

VOLUNTEERS OF AMERICA COLORADO
MEALS ON WHEELS 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 Son of a Gun Beef Stew (10g)(122mg) 3 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 with Margarine (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) Fresh 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) Apple (25g) 1% Milk (12g)	<u>Celebrating Fathers and Grandfathers</u>	18 Cheesy Wild Rice and Turkey Casserole (13g)(223mg) 19 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) 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 style="text-align: center;"><i>Happy Father's Day, Sunday June 21st!</i></p> <p style="text-align: center;"><i>Juneteenth, Friday June 19th! VOA Closed</i></p> <p style="text-align: center;"><i>First day of Summer, Sunday, June 21st</i></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
MEALS ON WHEELS NUTRITION ANALYSIS
JUNE 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Calories 588 Fat 13g Saturated Fat 4g Protein 29g Total Carbohydrates 92g Fiber 11g Sodium 836mg	2 Calories 874 Fat 39g Saturated Fat 10g Protein 32g Total Carbohydrates 103g Fiber 12g Sodium 1589	3 Calories 682 Fat 21g Saturated Fat 6g Protein 37g Total Carbohydrates 124g Fiber 10g Sodium 509mg	4 Calories 798 Fat 21g Saturated Fat 5g Protein 48g Total Carbohydrates 101g Fiber 14g Sodium 878mg	5 Calories 1018 Fat 30g Saturated Fat 9g Protein 39g Total Carbohydrates 151g Fiber 18g Sodium 965mg
8 Calories 812 Fat 35g Saturated Fat 9g Protein 35g Total Carbohydrates 90g Fiber 10g Sodium 714mg	9 Calories 750 Fat 24g Saturated Fat 6g Protein 38g Total Carbohydrates 103g Fiber 15g Sodium 1082mg	10 Calories 1131 Fat 30g Saturated Fat 6g Protein 102g Total Carbohydrates 117g Fiber 10g Sodium 961mg	11 Calories 868 Fat 26g Saturated Fat 8g Protein 47g Total Carbohydrates 113g Fiber 10g Sodium 1194mg	12 Calories 728 Fat 27g Saturated Fat 9g Protein 43g Total Carbohydrates 77g Fiber 9.5g Sodium 636mg <div style="text-align: right;"></div>
15 Calories 1036 Fat 33g Saturated Fat 10g Protein 39g Total Carbohydrates 180g Fiber 12g Sodium 1149mg	16 Calories 1521 Fat 57g Saturated Fat 6g Protein 57g Total Carbohydrates 206g Fiber 12.3g Sodium 1100mg	17 Calories 839 Fat 35g Saturated Fat 9g Protein 54g Total Carbohydrates 78g Fiber 10g Sodium 746mg	18 Calories 934 Fat 40g Saturated Fat 14g Protein 34g Total Carbohydrates 144g Fiber 13g Sodium 864mg	19 VOA Closed - Pre-Delivered Calories 705 Fat 24g Saturated Fat 5g Protein 39g Total Carbohydrates 88g Fiber 11g Sodium 613mg <div style="text-align: right;"></div>
22 Calories 767 Fat 29g Saturated Fat 9g Protein 36g Total Carbohydrates 95g Fiber 11g Sodium 965mg	23 Calories 822 Fat 31g Saturated Fat 3g Protein 31g Total Carbohydrates 111g Fiber 16g Sodium 1095mg	24 Calories 759 Fat 22g Saturated Fat 4g Protein 46g Total Carbohydrates 98g Fiber 10g Sodium 795mg <div style="text-align: center;"></div>	25 Calories 855 Fat 33g Saturated Fat 8g Protein 31g Total Carbohydrates 111g Fiber 9g Sodium 1021mg	26 Calories 1146 Fat 52g Saturated Fat 4g Protein 61g Total Carbohydrates 114g Fiber 16g Sodium 1020mg
29 Calories 1743 Fat 153g Saturated Fat 13g Protein 23g Total Carbohydrates 95g Fiber 13g Sodium 702mg <div style="text-align: right;"></div>	30 Calories 854 Fat 39g Saturated Fat 10g Protein 32g Total Carbohydrates 96g Fiber 11g Sodium 1588mg	Heart Healthy diet <800mg sodium, lower fat and saturated fat> Diabetic friendly <800mg sodium, carbs 65-67g>		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%)

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