Meatballs in Pesto Cream Sauce Orzo Pilaf Italian Stewed Tomatoes 9-Grain Bread with Margarine Banana 1% Milk	(11g){507mg} (14g) (14g) (30g){220mg} (27g) (12g)	25 Rigatoni Bake Cape Cod Vegetables Mashed Potatoes Sourdough Bread with Margarine Apple Cherry Pie 1% Milk	(16g){354mg} (24g) (24g) (25g){289mg} (25g) (50g){308mg} (12g)	26 Barbacoa Beef Bowl with Cabbage, Cheese, and Avocado Poblano Sauce Cilantro Lime Rice Pinto Beans Whole Wheat Tortilla Mandarin Oranges 1% Milk	(600mg) (18g) (16g){172mg} (22g){130mg} (12g)	27



Happy Valentine's Day, February 14th!

President's Day February 16th

Black History Month



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 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.

**VOLUNTEERS OF AMERICA COLORADO  
MEALS ON WHEELS NUTRITION ANALYSIS  
FEBRUARY 2026**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
Calories	520	2	Calories	763	3	Calories	705	4	Calories	766	5	Calories	698	6
Fat	13g		Fat	21g		Fat	14g		Fat	22g		Fat	11g	
Saturated Fat	3g		Saturated Fat	6g		Saturated Fat	2g		Saturated Fat	4g		Saturated Fat	2g	
Protein	20g		Protein	35g		Protein	47g		Protein	37g		Protein	42g	
Total Carbohydrates	80g		Total Carbohydrates	112g		Total Carbohydrates	103g		Total Carbohydrates	107g		Total Carbohydrates	112g	
Fiber	10g		Fiber	10g		Fiber	14g		Fiber	14g		Fiber	16g	
Sodium	659mg	之心	Sodium	1023mg		Sodium	729mg	之心	Sodium	677mg		Sodium	1202mg	
Calories	681	9	Calories	2056	10	Calories	803	11	Calories	1335	12	Calories	1168	13
Fat	13g		Fat	73g		Fat	27g		Fat	65g		Fat	44g	
Saturated Fat	3g		Saturated Fat	21g		Saturated Fat	8g		Saturated Fat	28g		Saturated Fat	15g	
Protein	48g		Protein	176g		Protein	35g		Protein	60g		Protein	52g	
Total Carbohydrates	90g		Total Carbohydrates	179g		Total Carbohydrates	109g		Total Carbohydrates	133g		Total Carbohydrates	150g	
Fiber	11g		Fiber	27g		Fiber	12g		Fiber	7g		Fiber	13g	
Sodium	639mg	之心	Sodium	1121mg		Sodium	1139mg		Sodium	755mg		Sodium	1115mg	
Calories	887	16	Calories	694	17	Calories	773	18	Calories	1185	19	Calories	755	20
Fat	39g		Fat	29g		Fat	33g		Fat	40g		Fat	12g	
Saturated Fat	11g		Saturated Fat	9g		Saturated Fat	9g		Saturated Fat	11.5g		Saturated Fat	2g	
Protein	37g		Protein	34g		Protein	53g		Protein	41g		Protein	68g	
Total Carbohydrates	100g		Total Carbohydrates	80g		Total Carbohydrates	65g		Total Carbohydrates	163g		Total Carbohydrates	95g	
Fiber	11g		Fiber	10g		Fiber	10.5g		Fiber	13g		Fiber	17g	
Sodium	912mg		Sodium	744mg		Sodium	906mg		Sodium	1145mg		Sodium	824mg	
Calories	1056	23	Calories	799	24	Calories	730	25	Calories	1275	26	Calories	706	27
Fat	54g		Fat	25g		Fat	24g		Fat	49g		Fat	20g	
Saturated Fat	18g		Saturated Fat	7g		Saturated Fat	4g		Saturated Fat	9g		Saturated Fat	6g	
Protein	39g		Protein	28g		Protein	38g		Protein	43g		Protein	43g	
Total Carbohydrates	107g		Total Carbohydrates	116g		Total Carbohydrates	93g		Total Carbohydrates	174g		Total Carbohydrates	90g	
Fiber	11g		Fiber	10g		Fiber	11g		Fiber	16g		Fiber	16g	
Sodium	713mg		Sodium	872mg		Sodium	912mg		Sodium	997mg		Sodium	1070mg	
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%)														
之心	Heart Healthy diet (<800mg sodium, lower fat and saturated fat)				●	Diabetic Friendly (<800mg sodium, carbs 65-67g)								