




VOLUNTEERS OF AMERICA COLORADO BRANCH
IDAHO SPRINGS MENU
APRIL 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Happy Easter, Sunday, April 5th! Earth Day, April 22nd! 				
Herb Baked Chicken (290mg) 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} Spiced Peaches (20g) Roasted Cauliflower Italian Bread with Margarine (10g){123mg} Strawberry Applesauce (15g) Foothills Trailmix (13g) 1% Milk (12g)	Tandoori Chicken (191mg) Brown Basmati Rice (66g) Savory Chickpea Stew (14g){111mg} Pita Bread with Margarine (21g){310mg} Orange (15g) 1% Milk (12g)	Creamy Ranch Baked Chicken (456mg) Garden Vegetable Blend Rosemary Potatoes (19g) Multigrain Roll with Margarine (12g) Apple (25g) 1% Milk (12g)	Creole Style Fish Dirty Rice (22g) Succotash (21g) Biscuit with Margarine (21g){370mg} Pineapple Tidbits (16g) 1% Milk (12g)
Baked Cheese Ravioli with Meat Sauce (27g){434mg} Italian Vegetables Herbed Green Beans Whole Wheat Bread with Margarine (12g){127mg} Orange (28g) Frosted Brownie (35g){180mg} 1% Milk (12g)	BBQ Cheeseburger on Whole Wheat Bun (18g){354mg} Sweet Potato Fries (25g){239mg} Roasted Broccoli and Chickpeas (23g){109mg} Banana (23g) 1% Milk (12g)	Southwest Chicken Catalina (11g){453mg} Corn and Zucchini Mexicana (42g) Brussel Sprouts Cornbread with Margarine (27g){300mg} Orange (15g) 1% Milk (12g)	Celebrating Easter! Ham with Apple Fruit Glaze (12g){782mg} Pecan Yams (15g) Cooked Cabbage with Red Pepper Wheat Roll with Margarine (12g) Banana (27g) Carrot Cake (39g){280mg} 1% Milk (12g)	Macaroni and Cheese with Broccoli (27g){415mg} Spiced Peaches (20g) Summer Squash with Onion (12g) Hawaiian Roll with Margarine (48g) Applesauce (27.5g) 1% Milk (12g)
Baked Cheese Ravioli with Meat Sauce (27g){434mg} Italian Vegetables Herbed Green Beans Whole Wheat Bread with Margarine (12g){127mg} Orange (28g) Frosted Brownie (35g){180mg} 1% Milk (12g)	BBQ Cheeseburger on Whole Wheat Bun (18g){354mg} Sweet Potato Fries (25g){239mg} Roasted Broccoli and Chickpeas (23g){109mg} Banana (23g) 1% Milk (12g)	Italian Sausage and White Bean Stew (31g){418mg} Mashed Sweet Potatoes (18g) Italian Stewed Tomatoes French Bread with Margarine (16g) {192mg} Tropical Fruit (17g) 1% Milk (12g)	Spring is Here! Za'atar Chicken with Tomato Mint Sauce (138mg) Saffron Rice Ratatouille (11g) Wheat Pita Bread with Margarine (57g){529mg} Apricot Halves (11g) Oatmeal Raisin Cookie (13g) 1% Milk (12g)	Creole Style Fish Dirty Rice (22g) Succotash (21g) Biscuit with Margarine (21g){370mg} Kiwi (10g) 1% Milk (12g)
Tandoori Chicken (191mg) Basmati Rice (66g) Savory Chickpea Stew (14g){111mg} Pita Bread with Margarine (21g){310mg} Peach Mango Compote (12g) 1% Milk (12g)	Brunswick Stew (41g){583mg} Seasoned Greens Warm Cinnamon Apples (14g) Cornbread with Margarine (27g){300mg} Tropical Fruit (17g) 1% Milk (12g)	Sweet and Sour Chicken Meatballs (21g){273mg} Lo Mein Noodles (28g){250mg} Sesame Broccoli Wheat Roll with Margarine (14g){146mg} Banana (23g) 1% Milk (12g)	Go Rockies! BBQ Brisket on a Whole Wheat Bun (24g){634mg} Rosemary Parmesean Potatoes (19g) Cauliflower with Red Peppers Pineapple Tidbits (16g) Red, White, and Blueberry Cookie (21g) 1% Milk (12g)	Baked Fish with Roasted Red Pepper Sauce (150mg) Israeli Couscous (25g) Ratatouille (Mediterranean Vegetables) (12g) French Bread with Margarine (16g) {192mg} Apple (25g) 1% Milk (12g)
Chicken with Supreme Sauce (16g){331mg} Mushroom Barley Lentil Pilaf (36.5g){169mg} Green Beans with Almonds Hawaiian Roll with Margarine (48g) Apple (25g) 1% Milk (12g)	Austrian Goulash (8g){218mg} Parsley Noodles (21g){174mg} Diced Beets (152mg) Multigrain Roll with Margarine (12g) Apricot Halves (17g) 1% Milk (12g) Cranberry Juice (14g)	Baked Pork Cutlet with Sage Gravy (300mg) Roasted Potato Medley (19g) Seasoned Spinach Rye Bread with Margarine (15g){193mg} Cinnamon Applesauce (13g) 1% Milk (12g)	Mexican Heritage Celebration Beef Barbacoa Fiesta Rice (12g) Borracho Beans (12g) Whole Wheat Tortilla with Margarine (22g) Banana (27g) Churro (27g){140mg} 1% Milk (12g) Grape Juice (19g)	

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

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. 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.

VOLUNTEERS OF AMERICA COLORADO BRANCH
IDAHO SPRONGS NUTRITION ANALYSIS
APRIL 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<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>				<p style="text-align: right;">1</p> <p>Calories 1173 Fat 48g Saturated Fat 10g Protein 58g Total Carbohydrates 131g Fiber 12g Sodium 737mg</p>		<p style="text-align: right;">2</p> <p>Calories 881 Fat 37g Saturated Fat 8g Protein 49g Total Carbohydrates 87g Fiber 12g Sodium 883mg</p>		<p style="text-align: right;">3</p> <p>Calories 828 Fat 21g Saturated Fat 8g Protein 61g Total Carbohydrates 95g Fiber 9.6g Sodium 848mg</p>	
<p style="text-align: right;">6</p> <p>Calories 1041 Fat 38g Saturated Fat 9g Protein 47g Total Carbohydrates 129g Fiber 11g Sodium 1021mg</p>		<p style="text-align: right;">7</p> <p>Calories 1766 Fat 153g Saturated Fat 13g Protein 24g Total Carbohydrates 100g Fiber 13g Sodium 771mg</p>		<p style="text-align: right;">8</p> <p>Calories 1158 Fat 53g Saturated Fat 4g Protein 61g Total Carbohydrates 116g Fiber 17g Sodium 923mg</p>		<p style="text-align: right;">9</p> <p>Calories 865 Fat 29g Saturated Fat 7g Protein 33g Total Carbohydrates 121g Fiber 10g Sodium 1374mg</p>		<p style="text-align: right;">10</p> <p>Calories 877 Fat 37g Saturated Fat 13g Protein 32g Total Carbohydrates 147g Fiber 11g Sodium 1030mg</p>	
<p style="text-align: right;">13</p> <p>Calories 921 Fat 35g Saturated Fat 13g Protein 39g Total Carbohydrates 114g Fiber 14g Sodium 894mg</p>		<p style="text-align: right;">14</p> <p>Calories 913 Fat 32g Saturated Fat 11g Protein 47g Total Carbohydrates 109g Fiber 12g Sodium 892mg</p>		<p style="text-align: right;">15</p> <p>Calories 803 Fat 12g Saturated Fat 2g Protein 33g Total Carbohydrates 143g Fiber 19g Sodium 870mg</p>		<p style="text-align: right;">16</p> <p>Calories 701 Fat 20g Saturated Fat 2g Protein 43g Total Carbohydrates 88g Fiber 10g Sodium 556mg</p>		<p style="text-align: right;">17</p> <p>Calories 800 Fat 22g Saturated Fat 8g Protein 61g Total Carbohydrates 90g Fiber 11g Sodium 850mg</p>	
<p style="text-align: right;">20</p> <p>Calories 1091 Fat 45g Saturated Fat 9g Protein 56g Total Carbohydrates 123g Fiber 11g Sodium 575mg</p>		<p style="text-align: right;">21</p> <p>Calories 802 Fat 24g Saturated Fat 5g Protein 33g Total Carbohydrates 115g Fiber 11.7g Sodium 1139mg</p>		<p style="text-align: right;">22</p> <p>Calories 585 Fat 9g Saturated Fat 1g Protein 21g Total Carbohydrates 108g Fiber 10g Sodium 570mg</p>		<p style="text-align: right;">23</p> <p>Calories 941 Fat 38g Saturated Fat 17g Protein 42g Total Carbohydrates 116g Fiber 12g Sodium 949mg</p>		<p style="text-align: right;">24</p> <p>Calories 714 Fat 22g Saturated Fat 2g Protein 40g Total Carbohydrates 94g Fiber 10g Sodium 603mg</p>	
<p style="text-align: right;">27</p> <p>Calories 1160 Fat 47g Saturated Fat 5g Protein 72g Total Carbohydrates 145g Fiber 17g Sodium 707mg</p>		<p style="text-align: right;">28</p> <p>Calories 828 Fat 21g Saturated Fat 6g Protein 53g Total Carbohydrates 114g Fiber 12g Sodium 921mg</p>		<p style="text-align: right;">29</p> <p>Calories 759 Fat 38g Saturated Fat 10g Protein 35g Total Carbohydrates 71g Fiber 9.8g Sodium 603mg</p>		<p style="text-align: right;">30</p> <p>Calories 1039 Fat 26g Saturated Fat 6g Protein 63g Total Carbohydrates 139g Fiber 12.5g Sodium 776mg</p>			
<p>For any questions regarding nutrition analysis, please contact Registered Dietitian, Andrea Rockwood, RDN at 720-264-3354</p>									