

VOLUNTEERS OF AMERICA COLORADO
MEALS ON WHEELS MENU
MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Brunswick Stew (41g){583mg} 2 Herb Green Beans Warm Cinnamon Apples (14g) Cornbread with Margarine (27g){300mg} Tropical Fruit (17g) 1% Milk (12g)	Beef and Sausage with Red Beans (12g){370mg} 3 Brown Rice (22g) Seasoned Greens Buttermilk Biscuit with Margarine (11g){280mg} Orange (15g) 1% Milk (12g)	Cheese Ravioli with Garlic Herb Pasta Sauce (27g){415mg} 4 Italian Vegetables Rosemary Potatoes Garlic Knot with Margarine (14g){145mg} Sliced Peaches (17g) 1% Milk (12g)	<i>Old Fashioned Home Cookin'</i> Roast Beef with Gravy (27g){250mg} Au Gratin (19g){156mg} 5-Way Vegetables (13g) Multigrain Bread with Margarine (29g){260mg} Banana (27g) Oatmeal Raisin Cookie (21g) Cranberry Juice/ 1% Milk (12g)	Baked Fish with Roasted Red Pepper Sauce (150mg) 6 Israeli Couscous (25g) Ratatouille (Mediterranean Vegetables) (12g) French Bread with Margarine (16g) {192mg} Apple (25g) 1% Milk (12g)		
Chicken Stuffing Casserole {363mg} Spiced Peaches (20g) Capri Vegetables Wheat Bread with Margarine (12g){145mg} Apple (25g) 1% Milk (12g)	Hamburger on a Whole Wheat Bun with Ketchup, Mustard, Lettuce, Tomato (28g){440mg} 9 Cauliflower and Carrots Baked Beans (12g){170mg} Banana (25g) 1% Milk (12g)	Baked Pork Chop with Sage Gravy {300mg} 11 Roasted Potato Medley (19g) Capri Vegetables Whole Grain Roll with Margarine (21g){260mg} Citrus Fruit Cup (12g) 1% Milk (12g)	<i>St. Patty's Day Celebration!</i> Corned Beef {828mg} 12 Roasted Red Potatoes (26g) Cabbage with Red Peppers Rye Bread with Margarine (15g){145mg} Diced Peaches (26g) Shamrock Sugar Cookie (17g) 1% Milk (12g)	Vegetarian Stuffed Pepper Casserole (13g){152mg} 13 Spanish Roasted Cauliflower Borrracho Beans (11g) Cornbread with Maragrine (27g){300mg} Orange (15g) Foothills Trail Mix (13g) 1% Milk (12g)		
Turkey Meatballs in Pesto Cream Sauce (10g){507mg} 16 Orzo Pilaf (15g) Italian Stewed Tomatoes 9-Grain Bread with Margarine (30g){220mg} Diced Pears (21g) 1% Milk (12g)	Ginger Teriyaki Pork Ribs (24g){491mg} 17 Coconut Brown Rice (32g) Sesame Broccoli Sourdough Bread with Margarine (25g){289mg} Apple (25g) 1% Milk (12g)	Southwest Chicken Catalina (11g){453mg} 18 Corn and Zucchini Mexicana (42g) Brussel Sprouts Cornbread with Margarine (27g){300mg} Orange (15g) 1% Milk (12g)	<i>Back to the 60's!</i> Chicken Divan (358mg) 19 Scalloped Potatoes (32g) Green Peas Wheat Roll with Margarine (14g){146mg} Apricot Halves (30g) Ambrosia Salad (23g) 1% Milk (12g)	Mediterranean Tuna Fritter with Tomato Cream Sauce (13g){200mg} 20 Santa Barbara Vegetable Blend (17g){308mg} Roasted Sweet Potato (13g) Wheat Bread with Margarine (15g) {193mg} Mandarin Oranges (18g) Santa Fe Trail Mix (37g) 1% Milk (12g)		
Austrian Goulash (8g){218mg} 23 Parsley Noodles (21g){174mg} Diced Beets {152mg} Rye Bread with Margarine (15g){193mg} Apricot Halves (17g) 1% Milk (12g) Cranberry Juice (14g)	Italian Sausage and White Bean Stew (31g){418mg} 24 Mashed Sweet Potatoes (18g) Zucchini and Tomatoes French Bread with Margarine (17g){192mg} Fruit Cocktail (14g) 1% Milk (12g)	Tandoori Chicken {191mg} 25 Brown Basmati Rice (66g) Savory Chickpea Stew (14g){111mg} Pita Bread with Margarine (21g){310mg} Orange (15g) 1% Milk (12g)	<i>Cesar Chavez Day</i> Creamy Ranch Baked Chicken (456mg) 26 Garden Vegetable Blend Rosemary Potatoes (19g) Multigrain Roll with Margarine (12g) Apple (25g) 1% Milk (12g)	Creole Style Fish 27 Dirty Rice (22g) Succotash (21g) Biscuit with Margarine (21g){370mg} Pineapple Tidbits (16g) 1% Milk (12g)		
Herb Baked Chicken {290mg} 30 Whipped Sweet Potatoes (27g) Cape Cod Vegetable Blend Rye Bread with Margarine (15g) {192mg} Orange (15g) German Chocolate Cake (35g){300mg} 1% Milk (12g)	Pasta Primavera (26g){473mg} 31 Spiced Peaches (20g) Roasted Cauliflower Italian Bread with Margarine (10g){123mg} Strawberry Applesauce (15g) Foothills Trailmix (13g) 1% Milk (12g)				First day of Spring, Friday, March 20th Cesar Chavez Day, March 31st Daylight Savings, Sunday, March 8th	

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. Menu items may change without notice due to availability of items from suppliers.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
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
						1201mg			
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	Calories	1173	Calories	881	Calories	828
Fat	20g	Fat	11g	Fat	48g	Fat	37g	Fat	21g
Saturated Fat	6g	Saturated Fat	2g	Saturated Fat	10g	Saturated Fat	8g	Saturated Fat	8g
Protein	50g	Protein	34g	Protein	58g	Protein	49g	Protein	61g
Total Carbohydrates	77g	Total Carbohydrates	141g	Total Carbohydrates	131g	Total Carbohydrates	87g	Total Carbohydrates	95g
Fiber	10g	Fiber	18.5g	Fiber	12g	Fiber	12g	Fiber	9.6g
Sodium	862mg	Sodium	950mg	Sodium	737mg	Sodium	883mg	Sodium	848mg
									
30		31				<p style="text-align: center;">These are the values for 33 1/3% of the Recommended Daily Allowance (RDA) for 70+:</p> <p style="text-align: center;">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 style="text-align: center;">*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>			
Calories	1041	Calories	1766						
Fat	38g	Fat	153g						
Saturated Fat	9g	Saturated Fat	13g						
Protein	47g	Protein	24g						
Total Carbohydrates	129g	Total Carbohydrates	100g						
Fiber	11g	Fiber	13g						
Sodium	1021mg	Sodium	771mg						



Diabetic friendly (<800mg sodium, carb 65-67g)



Heart Healthy diet (< 800mg sodium, lower fat and saturated fat)