


VOLUNTEERS OF AMERICA COLORADO
IDAHO SPRINGS MENU
MAY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Happy Cinco de Mayo, May 5th!</p> <p>Happy Mother's Day, May 11th!</p> <p>Memorial Day, May 26th</p> 				
Mediterranean Tuna Fritter (13g)(200mg) with Tomato Cream Sauce (17g)(308mg) 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)	4 Creamy Ranch Baked Chicken (456mg) Garden Vegetable Blend Rosemary Potatoes (19g) Multigrain Roll with Margarine (12g) Apple (25g) 1% Milk (12g)	5 Savory Meatloaf (28g)(250mg) Baked Beans (11g)(170mg) Green Bean Casserole Rye Bread with Margarine (15g)(192mg) Tropical Fruit (17g) 1% Milk (12g)	6 Turkey Stroganoff (20g)(123mg) Capri Vegetables Roasted Broccoli (115mg) Sourdough Bread with Margarine (25g)(289mg) Cinnamon Applesauce (13g) Oatmeal Raisin Cookie (13g) 1% Milk (12g)	7 Cheesy Wild Rice and Turkey Casserole (13g)(223mg) 1 Roasted Butternut Squash (18g) Warm Fruit Compote (38g) 9-Grain Bread with Margarine (30g)(220mg) Orange (15g) 1% Milk (12g)
Hamburger (28g)(440mg) 11 on a Whole Wheat Bun Ketchup, Mustard, Lettuce, Tomato Cauliflower and Carrots Baked Beans (12g)(170mg) Applesauce (13g) 1% Milk (12g)	11 Italian Sausage and (31g)(418mg) White Bean Stew Sweet Corn and Asparagus (15g) Italian Stewed Tomatoes French Bread with Margarine (16g)(192mg) Banana (24g) 1% Milk (12g)	12 Ginger Teriyaki Pork Ribs (24g)(491mg) 5-Spice Potatoes (17g) Island Vegetable Blend (10g) Hawaiian Roll with Margarine (40g) Apple (25g) 1% Milk (12g)	13 Roasted Turkey with Gravy Mashed Sweet Potatoes (30g) Peas with Pearl Onions (14g) Wheat Roll with Margarine (14g)(146mg) Tropical Fruit (15g) Sugar Cookie (17g) 1% Milk (12g)	14 Fish with Veloute Sauce (17g)(412mg) 15 Dirty Rice Caribbean Vegetable Blend Multigrain Roll with Margarine (14g)(146mg) Orange (15g) Brownie (39g)(153mg) 1% Milk (12g)
Cheese Ravioli (26g)(434mg) 18 with Meat Sauce Italian Vegetables Herbed Green Beans Whole Wheat Bread with Margarine (12g) Diced Apricots (15g) 1% Milk (12g)	18 Southwest Chicken Catalina (11g)(453mg) Corn and Zucchini Mexicana (16g) Brussel Sprouts Cornbread with Margarine (27g)(300mg) Kiwi (10g) 1% Milk (12g)	19 Beef and Sausage (12g)(370mg) with Red Beans Corn Maque Choux (28g) Seasoned Collard Greens Whole Wheat Roll with Margarine (14g)(146mg) Tropical Fruit (15g) 1% Milk	20 Chicken Cacciatore (430mg) with Whole Wheat Spaghetti (30g) Italian Vegetable Blend Orange (15g) French Bread with Margarine (49g)(375mg) Tiramisu (41g) 1% Milk (12g)	21 Waldorf Chicken Salad (584mg) 22 Mixed Fruit Salad (43g) Napa Cabbage Slaw (10g) Honey Wheat Bagel with Margarine (33g)(200mg) Apple (25g) 1% Milk (12g)
Tandoori Chicken (191mg) 25 Basmati Rice (66g) Savory Chickpea Stew (14g)(111mg) Pita Bread with Margarine (21g)(310mg) Peach Mango Compote (12g) 1% Milk (12g)	25 Salisbury Steak (478mg) with Marsala Sauce Noodles Romanoff Italian Vegetables Whole Wheat Roll with Margarine (14g)(146mg) Mandarin Oranges (18g) Raisin Nut Cup (18g) 1% Milk (12g)	26 Pork and Green Chili Stew (12g)(255mg) Borracho Beans (12g) Parslied Carrots Buttermilk Biscuit with Margarine (14g)(290mg) Banana (29g) 1% Milk (12g)	27 Cheeseburger (28g)(690mg) 28 on a Whole Wheat Bun Ketchup, Lettuce, Tomato Whole Kernel Corn (16g) Parsley Buttered New Potatoes (12g) Diced Peas (16g) Foothills Trail Mix (13g) 1% Milk (12g)	28 Chicken Fried Steak (21g)(380mg) 29 Whipped Potatoes (27g) 165mg) with Country Gravy Seasoned Spinach 9-Grain Bread with Margarine (30g)(220mg) Spiced Peaches (20g) 1% Milk (12g)

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

The number listed in brackets indicates the mg sodium per menu item. Sodium is unlisted unless it is greater than 140mg. The number in parenthesis indicates the grams of carbohydrate per menu item. Carbohydrates are unlisted unless they are greater than 10g.

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
MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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 *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>1</p> <p>Calories 877 Fat 25g Saturated Fat 6.5g Protein 37g Total Carbohydrates 126g Fiber 12g Sodium 633mg</p>
<p>4</p> <p>Calories 691 Fat 24g Saturated Fat 3g Protein 30g Total Carbohydrates 92g Fiber 12g Sodium 692mg</p>	<p>5</p> <p>Calories 854 Fat 36g Saturated Fat 8g Protein 48g Total Carbohydrates 85g Fiber 11g Sodium 863mg</p>	<p>6</p> <p>Calories 886 Fat 36g Saturated Fat 10g Protein 47g Total Carbohydrates 91g Fiber 10g Sodium 814mg</p>	<p>7</p> <p>Calories 767 Fat 25g Saturated Fat 6g Protein 40g Total Carbohydrates 94g Fiber 9g Sodium 773mg</p>	<p>8</p> <p>Calories 752 Fat 15g Saturated Fat 3g Protein 44g Total Carbohydrates 110g Fiber 10g Sodium 739mg</p>
<p>11</p> <p>Calories 717 Fat 26g Saturated Fat 8g Protein 40g Total Carbohydrates 86g Fiber 13g Sodium 780mg</p>	<p>12</p> <p>Calories 618 Fat 13g Saturated Fat 3g Protein 30g Total Carbohydrates 100g Fiber 15g Sodium 704mg</p>	<p>13</p> <p>Calories 870 Fat 28g Saturated Fat 7g Protein 54g Total Carbohydrates 136g Fiber 11.5g Sodium 860mg</p>	<p>14</p> <p>Calories 813 Fat 22g Saturated Fat 8g Protein 48g Total Carbohydrates 107g Fiber 10.5g Sodium 614mg</p>	<p>15</p> <p>Calories 1062 Fat 27g Saturated Fat 7g Protein 69g Total Carbohydrates 137g Fiber 10g Sodium 1054mg</p>
<p>18</p> <p>Calories 681 Fat 24g Saturated Fat 8g Protein 36g Total Carbohydrates 80g Fiber 11g Sodium 714mg</p>	<p>19</p> <p>Calories 1139 Fat 54g Saturated Fat 4g Protein 61g Total Carbohydrates 111g Fiber 16g Sodium 925mg</p>	<p>20</p> <p>Calories 849 Fat 38g Saturated Fat 9g Protein 41g Total Carbohydrates 87g Fiber 12g Sodium 804mg</p>	<p>21</p> <p>Calories 1461 Fat 52g Saturated Fat 20g Protein 106g Total Carbohydrates 142g Fiber 16g Sodium 799mg</p>	<p>22</p> <p>Calories 1143 Fat 30g Saturated Fat 6g Protein 101g Total Carbohydrates 122g Fiber 11g Sodium 980mg</p>
<p><i>Frozen Meal Pre-Delivered</i></p> <p>25</p> <p>Calories 1091 Fat 45g Saturated Fat 9g Protein 56g Total Carbohydrates 123g Fiber 11g Sodium 575mg</p>	<p>26</p> <p>Calories 846 Fat 38g Saturated Fat 10g Protein 40g Total Carbohydrates 90g Fiber 10g Sodium 838mg</p>	<p>27</p> <p>Calories 656 Fat 24g Saturated Fat 7g Protein 32g Total Carbohydrates 80g Fiber 12g Sodium 838mg</p>	<p>28</p> <p>Calories 911 Fat 39g Saturated Fat 12.4g Protein 46g Total Carbohydrates 97g Fiber 11.8g Sodium 798mg</p>	<p>29</p> <p>Calories 911 Fat 37g Saturated Fat 11g Protein 37.5g Total Carbohydrates 112g Fiber 12g Sodium 1028mg</p>

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