









VOLUNTEERS OF AMERICA COLORADO
DINING CENTER MENU
JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Happy Fourth of July! International Day of Friendship, Thursday July 30th!</p>		Seafood Pasta Alfredo (55g)(632mg) 1 Zucchini and Peppers (10g) Cape Cod Vegetables (25g)(289mg) Sourdough Bread with Margarine (12g) Citrus Fruit Cup (12g) 1% Milk (12g)	<u><i>Eat Your Beans!</i></u> 2 Chicken Fajita with Cheese and Salsa (20g)(808mg) Savory Black Beans (13g)(101mg) Cilantro Lime Rice (18g) Wheat Tortilla with Margarine (14g)(146mg) Pineapple Tidbits (16g) 1% Milk (12g)	VOA Closed - Happy Fourth of July! 3
Ham with Apple Glaze (11g)(782mg) 6 Whipped Sweet Potatoes (43g)(108mg) Vegetable Bean Blend Whole Wheat Bread with Margarine (12g)(127mg) Orange (15g) 1% Milk (12g)	<u>Summer Daze Menu</u> 7 Honey BBQ Chicken (105g)(435mg) Cauliflower and Carrots Au Gratin Potatoes (19g)(156mg) Cornbread with Margarine (27g)(300mg) Applesauce (28g) Oatmeal Cookie (11g) 1% Milk (12g)	Greek Pasta with Beef (29g)(470mg) 8 Napoli Vegetables (10g) Harvard Beets (17g)(264mg) Hawaiian Roll with Margarine (48g) Tropical Fruit (15g) Pudding (23g)(151mg) 1% Milk (12g)	<u><i>State Fair Fun!</i></u> 9 Frito Chili Pie (19g)(293mg) (Chips, Cheese, and Sour Cream) Spanish Rice (18g) Chuckwagon Corn (23g) Nectarine (15g) Sante Fe Trail Mix (37g) 1% Milk (12g)	Dijon Tarragon Chicken Salad (584mg) 10 Mixed Fruit Salad (43g) Napa Cabbage Slaw (10g) Wheat Bagel with Margarine (33g)(200mg) Orange (15g) 1% Milk (12g)
Salisbury Steak with Onion Gravy (13g)(498mg) 13 Buttered New Potatoes (12g) Italian Vegetables Whole Wheat Roll with Margarine (13g) Mango Blueberry Compote (29g) 1% Milk (12g)	<u>Summer Daze Menu</u> 14 Smoke Polish Sausage (25g)(1,114mg) on a Whole Wheat Bun with Mustard and Ketchup Whole Kernel Corn (16g) Creamy Cole Slaw (148mg) Pineapple Tidbits (16g) Foothills Trail Mix (16g) 1% Milk (12g)	Cod with Tomato Cream Sauce (17g)(308mg) 15 Lemon Parmesean Rice (23g)(176mg) Roasted Brussell Sprouts (11g) Rye Bread with Margarine (15g)(192mg) Nectarine (15g) 1% Milk (12g)	<u><i>Georgia on my Mind</i></u> 16 Brunswick Stew (Chicken and Ham) (41g)(582mg) Pecan Sweet Potatoes (28g) Slow Cooked Green Beans Corn Muffin with Margarine (32g)(280mg) Banana (27g) Peach Cobbler (12g) 1% Milk (12g)	Creamy Chicken and Baked Ziti (21g)(522mg) 17 Steamed Carrots Green Peas (15g) Sourdough Bread with Margarine (26g)(180mg) Cantaloupe and Honeydew (15g) 1% Milk (12g)
Hawaiian Pineapple Glazed Pork (11g)(171mg) 20 Coconut Brown Rice (31g) Maui Vegetable Blend (10g) Multigrain Bread with Margarine (29g)(260mg) Applesauce (28g) Chocolate Chip Cookie 1% Milk (12g)	<u>Summer Daze Menu</u> 21 Oven Fried Chicken (430mg) Garlic Mashed Potatoes (24g) Creamed Spinach (172mg) Blueberry Muffin with Margarine (23g) Apple (25g) Orange Juice (21g) 1% Milk (12g)	Hot Open-Faced Turkey Muenster (27g)(752mg) 22 on Whole Wheat French Bread with Peppers and Onions (24g)(180mg) Apple Glazed Carrots (14g) Broccoli with Red Peppers Sliced Pears 1% Milk (12g)	<u><i>Day at the Beach</i></u> 23 Chicken Parmesan Sandwich (18g)(661mg) on Whole Wheat Bun (25g)(239mg) Carrots, Corn, and Green Bean Blend Sweet Potato Wedges (26g) Watermelon 1% Milk (12g)	Chicken Tinga Taco (411mg) 24 on a Whole Wheat Tortilla with Pico de Gallo (22g)(130mg) Ranch Style Beans (22g)(146mg) Three-Way Mixed Vegetables Mandarin Oranges (17g) 1% Milk (12g)
Hash Brown Casserole (22g)(682mg) 27 California Blend Vegetables (152mg) Diced Beets (12g)(118mg) Wheat Bread with Margarine (15g) Orange (12g) 1% Milk (12g)	<u>Summer Daze Menu</u> 28 Four-Cheese Burger on a Potato Bun (49g)(134mg) with Lettuce & Tomato, Ketchup and Mustard Baked Beans (12g)(170mg) Cabbage with Red Peppers Apple (25g) 1% Milk (12g)	Beef Soft Taco (26g)(271mg) 29 on a Whole Wheat Tortilla with Salsa & Cheddar Cheese Cilantro Lime Rice (15g) Mexicali Corn (18g) Banana (29g) 1% Milk (12g)	<u><i>Mediterranean Menu</i></u> 30 Chicken Scampi with Whole Wheat Spaghetti (21g) Sweet Corn and Asparagus (15g) Three Bean Salad (22g)(174mg) Breadstick with Margarine (23g)(240mg) Mango Berry Compote (22g) 1% Milk (12g)	Smoked Pork Macaroni & Cheese (18g)(277mg) 31 Vegetable Bean Medley Warm Cinnamon Apples (14g) 9-Grain Bread and Margarine (30g)(220mg) Tropical Fruit (17g) 1% Milk (12g)
<p>*Menu items may change without notice due to availability of items from suppliers.</p> <p>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.</p> <p>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</p>				

**VOLUNTEERS OF AMERICA COLORADO
DINING CENTER NUTRITION ANALYSIS
JULY 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"> Heart Healthy diet <800mg sodium, lower fat and saturated fat</p> <p style="text-align: center;"> Diabetic friendly <800mg sodium, carbs 65-67g)</p>	<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: <8 grams Carbs: 92 grams Sodium: less than 1200 mg</p> <p style="text-align: center;"><small>*Based on a 2,000 Calorie Diet; Macronutrient dist. of calories based on: 20% protein (RDA 10-25%), 25% total fat (RDA 20-35%), 55% carbohydrates (RDA 45-65%)</small></p>	<p style="text-align: right;">1</p> <p>Calories 773 Fat 16g Saturated Fat 5g Protein 36g Total Carbohydrates 120g Fiber 10g Sodium 1133mg</p>	<p style="text-align: right;">2</p> <p>Calories 767 Fat 16g Saturated Fat 5g Protein 54g Total Carbohydrates 99g Fiber 11g Sodium 1188mg</p>	<p style="text-align: right;">3</p> <p style="text-align: center;"><u>VOA Closed for Fourth of July</u></p>
<p style="text-align: right;">6</p> <p>Calories 692 Fat 18g Saturated Fat 3g Protein 34g Total Carbohydrates 102g Fiber 15g Sodium 1172mg</p>	<p style="text-align: right;">7</p> <p>Calories 1432 Fat 45g Saturated Fat 3g Protein 58g Total Carbohydrates 208g Fiber 12g Sodium 1035mg</p>	<p style="text-align: right;">8</p> <p>Calories 1038 Fat 33g Saturated Fat 10g Protein 39g Total Carbohydrates 181g Fiber 11g Sodium 1154mg</p>	<p style="text-align: right;">9</p> <p>Calories 1019 Fat 38g Saturated Fat 10g Protein 49g Total Carbohydrates 129g Fiber 16g Sodium 571mg</p>	<p style="text-align: right;">10</p> <p>Calories 801 Fat 23g Saturated Fat 6g Protein 37g Total Carbohydrates 113g Fiber 12g Sodium 653mg</p> <p style="text-align: center;"></p>
<p style="text-align: right;">13</p> <p>Calories 762 Fat 28g Saturated Fat 9g Protein 35g Total Carbohydrates 95g Fiber 11g Sodium 957mg</p>	<p style="text-align: right;">14</p> <p>Calories 818 Fat 39g Saturated Fat 10g Protein 31g Total Carbohydrates 93g Fiber 11g Sodium 1472mg</p>	<p style="text-align: right;">15</p> <p>Calories 895 Fat 28g Saturated Fat 5g Protein 69g Total Carbohydrates 93g Fiber 11g Sodium 894mg</p>	<p style="text-align: right;">16</p> <p>Calories 998 Fat 24g Saturated Fat 6g Protein 35g Total Carbohydrates 168g Fiber 13g Sodium 1191mg</p>	<p style="text-align: right;">17</p> <p>Calories 706 Fat 18g Saturated Fat 5g Protein 45g Total Carbohydrates 89g Fiber 10g Sodium 1181mg</p>
<p style="text-align: right;">20</p> <p>Calories 1000 Fat 32g Saturated Fat 8g Protein 51g Total Carbohydrates 130g Fiber 11g Sodium 690mg</p> <p style="text-align: center;"></p>	<p style="text-align: right;">21</p> <p>Calories 910 Fat 36g Saturated Fat 9g Protein 35g Total Carbohydrates 114g Fiber 10g Sodium 850mg</p>	<p style="text-align: right;">22</p> <p>Calories 607 Fat 18g Saturated Fat 6g Protein 32g Total Carbohydrates 79g Fiber 12g Sodium 1075mg</p>	<p style="text-align: right;">23</p> <p>Calories 715 Fat 18g Saturated Fat 4g Protein 47g Total Carbohydrates 98g Fiber 14g Sodium 969mg</p>	<p style="text-align: right;">24</p> <p>Calories 576 Fat 13g Saturated Fat 4g Protein 30g Total Carbohydrates 88g Fiber 12g Sodium 844mg</p>
<p style="text-align: right;">27</p> <p>Calories 580 Fat 28g Saturated Fat 11g Protein 27g Total Carbohydrates 73g Fiber 10g Sodium 1114mg</p>	<p style="text-align: right;">28</p> <p>Calories 888 Fat 34g Saturated Fat 14g Protein 49g Total Carbohydrates 98g Fiber 10g Sodium 444mg</p>	<p style="text-align: right;">29</p> <p>Calories 799 Fat 24g Saturated Fat 7g Protein 44g Total Carbohydrates 107g Fiber 11g Sodium 538mg</p> <p style="text-align: center;"></p>	<p style="text-align: right;">30</p> <p>Calories 731 Fat 16g Saturated Fat 4g Protein 42g Total Carbohydrates 105g Fiber 9g Sodium 1002mg</p>	<p style="text-align: right;">31</p> <p>Calories 692 Fat 20g Saturated Fat 5g Protein 30g Total Carbohydrates 100g Fiber 10g Sodium 671mg</p> <p style="text-align: center;"></p>