

VOLUNTEERS OF AMERICA COLORADO IDAHO SPRINGS MENU JULY 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Happy Fourth of July! International Day of Friendship, Thursday July 30th!		Baked Fish with Lemon, Garlic, and Rosemary Sauce (280mg) 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><i>Breakfast for Lunch</i></u> Corned Beef Hash with Fried Egg (744mg) Potatoes O'Brien (16g) Warm Fruit Compote (38g) Blueberry Muffin with Margarine (26g) Clementine (15g) 1% Milk (12g)	VOA Closed - 4th of July 
Pasta Primavera (26g)(473mg) Spiced Peaches (20g) Roasted Cauliflower Italian Bread with Margarine Strawberry Applesauce (15g) Foothills Trailmix (13g) 1% Milk (12g)	<u>Summer Daze Menu</u> Smoke Polish Sausage on a Whole Wheat Bun with Mustard and Ketchup (25g)(1,114mg) Hot German Potato Salad (20g) Warm Three Bean Salad (20g) Pineapple Tidbits (16g) 1% Milk (12g)	Seafood Pasta Alfredo (55g)(632mg) Zucchini and Peppers (10g) Cape Cod Vegetables (25g)(289mg) Citrus Fruit Cup (12g) 1% Milk (12g)	<u><i>Eat Your Beans!</i></u> 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)	Meatloaf Sweet Potatoes (27g)(460mg) Peas and Carrots Wheat Dinner Roll with Margarine (14g)(146mg) Orange (15g) Peanut Butter Cookie (16g)(140mg) 1% Milk (12g)
Ham with Apple Glaze (11g)(782mg) 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> 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) Napoli Vegetables (10g) Harvard Beets (17g)(264mg) Hawaiian Roll with Margarine (48g) Tropical Fruit (15g) Pudding (23g)(151mg) 1% Milk (12g)	<u><i>The Cowboy Café</i></u> 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) Mixed Fruit Salad (43g) Napa Cabbage Slaw (10g) Wheat Bagel with Margarine (33g)(200mg) Orange (15g) 1% Milk (12g)
Salisbury Steak (13g)(498mg) with Onion Gravy Buttered New Potatoes (12g) Italian Vegetables Whole Wheat Roll with Margarine (13g) Mango Blueberry Compote (29g) 1% Milk (12g)	<u>Summer Daze Menu</u> Smoke Polish Sausage on a Whole Wheat Bun with Mustard and Ketchup (25g)(1,114mg) Hot German Potato Salad (20g) Warm Three Bean Salad (20g) Pineapple Tidbits (16g) 1% Milk (12g)	Cod with Tomato Cream Sauce (17g)(308mg) 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> 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 1% Milk (12g)	Creamy Chicken and Baked Ziti (21g)(522mg) Steamed Carrots Green Peas (15g) Sourdough Bread with Margarine (26g)(180mg) Cantaloupe and Honeydew (15g) 1% Milk (12g)
Hawaiian Pineapple Glazed Pork (11g)(171) 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> 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) 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> 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) 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)
*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
JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
♥ 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: <8 grams Carbs: 92 grams Sodium: less than 1200 mg *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%)	1 Calories 759 Fat 22g Saturated Fat 4g Protein 46g Total Carbohydrates 98g Fiber 10g Sodium 795mg ♥	2 Calories 855 Fat 33g Saturated Fat 8g Protein 31g Total Carbohydrates 111g Fiber 9g Sodium 1021mg	3 VOA Closed - Fourth of July 
	6 Calories 1743 Fat 153g Saturated Fat 13g Protein 23g Total Carbohydrates 95g Fiber 13g Sodium 702mg ♥	7 Calories 854 Fat 39g Saturated Fat 10g Protein 32g Total Carbohydrates 96g Fiber 11g Sodium 1588mg	8 Calories 773 Fat 16g Saturated Fat 5g Protein 36g Total Carbohydrates 120g Fiber 10g Sodium 1133mg	9 Calories 767 Fat 16g Saturated Fat 5g Protein 54g Total Carbohydrates 99g Fiber 11g Sodium 1188mg
	13 Calories 692 Fat 18g Saturated Fat 3g Protein 34g Total Carbohydrates 102g Fiber 15g Sodium 1172mg	14 Calories 1432 Fat 45g Saturated Fat 3g Protein 58g Total Carbohydrates 208g Fiber 12g Sodium 1035mg	15 Calories 1038 Fat 33g Saturated Fat 10g Protein 39g Total Carbohydrates 181g Fiber 11g Sodium 1154mg	16 Calories 1019 Fat 38g Saturated Fat 10g Protein 49g Total Carbohydrates 129g Fiber 16g Sodium 571mg
	20 Calories 762 Fat 28g Saturated Fat 9g Protein 35g Total Carbohydrates 95g Fiber 11g Sodium 957mg	21 Calories 854 Fat 39g Saturated Fat 10g Protein 32g Total Carbohydrates 96g Fiber 11g Sodium 1588mg	22 Calories 895 Fat 28g Saturated Fat 5g Protein 69g Total Carbohydrates 93g Fiber 11g Sodium 894mg	23 Calories 998 Fat 24g Saturated Fat 6g Protein 35g Total Carbohydrates 168g Fiber 13g Sodium 1191mg
	27 Calories 1000 Fat 32g Saturated Fat 8g Protein 51g Total Carbohydrates 130g Fiber 11g Sodium 690mg	28 Calories 910 Fat 36g Saturated Fat 9g Protein 35g Total Carbohydrates 114g Fiber 10g Sodium 850mg	29 Calories 607 Fat 18g Saturated Fat 6g Protein 32g Total Carbohydrates 79g Fiber 12g Sodium 1075mg	30 Calories 715 Fat 18g Saturated Fat 4g Protein 47g Total Carbohydrates 98g Fiber 14g Sodium 969mg
				31 Calories 576 Fat 13g Saturated Fat 4g Protein 30g Total Carbohydrates 88g Fiber 12g Sodium 844mg ♥