

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 Vermont 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} (15g) (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 <u>Healthy Aging Day</u> 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)
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 Diced Pears 1% Milk	(34g){507mg} (18g){340mg} (14g) (21g) (12g)	11 <u>Be My Valentine!</u> Roast Beef with Pan Gravy Potatoes Au Gratin Cinnamon Apples Whole Grain Roll with Margarine Citrus Fruit Cup Blondie 1% Milk	(171mg) (17g) (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)
<u>President's Day</u> Honey Garlic Pork Cutlet Vegetable Bean Medley Harvard Beets 9-Grain Bread with Margarine Orange 1% Milk	 (25g){417mg} (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 <u>Mardi Gras Celebration!</u> 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)
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 <u>Cherry Pie Day</u> Rigatoni Bake Cape Cod Vegetables Mashed Potatoes Sourdough Bread with Margarine Apple Cherry Pie 1% Milk	(16g){354mg} (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)



Black History Month



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	
2		3		4		5		6	
Calories	520	Calories	763	Calories	705	Calories	766	Calories	698
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	Sodium	1023mg	Sodium	729mg	Sodium	677mg	Sodium	1202mg
9		10		11		12		13	
Calories	681	Calories	2056	Calories	803	Calories	1335	Calories	1168
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	Sodium	1121mg	Sodium	1139mg	Sodium	755mg	Sodium	1115mg
16		17		18		19		20	
Calories	887	Calories	694	Calories	773	Calories	1185	Calories	755
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
23		24		25		26		27	
Calories	1056	Calories	799	Calories	730	Calories	1275	Calories	706
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%)			
Heart Healthy diet (<800mg sodium, lower fat and saturated fat)				Diabetic Friendly (<800mg sodium, carbs 65-67g)					