

VOLUNTEERS OF AMERICA COLORADO
IDAHO SPRINGS MENU
JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Chili Dog (50g){504mg} 1 on a Whole Wheat Bun Baked Beans Corn Orange (15g) Raisin Nut Cup (18g) 1% Milk (12g)	Turkey Meatballs (10g){507mg} 2 in Pesto Cream Sauce Orzo Pilaf (15g) Italian Stewed Tomatoes 9-Grain Bread with Margarine (30g){220mg} Apricot Halves (17g) 1% Milk (12g)	Mediterranean Tuna Fritter (13g){200mg} 3 Santa Barbara Vegetable Blend Roasted Sweet Potato (13g) Wheat Bread with Margarine (15g){193mg} Mandarin Oranges (18g) Foot Hills Trail Mix (13g) 1% Milk (12g)	<u>Hawaiian Luau</u> 4 Sweet and Sour Sausage (24g){758mg} Steamed Brown Rice (27g) Caribbean Vegetable Blend Hawaiian Roll with Margarine (48g) Tropical Fruit (15g) Tapioca Pudding (24g){160mg} 1% Milk (12g)	Brunswick Stew (41g){583mg} 5 Seasoned Greens Warm Cinnamon Apples (14g) Cornbread with Margarine (27g){300mg} Pineapple Tidbits (15g) 1% Milk (12g)	
Chicken Tinga Taco (411mg) 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> 8 Four-Cheese Burger (49g){134mg} on a Potato Bun with Lettuce & Tomato Colorado Baked Beans (12g){170mg} Cabbage with Red Peppers Apple (25g) 1% Milk (12g)	Son of a Gun Beef Stew (10g){122mg} 10 Chuckwagon Corn (23g) Zucchini and Tomatoes (125mg) Hawaiian Baked Roll with Margarine (48g) Banana (23g) 1% Milk (12g)	<u>Manager's Special</u> 11 Creamy Chicken and Baked Ziti (21g){522mg} Cape Cod Vegetable (11g) Peas (25g) Bran Muffin with Margarine (25g){289mg} Watermelon 1% Milk (12g)	Stuffed Shells with Meat Sauce (47g){103mg} 12 Canellini Beans (14g){312mg} Italian Vegetables Garlic Breadstick with Margarine (19g){220mg} Orange (15g) Brownie (35g){180mg} 1% Milk (12g)	
Smothered Pork Cutlet (147mg) 15 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> 16 Meatball Marinara Sub (44g){807mg} on a Whole Wheat Hoagie Roll Rosemary Parmesan Potatoes (17g) California Veg Blend Apple (25g) 1% Milk (12g)	Dijon Tarragon Chicken Salad (584mg) 17 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> 18 Creamy Chicken Ziti Bake (22g){522mg} Steamed Carrots Peas Sourdough Bread with Margarine (25g){289mg} Honeydew and Cantaloupe German Chocolate Cake (27g){108mg} 1% Milk (12g)	<u>VOA Closed Juneteenth</u> 19	
Pastitsio Pasta (29g){470mg} 22 Napoli Vegetables (10g) Harvard Beets (17g){264mg} Hawaiian Roll with Margarine (48g) Fresh Peach (14g) Pudding (23g){151mg} 1% Milk (12g)	<u>Summer Daze Menu</u> 23 Honey BBQ Chicken (105g){435mg} Cauliflower and Carrots Au Gratin Potatoes (19g){156mg} Cornbread with Margarine (27g){300mg} Apple (25g) Oatmeal Cookie (11g) 1% Milk (12g)	Pork Chop with Homestyle Gravy (190mg) 24 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> 25 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)	Cheesy Wild Rice and Turkey Casserole (13g){223mg} 26 Scandanavian Vegetable Blend Sweet Corn and Asparagus (15g) 9-Grain Bread with Margarine (30g){220mg} Cinnamon Applesauce (13g) 1% Milk (12g)	
Salisbury Steak with Onion Gravy (13g){498mg} 29 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> 30 Chicken Tenders with Honey Mustard (22g){440mg} Potato Wedges (26g) Roasted Broccoli and Chickpea Salad Multigrain Roll with Margarine (24g){240mg} Citrus Fruit Cup (12g) 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 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
IDAHO SPRINGS NUTRITION ANALYSIS
JUNE 2026**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Calories	925	Calories	732	Calories	631	Calories	909	Calories	802
Fat	40g	Fat	24g	Fat	20g	Fat	32g	Fat	24g
Saturated Fat	10g	Saturated Fat	4g	Saturated Fat	3g	Saturated Fat	7g	Saturated Fat	5g
Protein	46g	Protein	38g	Protein	28g	Protein	28g	Protein	33g
Total Carbohydrates	95g	Total Carbohydrates	93g	Total Carbohydrates	85g	Total Carbohydrates	159g	Total Carbohydrates	115g
Fiber	15g	Fiber	11g	Fiber	10.5g	Fiber	7.5g	Fiber	11.7g
Sodium	632mg	Sodium	913mg	Sodium	562mg	Sodium	1172mg	Sodium	1139mg
	1		2		3		4		5
Calories	588	Calories	874	Calories	682	Calories	798	Calories	1018
Fat	13g	Fat	39g	Fat	21g	Fat	21g	Fat	30g
Saturated Fat	4g	Saturated Fat	10g	Saturated Fat	6g	Saturated Fat	5g	Saturated Fat	9g
Protein	29g	Protein	32g	Protein	37g	Protein	48g	Protein	39g
Total Carbohydrates	92g	Total Carbohydrates	103g	Total Carbohydrates	124g	Total Carbohydrates	101g	Total Carbohydrates	151g
Fiber	11g	Fiber	12g	Fiber	10g	Fiber	14g	Fiber	18g
Sodium	836mg	Sodium	1589	Sodium	509mg	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	Calories	705
Fat	33g	Fat	57g	Fat	35g	Fat	40g	Fat	24
Saturated Fat	10g	Saturated Fat	6g	Saturated Fat	9g	Saturated Fat	14g	Saturated Fat	5g
Protein	39g	Protein	57g	Protein	54g	Protein	34g	Protein	39g
Total Carbohydrates	180g	Total Carbohydrates	206g	Total Carbohydrates	78g	Total Carbohydrates	144g	Total Carbohydrates	88g
Fiber	12g	Fiber	12.3g	Fiber	10g	Fiber	13g	Fiber	11g
Sodium	1149mg	Sodium	1100mg	Sodium	746mg	Sodium	864mg	Sodium	613mg
	22		23		24		25		26
Calories	767	Calories	822			<p style="text-align: center;">These are the values for 33 1/3% of the Recommended Daily Allowance (RDA) for 70+: 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>			
Fat	29g	Fat	31g						
Saturated Fat	9g	Saturated Fat	3g						
Protein	36g	Protein	31g						
Total Carbohydrates	95g	Total Carbohydrates	111g						
Fiber	11g	Fiber	16g						
Sodium	965mg	Sodium	1095mg						
	29		30						

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