

VOLUNTEERS OF AMERICA COLORADO  
IDAHO SPRINGS MENU  
MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Smothered Cube Steak</b> (311mg) <b>Parsley Noodles</b> (21g)(174mg) <b>Seasoned Spinach</b> <b>Bran Muffin with Margarine</b> (26g)(180mg) <b>Apple</b> (25g) <b>Grape Juice</b> (17g) <b>1% Milk</b> (12g)	<b>2 Western Omelet</b> (430mg) <b>Potatoes O'Brien</b> (16g) <b>Warm Fruit Compote</b> (38g) <b>Multigrain Bread with Margarine</b> (29g)(260mg) <b>Orange</b> (15g) <b>1% Milk</b> (12g)	<b>3 Turkey Meatballs</b> (11g)(507mg) <b>in Pesto Cream Sauce</b> (14g) <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>4 Rigatoni Bake</b> (16g)(354mg) <b>Cape Cod Vegetables</b> <b>Mashed Potatoes</b> (24g) <b>Sourdough Bread with Margarine</b> (25g)(289mg) <b>Apple</b> (25g) <b>Cherry Pie</b> (50g)(308mg) <b>1% Milk</b> (12g)	<b>5 Barbacoa Beef Bowl</b> (600mg) <b>with Cabbage, Cheese, and Avocado Poblano Sauce</b> <b>Cilantro Lime Rice</b> (18g) <b>Pinto Beans</b> (16g)(172mg) <b>Whole Wheat Tortilla</b> (22g)(130mg) <b>Mandarin Oranges</b> <b>1% Milk</b> (12g)
<b>Brunswick Stew</b> (41g)(583mg) <b>Herb Green Beans</b> <b>Warm Cinnamon Apples</b> (14g) <b>Cornbread with Margarine</b> (27g)(300mg) <b>Tropical Fruit</b> (17g) <b>1% Milk</b> (12g)	<b>9 Beef and Sausage with Red Beans</b> (12g)(370mg) <b>Brown Rice</b> (22g) <b>Seasoned Greens</b> <b>Buttermilk Biscuit with Margarine</b> (11g)(280mg) <b>Orange</b> (15g) <b>1% Milk</b> (12g)	<b>10 Cheese Ravioli with Garlic Herb Pasta Sauce</b> (27g)(415mg) <b>Italian Vegetables</b> <b>Rosemary Potatoes</b> <b>Garlic Knot with Margarine</b> (14g)(145mg) <b>Sliced Peaches</b> (17g) <b>1% Milk</b> (12g)	<b>11 Roast Beef with Gravy</b> (27g)(250mg) <b>Au Gratin</b> (19g)(156mg) <b>5-Way Vegetables</b> (13g) <b>Multigrain Bread with Margarine</b> (29g)(260mg) <b>Banana</b> (27g) <b>Oatmeal Raisin Cookie</b> (21g) <b>Cranberry Juice/ 1% Milk</b> (12g)	<b>12 Baked Fish with Roasted Red Pepper Sauce</b> (150mg) <b>Israeli Couscous</b> (25g) <b>Ratatouille (Mediterranean Vegetables)</b> (12g) <b>French Bread with Margarine</b> (16g)(192mg) <b>Apple</b> (25g) <b>1% Milk</b> (12g)
<b>Chicken Stuffing Casserole</b> (363mg) <b>Spiced Peaches</b> (20g) <b>Capri Vegetables</b> <b>Wheat Bread with Margarine</b> (12g)(145mg) <b>Apple</b> (25g) <b>1% Milk</b> (12g)	<b>16 Hamburger on a Whole Wheat Bun with Ketchup, Mustard, Lettuce, Tomato</b> (28g)(440mg) <b>Cauliflower and Carrots</b> <b>Baked Beans</b> (12g)(170mg) <b>Banana</b> (25g) <b>1% Milk</b> (12g)	<b>17 Baked Pork Chop with Sage Gravy</b> (300mg) <b>Roasted Potato Medley</b> (19g) <b>Capri Vegetables</b> <b>Whole Grain Roll with Margarine</b> (21g)(260mg) <b>Citrus Fruit Cup</b> (12g) <b>1% Milk</b> (12g)	<b>18 Corned Beef</b> (828mg) <b>Roasted Red Potatoes</b> (26g) <b>Cabbage with Red Peppers</b> <b>Rye Bread with Margarine</b> (15g)(145mg) <b>Diced Peaches</b> (26g) <b>Shamrock Sugar Cookie</b> (17g) <b>1% Milk</b> (12g)	<b>19 Vegetarian Stuffed Pepper Casserole</b> (13g)(152mg) <b>Spanish Roasted Cauliflower</b> <b>Borracho Beans</b> (11g) <b>Cornbread with Maragrine</b> (27g)(300mg) <b>Orange</b> (15g) <b>Foothills Trail Mix</b> (13g) <b>1% Milk</b> (12g)
<b>Turkey Meatballs in Pesto Cream Sauce</b> (10g)(507mg) <b>Orzo Pilaf</b> (15g) <b>Italian Stewed Tomatoes</b> <b>9-Grain Bread with Margarine</b> (30g)(220mg) <b>Diced Pears</b> (21g) <b>1% Milk</b> (12g)	<b>23 Ginger Teriyaki Pork Ribs</b> (24g)(491mg) <b>Coconut Brown Rice</b> (32g) <b>Sesame Broccoli</b> <b>Sourdough Bread with Margarine</b> (25g)(289mg) <b>Apple</b> (25g) <b>1% Milk</b> (12g)	<b>24 Southwest Chicken Catalina</b> (11g)(453mg) <b>Corn and Zucchini Mexicana</b> (42g) <b>Brussel Sprouts</b> <b>Cornbread with Margarine</b> (27g)(300mg) <b>Orange</b> (15g) <b>1% Milk</b> (12g)	<b>25 Chicken Divan</b> (358mg) <b>Scalloped Potatoes</b> (32g) <b>Green Peas</b> <b>Wheat Roll with Margarine</b> (14g)(146mg) <b>Apricot Halves</b> (30g) <b>Ambrosia Salad</b> (23g) <b>1% Milk</b> (12g)	<b>26 Mediterranean Tuna Fritter with Tomato Cream Sauce</b> (13g)(200mg) <b>Santa Barbara Vegetable Blend</b> (17g)(308mg) <b>Roasted Sweet Potato</b> (13g) <b>Wheat Bread with Margarine</b> (15g)(193mg) <b>Mandarin Oranges</b> (18g) <b>Santa Fe Trail Mix</b> (37g) <b>1% Milk</b> (12g)
<b>Austrian Goulash</b> (8g)(218mg) <b>Parsley Noodles</b> (21g)(174mg) <b>Diced Beets</b> (152mg) <b>Rye Bread with Margarine</b> (15g)(193mg) <b>Apricot Halves</b> (17g) <b>1% Milk</b> (12g) <b>Cranberry Juice</b> (14g)	<b>30 Italian Sausage and White Bean Stew</b> (31g)(418mg) <b>Mashed Sweet Potatoes</b> (18g) <b>Zucchini and Tomatoes</b> <b>French Bread with Margarine</b> (17g)(192mg) <b>Fruit Cocktail</b> (14g) <b>1% Milk</b> (12g)	<b>31</b> 	<p>First day of Spring, Friday, March 20th</p> <p>Cesar Chavez Day, March 31st</p> <p>Daylight Savings, Sunday, March 8th</p> 	
<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 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. Menu items may change without notice due to availability of items from suppliers.</p>				

VOLUNTEERS OF AMERICA COLORADO  
IDAHO SPRINGS NUTRITION ANALYSIS  
MARCH 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
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
2		3		4		5		6	
Calories	768	Calories	875	Calories	862	Calories	1002	Calories	714
Fat	22g	Fat	36g	Fat	32g	Fat	31g	Fat	22g
Saturated Fat	4g	Saturated Fat	10g	Saturated Fat	8g	Saturated Fat	8g	Saturated Fat	2g
Protein	31g	Protein	36g	Protein	30g	Protein	57g	Protein	40g
Total Carbohydrates	115g	Total Carbohydrates	78g	Total Carbohydrates	113g	Total Carbohydrates	126g	Total Carbohydrates	94g
Fiber	11g	Fiber	12g	Fiber	12g	Fiber	11g	Fiber	10g
Sodium	1030mg	Sodium	889mg	Sodium	721mg	Sodium	761mg	Sodium	603mg
9		10		11		12		13	
Calories	616	Calories	702	Calories	839	Calories	786	Calories	694
Fat	15g	Fat	26g	Fat	35g	Fat	35g	Fat	26g
Saturated Fat	3g	Saturated Fat	8g	Saturated Fat	9g	Saturated Fat	11g	Saturated Fat	4.5g
Protein	33g	Protein	40g	Protein	54g	Protein	31g	Protein	23g
Total Carbohydrates	84g	Total Carbohydrates	82g	Total Carbohydrates	78g	Total Carbohydrates	89g	Total Carbohydrates	96g
Fiber	11g	Fiber	13g	Fiber	10g	Fiber	11g	Fiber	15g
Sodium	653mg	Sodium	789mg	Sodium	746mg	Sodium	1201mg	Sodium	656
16		17		18		19		20	
Calories	745	Calories	911	Calories	1158	Calories	1014	Calories	931
Fat	24g	Fat	28g	Fat	53g	Fat	32g	Fat	31g
Saturated Fat	4g	Saturated Fat	9g	Saturated Fat	4g	Saturated Fat	13g	Saturated Fat	4g
Protein	37g	Protein	45g	Protein	61g	Protein	53g	Protein	37g
Total Carbohydrates	97g	Total Carbohydrates	123g	Total Carbohydrates	116g	Total Carbohydrates	129g	Total Carbohydrates	133g
Fiber	10g	Fiber	10g	Fiber	17g	Fiber	17g	Fiber	13g
Sodium	921mg	Sodium	999mg	Sodium	923mg	Sodium	764mg	Sodium	1003mg
23		24		25		26		27	
Calories	682	Calories	773			<p>These are the values for 33 1/3% of the Recommended Daily Allowance (RDA) for 70+:</p> <p>Calories: 667+   Fiber: 9.5 grams Protein: 33 grams   Saturated Fat: less than 8 grams Carbohydrates: 92 grams   Sodium: less than 1200 mg</p> <p>*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%)</p>			
Fat	20g	Fat	11g						
Saturated Fat	6g	Saturated Fat	2g						
Protein	50g	Protein	34g						
Total Carbohydrates	77g	Total Carbohydrates	141g						
Fiber	10g	Fiber	18.5g						
Sodium	862mg	Sodium	950mg						
30		31							

For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Andrea Rockwood, RDN at 303-297-0408