





VOLUNTEERS OF AMERICA COLORADO
DINING CENTER MENU
JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Tinga Taco (411mg) 1 on a Whole Wheat Tortilla (22g)(130mg) with Pico de Gallo Ranch Style Beans (22g)(146mg) Three-Way Mixed Vegetables Mandarin Oranges (17g) 1% Milk (12g)	<u>Summer Daze Menu</u>	2 Rosemary Dijon Steak Salad (15g)(782mg) Chuckwagon Corn (23g) Zucchini and Tomatoes (125mg) Hawaiian Baked Roll with Margarine (48g) Banana (23g) 1% Milk (12g)	<u>Manager's Special</u>	4 Stuffed Shells with Meat Sauce (47g)(103mg) 5 Canellini Beans (14g)(312mg) Italian Vegetables Garlic Breadstick (19g)(220mg) Orange (15g) Brownie (35g)(180mg) 1% Milk (12g)
Smothered Pork Cutlet (147mg) 8 with Brown Gravy Baked Beans (11g)(140mg) Country Vegetable Blend (11g) Whole Grain Roll with Margarine (21g)(260mg) Sliced Pears (21g) Orange Juice (11g) 1% Milk (12g)	<u>Summer Daze Menu</u>	9 Dijon Tarragon Chicken Salad (584mg) 10 Mixed Fruit Salad (43g) Napa Cabbage Slaw (10g) Wheat Bagel with Margarine (33g)(200mg) Nectarine (15g) 1% Milk (12g)	<u>German Chocolate Cake Day</u>	11 Frito Chili Pie (19g)(293mg) 12 (Chips, Cheese, Sour Cream) Spanish Rice (17g) Zucchini and Tomatoes Pineapple Tidbits (15g) 1% Milk (12g)
Pastitsio Pasta (29g)(470mg) 15 Napoli Vegetables (10g) Harvard Beets (17g)(264mg) Hawaiian Roll with Margarine (48g) Peach (14g) Pudding (23g)(151mg) 1% Milk (12g)	<u>Summer Daze Menu</u>	16 Pork Chop with Homestyle Gravy (190mg) 17 Capri Vegetables Roasted Potato Medley Whole Grain Roll with Margarine (21g)(260mg) Citrus Fruit Cup (12g) 1% Milk (12g)	<u>Celebrating Fathers and Grandfathers</u>	18 Chicken Fried Steak with Country Gravy (26g)(520mg) Whipped Potatoes (44g) Seasoned Green Beans Hawaiian Roll with Margarine (48g) Orange (15g) Sugar Cookie (18g) 1% Milk (12g)
Salisbury Steak with Onion Gravy (13g)(498mg) 22 Au Gratin Potatoes (19g)(156mg) Vegetable Bean Medley Whole Wheat Roll with Margarine (24g)(240mg) Pears (14g) Orange Juice (21g) 1% Milk (12g)	<u>Summer Daze Menu</u>	23 Baked Fish with Lemon, Garlic, (280mg) 24 and Rosemary Sauce Mushroom Barley Pilaf (23g)(176mg) Roasted Brussels Sprouts Rye Bread with Margarine (15g)(192mg) Cinnamon Pears (15g) Raisin Nut Cup (18g) 1% Milk (12g)	<u>Breakfast for Lunch</u>	25 Southwest Chicken Catalina (11g)(453mg) 26 Corn and Zucchini Mexicana (16g) Borrracho Beans (11g)(109mg) Cornbread with Margarine (27g)(300mg) Kiwi (10g) 1% Milk (12g)
Pasta Primavera (26g)(473mg) 29 Spiced Peaches (20g) Roasted Cauliflower Italian Bread with Margarine Strawberry Applesauce (15g) Foothills Trailmix (13g) 1% Milk (12g)	<u>Summer Daze Menu</u>	30 Smoke Polish Sausage (25g)(1,114mg) on a Whole Wheat Bun with Mustard and Ketchup Hot German Potato Salad (20g) Warm Three Bean Salad (20g) Pineapple Tidbits (16g) 1% Milk (12g)	 <p>Happy Father's Day, Sunday June 21st!</p> <p>Juneteenth, Friday June 19th! VOA Closed</p> <p>First day of Summer, Sunday, June 21st</p> 	
Menu items may change without notice due to availability of items from suppliers.				
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.				

VOLUNTEERS OF AMERICA COLORADO
DINING CENTER NUTRITION ANALYSIS
JUNE 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
Calories	588	Calories	874	Calories	618	Calories	798	Calories	1018
Fat	13g	Fat	39g	Fat	14g	Fat	21g	Fat	30g
Saturated Fat	4g	Saturated Fat	10g	Saturated Fat	4.5g	Saturated Fat	5g	Saturated Fat	9g
Protein	29g	Protein	32g	Protein	34g	Protein	48g	Protein	39g
Total Carbohydrates	92g	Total Carbohydrates	103g	Total Carbohydrates	128g	Total Carbohydrates	101g	Total Carbohydrates	151g
Fiber	11g	Fiber	12g	Fiber	13g	Fiber	14g	Fiber	18g
Sodium	836mg	Sodium	1589	Sodium	1169mg	Sodium	878mg	Sodium	965mg
8		9		10		11		12	
Calories	812	Calories	750	Calories	1131	Calories	868	Calories	728
Fat	35g	Fat	24g	Fat	30g	Fat	26g	Fat	27g
Saturated Fat	9g	Saturated Fat	6g	Saturated Fat	6g	Saturated Fat	8g	Saturated Fat	9g
Protein	35g	Protein	38g	Protein	102g	Protein	47g	Protein	43g
Total Carbohydrates	90g	Total Carbohydrates	103g	Total Carbohydrates	117g	Total Carbohydrates	113g	Total Carbohydrates	77g
Fiber	10g	Fiber	15g	Fiber	10g	Fiber	10g	Fiber	9.5g
Sodium	714mg	Sodium	1082mg	Sodium	961mg	Sodium	1194mg	Sodium	636mg
15		16		17		18		19	
Calories	1036	Calories	1521	Calories	839	Calories	934	VOA Closed Juneteenth	
Fat	33g	Fat	57g	Fat	35g	Fat	40g		
Saturated Fat	10g	Saturated Fat	6g	Saturated Fat	9g	Saturated Fat	14g		
Protein	39g	Protein	57g	Protein	54g	Protein	34g		
Total Carbohydrates	180g	Total Carbohydrates	206g	Total Carbohydrates	78g	Total Carbohydrates	144g		
Fiber	12g	Fiber	12.3g	Fiber	10g	Fiber	13g		
Sodium	1149mg	Sodium	1100mg	Sodium	746mg	Sodium	864mg		
22		23		24		25		26	
Calories	767	Calories	822	Calories	759	Calories	855	Calories	1146
Fat	29g	Fat	31g	Fat	22g	Fat	33g	Fat	52g
Saturated Fat	9g	Saturated Fat	3g	Saturated Fat	4g	Saturated Fat	8g	Saturated Fat	4g
Protein	36g	Protein	31g	Protein	46g	Protein	31g	Protein	61g
Total Carbohydrates	95g	Total Carbohydrates	111g	Total Carbohydrates	98g	Total Carbohydrates	111g	Total Carbohydrates	114g
Fiber	11g	Fiber	16g	Fiber	10g	Fiber	9g	Fiber	16g
Sodium	965mg	Sodium	1095mg	Sodium	795mg	Sodium	1021mg	Sodium	1020mg
29		30		 Heart Healthy diet <800mg sodium, lower fat and saturated fat>  Diabetic friendly <800mg sodium, carbs 65-67g)		<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</p> <p>Protein: 33 grams Saturated Fat: less than 8 grams</p> <p>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>			
Calories	1743	Calories	854						
Fat	153g	Fat	39g						
Saturated Fat	13g	Saturated Fat	10g						
Protein	23g	Protein	32g						
Total Carbohydrates	95g	Total Carbohydrates	96g						
Fiber	13g	Fiber	11g						
Sodium	702mg	Sodium	1588mg						

For Questions or Concerns regarding the Menu analysis, please contact a VOA Dietitian at 303-297-0408