

VOLUNTEERS OF AMERICA COLORADO
IDAHO SPRINGS MENU
AUGUST 2026



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Hash Brown Casserole California Blend Vegetables Diced Beets Wheat Bread with Margarine Orange 1% Milk	(22g)(682mg) (152mg) (12g)(118mg) (15g) (12g)	3 <u>Summer Daze Menu</u> Four-Cheese Burger on a Potato Bun with Lettuce & Tomato, Ketchup and Mustard Baked Beans Cabbage with Red Peppers Apple 1% Milk	(49g)(134mg) (12g)(170mg) (25g) (12g)	4 Beef Soft Taco on a Whole Wheat Tortilla with Salsa & Cheddar Cheese Cilantro Lime Rice Mexicali Corn Banana 1% Milk	(26g)(271mg) (15g) (18g) (29g) (12g)	5 <u>Mediterranean Menu</u> Chicken Scampi with Whole Wheat Spaghetti Sweet Corn and Asparagus Three Bean Salad Breadstick with Margarine Mango Berry Compote 1% Milk	(21g) (15g) (22g)(174mg) (23g)(240mg) (22g) (12g)	6 Smoked Pork Macaroni & Cheese Vegetable Bean Medley Warm Cinnamon Apples 9-Grain Bread and Margarine Tropical Fruit 1% Milk	(18g)(277mg) (14g) (30g)(220mg) (17g) (12g)
Hawaiian Pineapple Glazed Pork Coconut Brown Rice Island Vegetable Blend Multigrain Bread with Margarine Applesauce Chocolate Chip Cookie 1% Milk	(11g)(171) (31g) (10g) (29g)(260mg) (28g) (12g)	10 <u>Summer Daze Menu</u> Smoke Polish Sausage on a Whole Wheat Bun with Mustard and Ketchup Green Beans with Almonds Corn Orange 1% Milk	(25g)(1,114mg) (20g) (16g) (15g) (12g)	11 Chicken Tinga Tacos with Pico on Whole Wheat Tortilla Ranch Style Beans Spiced Peaches Watermelon 1% Milk	(411mg) (22g)(130mg) (22g)(146mg) (20g) (22g) (12g)	12 <u>Celebrating Colorado</u> BBQ Rubbed Beef with Rancher's Gravy Buttermilk Mashed Potatoes Corn and Bean Medley Buttermilk Biscuit Apple Peach Cobbler 1% Milk	(17g) (23g) (29g)(710mg) (25g) (39g)(210mg) (12g)	13 Hot Ham and Swiss Open-Face Sandwich on Rye Bread with Mustard packet Creamed Spinach Peas and Carrots Pineapple Tidbits Grape Juice 1% Milk	(15g)(193mg) (172mg) (16g) (19g) (12g)
Smothered Pork Cutlet with Brown Gravy Mashed Potatoes Italian Vegetables Whole Wheat Bread with Margarine Nectarine Orange Juice 1% Milk	(147mg) (16g)(378mg) (13g)(144mg) (29g)(710mg) (11g) (11g) (12g)	17 <u>Summer Daze Menu</u> Four-Cheese Burger on a Potato Bun with Lettuce & Tomato Baked Beans Cabbage with Red Peppers Apple 1% Milk	(49g)(134mg) (12g)(170mg) (25g) (12g)	18 Creamy Chicken and Ziti Bake Cape Cod Vegetable Blend Vegetable Bean Medley Bran Muffin with Margarine Seedless Grapes 1% Milk	(22g)(520mg) (11g) (26g)(180mg) (14g) (12g)	19 <u>Breakfast for Lunch</u> Western Omelet with Ranchero Sauce with Onions and Peppers Potatoes O'Brien Warm Fruit Compote Apple Cinnamon Muffin Banana 1% Milk	(430mg) (16g) (38g) (28g)(100mg) (22g) (12g)	20 Frito Chili Pie (Beef and Pork) (Chips, Cheese, & Sour Cream) Spanish Rice Herbed Green Beans Pineapple Chunks 1% Milk	(19g)(293mg) (18g) (28g) (12g)
Roast Pork Loin with Sweet Tomato Sauce Roasted Sweet Potatoes Sweet Corn and Asparagus Tips Wheat Roll with Margarine Apricot Halves 1% Milk	(12g)(274mg) (23g)(208mg) (15g) (16g)(172mg) (30g) (12g)	24 <u>Summer Daze Menu</u> Chicken Tenders Garlic Mashed Potatoes Creamed Spinach Blueberry Muffin with Margarine Apple Orange Juice 1% Milk	(430mg) (24g) (172mg) (23g) (25g) (21g) (12g)	25 Cod with Fire Roasted Tomato Sauce Lemon Risotto Seasoned Brussels Sprouts Rye Bread with Margarine Nectarine Raisin Nut Cup 1% Milk	(240mg) (23g)(176mg) (15g)(192mg) (15g) (18g) (12g)	26 <u>National Fajita Day</u> Beef Fajitas on Whole Wheat Tortilla with lettuce, tomatoes, and cheese Mexicali Corn Cilantro Lime Rice Banana 1% Milk	(36g)(769mg) (18g) (18g) (22g) (12g)	27 Baked Ravioli and Meat Sauce (Beef) Italian Vegetables Herbed Green Beans Whole Wheat Bread with Margarine Applesauce 1% Milk	(27g)(434mg) (28g)(710mg) (28g) (12g)
Smoked Pork Macaroni & Cheese Vegetable Bean Medley Warm Cinnamon Apples Whole Wheat Dinner Roll with Margarine Pear Peanut Butter Cookie 1% Milk	(18g)(277mg) (14g) (16g)(172mg) (17g) (18g) (12g)	31 				August is National Wellness Month Senior Citizen Day, August 21st!			

*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
AUGUST 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3		4		5		6		7	
Calories	580	Calories	888	Calories	799	Calories	731	Calories	692
Fat	28g	Fat	34g	Fat	24g	Fat	16g	Fat	20g
Saturated Fat	11g	Saturated Fat	14g	Saturated Fat	7g	Saturated Fat	4g	Saturated Fat	5g
Protein	27g	Protein	49g	Protein	44g	Protein	42g	Protein	30g
Total Carbohydrates	73g	Total Carbohydrates	98g	Total Carbohydrates	107g	Total Carbohydrates	105g	Total Carbohydrates	100g
Fiber	10g	Fiber	10g	Fiber	11g	Fiber	9g	Fiber	10g
Sodium	1114mg	Sodium	444mg	Sodium	538mg	Sodium	1002mg	Sodium	671mg
10		11		12		13		14	
Calories	1000	Calories	721	Calories	636	Calories	790	Calories	637
Fat	32g	Fat	36g	Fat	13g	Fat	20g	Fat	21g
Saturated Fat	8g	Saturated Fat	10g	Saturated Fat	4g	Saturated Fat	2g	Saturated Fat	9g
Protein	51g	Protein	28g	Protein	30g	Protein	48g	Protein	36g
Total Carbohydrates	130g	Total Carbohydrates	79g	Total Carbohydrates	108g	Total Carbohydrates	108g	Total Carbohydrates	79g
Fiber	11g	Fiber	11g	Fiber	11g	Fiber	12g	Fiber	10g
Sodium	690mg	Sodium	1321mg	Sodium	827mg	Sodium	562mg	Sodium	1064mg
17		18		19		20		21	
Calories	851	Calories	888	Calories	756	Calories	815	Calories	785
Fat	37g	Fat	34g	Fat	20g	Fat	23g	Fat	29g
Saturated Fat	11g	Saturated Fat	14g	Saturated Fat	5g	Saturated Fat	4g	Saturated Fat	9g
Protein	38g	Protein	49g	Protein	42g	Protein	26g	Protein	43g
Total Carbohydrates	93g	Total Carbohydrates	98g	Total Carbohydrates	96g	Total Carbohydrates	129g	Total Carbohydrates	87g
Fiber	10g	Fiber	10g	Fiber	10g	Fiber	10g	Fiber	11g
Sodium	736mg	Sodium	444mg	Sodium	914mg	Sodium	716mg	Sodium	516mg
24		25		26		27		28	
Calories	755	Calories	910	Calories	835	Calories	632	Calories	723
Fat	18g	Fat	36g	Fat	23g	Fat	13g	Fat	24g
Saturated Fat	4g	Saturated Fat	9g	Saturated Fat	4g	Saturated Fat	4g	Saturated Fat	8g
Protein	42g	Protein	35g	Protein	66g	Protein	34g	Protein	36g
Total Carbohydrates	108g	Total Carbohydrates	114g	Total Carbohydrates	94g	Total Carbohydrates	102g	Total Carbohydrates	91g
Fiber	12g	Fiber	10g	Fiber	11g	Fiber	11g	Fiber	12.5g
Sodium	767mg	Sodium	850mg	Sodium	749mg	Sodium	1035mg	Sodium	719mg
31									
Calories	812								
Fat	27g								
Saturated Fat	7g								
Protein	30g								
Total Carbohydrates	113g								
Fiber	13g								
Sodium	682mg								