



VOLUNTEERS OF AMERICA COLORADO
MEALS ON WHEELS MENU
JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Happy Fourth of July! International Day of Friendship, Thursday July 30th!</p>		<p>Seafood Pasta Alfredo (56g)(632mg) 1 Zucchini and Peppers (10g) Cape Cod Vegetables (25g)(289mg) Sourdough Bread with Margarine (12g) Citrus Fruit Cup (12g) 1% Milk (12g)</p>	<p><u><i>Eat Your Beans!</i></u> 2 Chicken Fajita with Cheese and Salsa (20g)(808mg) Savory Black Beans (13g)(101mg) Cilantro Lime Rice (19g) Wheat Tortilla with Margarine (14g)(146mg) Pineapple Tidbits (16g) 1% Milk (12g)</p>	<p><u><i>Frozen Pre-Delivered - VOA Closed for 4th of July</i></u> 3 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)</p>
<p>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)</p>	<p><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)</p>	<p>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)</p>	<p><u>The Cowboy Café</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)</p>	<p>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)</p>
<p>Salisbury Steak (13g)(498mg) 13 with Onion Gravy Buttered New Potatoes (12g) Italian Vegetables Whole Wheat Roll with Margarine (13g) Mango Blueberry Compote (29g) 1% Milk (12g)</p>	<p><u>Summer Daze Menu</u> 14 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>	<p>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)</p>	<p><u>Georgia on my Mind</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 1% Milk (12g)</p>	<p>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)</p>
<p>Hawaiian Pineapple Glazed Pork (11g)(171) 20 Coconut Brown Rice (31g) Maui Vegetable Blend (10g) Multigrain Bread with Margarine (29g)(260mg) Applesauce (28g) Chocolate Chip Cookie 1% Milk (12g)</p>	<p><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)</p>	<p>Hot Open-Faced Turkey Muenster (27g)(752mg) 22 on Whole Wheat French Bread (24g)(180mg) with Peppers and Onions Apple Glazed Carrots (14g) Broccoli with Red Peppers Sliced Pears 1% Milk (12g)</p>	<p><u>Day at the Beach</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)</p>	<p>Chicken Tinga Taco (411mg) 24 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)</p>
<p>Hash Brown Casserole (22g)(682mg) 27 California Blend Vegetables Diced Beets (152mg) Wheat Bread with Margarine (12g)(118mg) Orange (15g) 1% Milk (12g)</p>	<p><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)</p>	<p>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)</p>	<p><u>Mediterranean Menu</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)</p>	<p>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.

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
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>Frozen Pre-Delivered Meal</u></p> <p>Calories 638 Fat 19g Saturated Fat 6g Protein 34g Total Carbohydrates 88g Fiber 13g Sodium 800mg</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: 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 854 Fat 39g Saturated Fat 10g Protein 32g Total Carbohydrates 96g Fiber 11g Sodium 1588mg</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: 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: 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>