




VOLUNTEERS OF AMERICA COLORADO BRANCH  
MEALS ON WHEELS MENU  
APRIL 2026



| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
|  <p>Happy Easter, Sunday, April 5th!</p> <p>Earth Day, April 22nd!</p>   |   |   |   |   |
|   |   | <b>Southwest Chicken Catalina</b> (119g)(453mg) 1<br><b>Corn and Zucchini Mexicana</b> (42g)<br><b>Brussel Sprouts</b><br><b>Cornbread with Margarine</b> (27g)(300mg)<br><b>Orange</b> (15g)<br><b>1% Milk</b> (12g)                       | <p style="text-align: center;"><u><i>Celebrating Easter!</i></u></p> <b>Ham with Apple Fruit Glaze</b> (12g)(782mg) 2<br><b>Pecan Yams</b> (15g)<br><b>Cooked Cabbage with Red Pepper</b><br><b>Wheat Roll with Margarine</b> (12g)<br><b>Banana</b> (27g)<br><b>Carrot Cake</b> (39g)(280mg)<br><b>1% Milk</b> (12g)                       | <b>Macaroni and Cheese with Broccoli</b> (27g)(415mg) 3<br><b>Spiced Peaches</b> (20g)<br><b>Summer Squash with Onion</b> (12g)<br><b>Hawaiian Roll with Margarine</b> (48g)<br><b>Applesauce</b> (27.5g)<br><b>1% Milk</b> (12g)                   |
| <b>Baked Cheese Ravioli with Meat Sauce</b> (27g)(434mg) 6<br><b>Italian Vegetables</b><br><b>Herbed Green Beans</b><br><b>Whole Wheat Bread with Margarine</b> (12g)(127mg)<br><b>Orange</b> (28g)<br><b>Frosted Brownie</b> (35g)(180mg)<br><b>1% Milk</b> (12g)  | <b>BBQ Cheeseburger on Whole Wheat Bun</b> (18g)(354mg) 7<br><b>Sweet Potato Fries</b> (25g)(239mg)<br><b>Roasted Broccoli and Chickpeas</b> (23g)(109mg)<br><b>Banana</b> (23g)<br><b>1% Milk</b> (12g)  | <b>Italian Sausage and White Bean Stew</b> (31g)(418mg) 8<br><b>Mashed Sweet Potatoes</b> (18g)<br><b>Italian Stewed Tomatoes</b><br><b>French Bread with Margarine</b> (16g)(192mg)<br><b>Tropical Fruit</b> (17g)<br><b>1% Milk</b> (12g) | <p style="text-align: center;"><u><i>Spring is Here!</i></u></p> <b>Za'atar Chicken with Tomato Mint Sauce</b> (138mg) 9<br><b>Saffron Rice</b><br><b>Ratatouille</b> (11g)<br><b>Wheat Pita Bread with Margarine</b> (57g)(529mg)<br><b>Apricot Halves</b> (11g)<br><b>Oatmeal Raisin Cookie</b> (13g)<br><b>1% Milk</b> (12g)             | <b>Creole Style Fish</b> 10<br><b>Dirty Rice</b> (22g)<br><b>Succotash</b> (21g)<br><b>Biscuit with Margarine</b> (21g)(370mg)<br><b>Kiwi</b> (10g)<br><b>1% Milk</b> (12g)   |
| <b>Tandoori Chicken</b> (191mg) 13<br><b>Basmati Rice</b> (66g)<br><b>Savory Chickpea Stew</b> (14g)(111mg)<br><b>Pita Bread with Margarine</b> (21g)(310mg)<br><b>Peach Mango Compote</b> (12g)<br><b>1% Milk</b> (12g)  | <b>Brunswick Stew</b> (41g)(583mg) 14<br><b>Seasoned Greens</b><br><b>Warm Cinnamon Apples</b> (14g)<br><b>Cornbread with Margarine</b> (27g)(300mg)<br><b>Tropical Fruit</b> (17g)<br><b>1% Milk</b> (12g)                                       | <b>Sweet and Sour Chicken Meatballs</b> (21g)(273mg) 15<br><b>Lo Mein Noodles</b> (28g)(250mg)<br><b>Sesame Broccoli</b><br><b>Wheat Roll with Margarine</b> (14g)(146mg)<br><b>Banana</b> (23g)<br><b>1% Milk</b> (12g)                    | <p style="text-align: center;"><u><i>Go Rockies!</i></u></p> <b>BBQ Brisket on a Whole Wheat Bun</b> (24g)(634mg) 16<br><b>Rosemary Parmesean Potatoes</b> (19g)<br><b>Cauliflower with Red Peppers</b><br><b>Pineapple Tidbits</b> (16g)<br><b>Red, White, and Blueberry Cookie</b> (21g)<br><b>1% Milk</b> (12g)                          | <b>Baked Fish with Roasted Red Pepper Sauce</b> (150mg) 17<br><b>Israeli Couscous</b> (25g)<br><b>Ratatouille (Mediterranean Vegetables)</b> (12g)<br><b>French Bread with Margarine</b> (16g)(192mg)<br><b>Apple</b> (25g)<br><b>1% Milk</b> (12g) |
| <b>Chicken with Supreme Sauce</b> (16g)(331mg) 20<br><b>Mushroom Barley Lentil Pilaf</b> (36.5g)(169mg)<br><b>Green Beans with Almonds</b><br><b>Hawaiian Roll with Margarine</b> (48g)<br><b>Apple</b> (25g)<br><b>1% Milk</b> (12g)   | <b>Austrian Goulash</b> (8g)(218mg) 21<br><b>Parsley Noodles</b> (21g)(174mg)<br><b>Diced Beets</b> (152mg)<br><b>Multigrain Roll with Margarine</b> (12g)<br><b>Apricot Halves</b> (17g)<br><b>1% Milk</b> (12g)<br><b>Cranberry Juice</b> (14g) | <b>Baked Pork Cutlet with Sage Gravy</b> (300mg) 22<br><b>Roasted Potato Medley</b> (19g)<br><b>Seasoned Spinach</b><br><b>Rye Bread with Margarine</b> (15g)(193mg)<br><b>Cinnamon Applesauce</b> (13g)<br><b>1% Milk</b> (12g)            | <p style="text-align: center;"><u><i>Mexican Heritage Celebration</i></u></p> <b>Beef Barbacoa</b><br><b>Fiesta Rice</b> (12g)<br><b>Borracho Beans</b> (12g)<br><b>Whole Wheat Tortilla with Margarine</b> (22g)<br><b>Banana</b> (27g)<br><b>Churro</b> (27g)(140mg)<br><b>1% Milk</b> (12g)<br><b>Grape Juice</b> (19g)                  | <b>Cheesy Wild Rice and Turkey Casserole</b> (13g)(223mg) 24<br><b>Roasted Butternut Squash</b> (18g)<br><b>Warm Fruit Compote</b> (38g)<br><b>9-Grain Bread with Margarine</b> (30g)(220mg)<br><b>Orange</b> (15g)<br><b>1% Milk</b> (12g)         |
| <b>Mediterranean Tuna Fritter with Tomato Cream Sauce</b> (13g)(200mg) 27<br><b>Santa Barbara Vegetable Blend</b> (17g)(308mg)<br><b>Roasted Sweet Potato</b> (13g)<br><b>Wheat Bread with Margarine</b> (15g)(193mg)<br><b>Mandarin Oranges</b> (18g)<br><b>Foot Hills Trail Mix</b> (13g)<br><b>1% Milk</b> (12g) | <b>Creamy Ranch Baked Chicken</b> (456mg) 28<br><b>Garden Vegetable Blend</b><br><b>Rosemary Potatoes</b> (19g)<br><b>Multigrain Roll with Margarine</b> (12g)<br><b>Apple</b> (25g)<br><b>1% Milk</b> (12g)                                      | <b>Savory Meatloaf</b> (28g)(250mg) 29<br><b>Baked Beans</b> (11g)(170mg)<br><b>Green Bean Casserole</b><br><b>Rye Bread with Margarine</b> (15g)(192mg)<br><b>Tropical Fruit</b> (17g)<br><b>1% Milk</b> (12g)                             | <p style="text-align: center;"><u><i>National Oatmeal Cookie Day</i></u></p> <b>Turkey Stroganoff</b> (20g)(123mg) 30<br><b>Capri Vegetables</b><br><b>Roasted Broccoli</b> (115mg)<br><b>Sourdough Bread with Margarine</b> (25g)(289mg)<br><b>Cinnamon Applesauce</b> (13g)<br><b>Oatmeal Raisin Cookie</b> (13g)<br><b>1% Milk</b> (12g) |    |

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**  
**MEALS ON WHEELS NUTRITION ANALYSIS**  
**APRIL 2026**

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|---|---|---|--|
| <p style="text-align: center;">These are the values for 33 1/3% of the<br/> Recommended Daily Allowance (RDA) for 70+:</p> <p style="text-align: center;">Calories: 667+ Fiber: 9.5 grams<br/> Protein: 33 grams Saturated Fat: less than 8 grams<br/> 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:<br/> 20% protein (RDA 10-25%), 25% total fat (RDA 20-35%),<br/> 55% carbohydrates (RDA 45-65%)</p> |   | 1   | 2   | 3  |
|   |   | <b>Calories</b> 1158<br><b>Fat</b> 53g<br><b>Saturated Fat</b> 4g<br><b>Protein</b> 61g<br><b>Total Carbohydrates</b> 116g<br><b>Fiber</b> 17g<br><b>Sodium</b> 923mg | <b>Calories</b> 865<br><b>Fat</b> 29g<br><b>Saturated Fat</b> 7g<br><b>Protein</b> 33g<br><b>Total Carbohydrates</b> 121g<br><b>Fiber</b> 10g<br><b>Sodium</b> 1374mg   | <b>Calories</b> 877<br><b>Fat</b> 37g<br><b>Saturated Fat</b> 13g<br><b>Protein</b> 32g<br><b>Total Carbohydrates</b> 147g<br><b>Fiber</b> 11g<br><b>Sodium</b> 1030mg |
| 6   | 7   | 8   | 9   | 10   |
| <b>Calories</b> 921<br><b>Fat</b> 35g<br><b>Saturated Fat</b> 13g<br><b>Protein</b> 39g<br><b>Total Carbohydrates</b> 114g<br><b>Fiber</b> 14g<br><b>Sodium</b> 894mg   | <b>Calories</b> 913<br><b>Fat</b> 32g<br><b>Saturated Fat</b> 11g<br><b>Protein</b> 47g<br><b>Total Carbohydrates</b> 109g<br><b>Fiber</b> 12g<br><b>Sodium</b> 892mg   | <b>Calories</b> 803<br><b>Fat</b> 12g<br><b>Saturated Fat</b> 2g<br><b>Protein</b> 33g<br><b>Total Carbohydrates</b> 143g<br><b>Fiber</b> 19g<br><b>Sodium</b> 870mg  | <b>Calories</b> 701<br><b>Fat</b> 20g<br><b>Saturated Fat</b> 2g<br><b>Protein</b> 43g<br><b>Total Carbohydrates</b> 88g<br><b>Fiber</b> 10g<br><b>Sodium</b> 556mg     | <b>Calories</b> 800<br><b>Fat</b> 22g<br><b>Saturated Fat</b> 8g<br><b>Protein</b> 61g<br><b>Total Carbohydrates</b> 90g<br><b>Fiber</b> 11g<br><b>Sodium</b> 850mg    |
| 13  | 14  | 15  | 16  | 17   |
| <b>Calories</b> 1091<br><b>Fat</b> 45g<br><b>Saturated Fat</b> 9g<br><b>Protein</b> 56g<br><b>Total Carbohydrates</b> 123g<br><b>Fiber</b> 11g<br><b>Sodium</b> 575mg   | <b>Calories</b> 802<br><b>Fat</b> 24g<br><b>Saturated Fat</b> 5g<br><b>Protein</b> 33g<br><b>Total Carbohydrates</b> 115g<br><b>Fiber</b> 11.7g<br><b>Sodium</b> 1139mg | <b>Calories</b> 585<br><b>Fat</b> 9g<br><b>Saturated Fat</b> 1g<br><b>Protein</b> 21g<br><b>Total Carbohydrates</b> 108g<br><b>Fiber</b> 10g<br><b>Sodium</b> 570mg   | <b>Calories</b> 941<br><b>Fat</b> 38g<br><b>Saturated Fat</b> 17g<br><b>Protein</b> 42g<br><b>Total Carbohydrates</b> 116g<br><b>Fiber</b> 12g<br><b>Sodium</b> 949mg   | <b>Calories</b> 714<br><b>Fat</b> 22g<br><b>Saturated Fat</b> 2g<br><b>Protein</b> 40g<br><b>Total Carbohydrates</b> 94g<br><b>Fiber</b> 10g<br><b>Sodium</b> 603mg    |
| 20  | 21  | 22  | 23  | 24   |
| <b>Calories</b> 1160<br><b>Fat</b> 47g<br><b>Saturated Fat</b> 5g<br><b>Protein</b> 72g<br><b>Total Carbohydrates</b> 145g<br><b>Fiber</b> 17g<br><b>Sodium</b> 707mg   | <b>Calories</b> 828<br><b>Fat</b> 21g<br><b>Saturated Fat</b> 6g<br><b>Protein</b> 53g<br><b>Total Carbohydrates</b> 114g<br><b>Fiber</b> 12g<br><b>Sodium</b> 921mg    | <b>Calories</b> 759<br><b>Fat</b> 38g<br><b>Saturated Fat</b> 10g<br><b>Protein</b> 35g<br><b>Total Carbohydrates</b> 71g<br><b>Fiber</b> 9.8g<br><b>Sodium</b> 603mg | <b>Calories</b> 1039<br><b>Fat</b> 26g<br><b>Saturated Fat</b> 6g<br><b>Protein</b> 63g<br><b>Total Carbohydrates</b> 139g<br><b>Fiber</b> 12.5g<br><b>Sodium</b> 776mg | <b>Calories</b> 877<br><b>Fat</b> 25g<br><b>Saturated Fat</b> 6.5g<br><b>Protein</b> 37g<br><b>Total Carbohydrates</b> 126g<br><b>Fiber</b> 12g<br><b>Sodium</b> 633mg |
| 27  | 28  | 29  | 30  |  |
| <b>Calories</b> 691<br><b>Fat</b> 24g<br><b>Saturated Fat</b> 3g<br><b>Protein</b> 30g<br><b>Total Carbohydrates</b> 92g<br><b>Fiber</b> 12g<br><b>Sodium</b> 692mg   | <b>Calories</b> 854<br><b>Fat</b> 36g<br><b>Saturated Fat</b> 8g<br><b>Protein</b> 48g<br><b>Total Carbohydrates</b> 85g<br><b>Fiber</b> 11g<br><b>Sodium</b> 863mg     | <b>Calories</b> 886<br><b>Fat</b> 36g<br><b>Saturated Fat</b> 10g<br><b>Protein</b> 47g<br><b>Total Carbohydrates</b> 91g<br><b>Fiber</b> 10g<br><b>Sodium</b> 814mg  | <b>Calories</b> 767<br><b>Fat</b> 25g<br><b>Saturated Fat</b> 6g<br><b>Protein</b> 40g<br><b>Total Carbohydrates</b> 94g<br><b>Fiber</b> 9g<br><b>Sodium</b> 773mg      |  |
| 🍎 Diabetic friendly (<800mg sodium, carb 65-67g)  |   | ♥ Heart Healthy diet (< 800mg sodium, lower fat and saturated fat)  |   |  |