

VOLUNTEERS OF AMERICA COLORADO
MEALS ON WHEELS MENU
AUGUST 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hawaiian Pineapple Glazed Pork(11g)(171) Coconut Brown Rice(31g) Island Vegetable Blend(10g) Multigrain Bread with Margarine(29g)(260mg) Applesauce(28g) Chocolate Chip Cookie(12g) 1% Milk(12g)	<u>Summer Daze Menu</u> Smoke Polish Sausage (Beef & Pork)(25g)(1,114mg) on a Whole Wheat Bun with Mustard and Ketchup Green Beans with Almonds(20g) Corn(16g) Orange(15g) 1% Milk(12g)	Chicken Tinga Tacos with Pico(411mg) on Whole Wheat Tortilla(22g)(130mg) Ranch Style Beans(22g)(146mg) Spiced Peaches(20g) Watermelon(22g) 1% Milk(12g)	<u>Celebrating Colorado</u> BBQ Rubbed Beef with Rancher's Gravy Buttermilk Mashed Potatoes(17g) Corn and Bean Medley(23g) Buttermilk Biscuit(29g)(710mg) Apple(25g) Peach Cobbler(39g)(210mg) 1% Milk(12g)	Hot Ham and Swiss Open-Face Sandwich(511mg) on Rye Bread with Mustard packet(15g)(193mg) Creamed Spinach(172mg) Peas and Carrots Pineapple Tidbits(16g) Grape Juice(19g) 1% Milk(12g)
Smothered Pork Cutlet(147mg) with Brown Gravy Mashed Potatoes(16g)(378mg) Italian Vegetables(13g)(144mg) Whole Wheat Bread with Margarine(29g)(710mg) Nectarine(11g) Orange Juice(11g) 1% Milk(12g)	<u>Summer Daze Menu</u> Four-Cheese Burger(49g)(134mg) on a Potato Bun with Lettuce & Tomato Baked Beans(12g)(170mg) Cabbage with Red Peppers Apple(25g) 1% Milk(12g)	Creamy Chicken and Ziti Bake(22g)(520mg) Cape Cod Vegetable Blend(11g) Vegetable Bean Medley Bran Muffin with Margarine(26g)(180mg) Seedless Grapes(14g) 1% Milk(12g)	<u>Breakfast for Lunch</u> Western Omelet with Ranchero Sauce(430mg) with Onions and Peppers Potatoes O'Brien(16g) Warm Fruit Compote(38g) Apple Cinnamon Muffin(28g)(100mg) Banana(22g) 1% Milk(12g)	Frito Chili Pie (Beef and Pork)(19g)(293mg) (Chips, Cheese, & Sour Cream) Spanish Rice(18g) Herbed Green Beans Pineapple Chunks(28g) 1% Milk(12g)
Roast Pork Loin(12g)(274mg) with Sweet Tomato Sauce Roasted Sweet Potatoes(23g)(208mg) Sweet Corn and Asparagus Tips(15g) Wheat Roll with Margarine(16g)(172mg) Apricot Halves(30g) 1% Milk(12g)	<u>Summer Daze Menu</u> Chicken Tenders(430mg) Garlic Mashed Potatoes(24g) Creamed Spinach(172mg) Blueberry Muffin with Margarine(23g) Apple(25g) Orange Juice(21g) 1% Milk(12g)	Cod with Fire Roasted Tomato Sauce(240mg) Lemon Risotto(23g)(176mg) Seasoned Brussels Sprouts Rye Bread with Margarine(15g)(192mg) Nectarine(15g) Raisin Nut Cup(18g) 1% Milk(12g)	<u>National Fajita Day</u> Beef Fajitas on Whole Wheat Tortilla(36g)(769mg) with lettuce, tomatoes, and cheese Mexicali Corn(18g) Cilantro Lime Rice(18g) Banana(22g) 1% Milk(12g)	Baked Ravioli and Meat Sauce (Beef)(27g)(434mg) Italian Vegetables Herbed Green Beans Whole Wheat Bread with Margarine(29g)(710mg) Applesauce(28g) 1% Milk(12g)
Smoked Pork Macaroni & Cheese(18g)(277mg) Vegetable Bean Medley Warm Cinnamon Apples(14g) Whole Wheat Dinner Roll with Margarine(16g)(172mg) Pear(17g) Peanut Butter Cookie(18g) 1% Milk(12g)	<u>Summer Daze Menu</u> Turkey Meatball Marinara Sub(44g)(807mg) on a Whole Wheat Hoagie Roll Rosemary Parmesan Potatoes(17g) Green Beans with Almonds Honeydew and Cantaloupe 1% Milk(12g)	Fish with Dill Cream Sauce(252mg) Orzo Pilaf Cauliflower with Carrots(14g) Multigrain Bread with Margarine Orange(15g) 1% Milk(12g)	<u>Pueblo County Fair</u> Green Chili Burger with Cheese(29g)(457mg) with Whole Wheat Tortilla(18g)(210mg) Seasoned Pinto Beans(17g)(172mg) Zucchini and Tomatoes(125mg) Fresh Peach(14g) Churro(27g)(140mg) 1% Milk(12g)	Chicken Salad(584mg) Apple Cabbage Slaw(10g) Mixed Fruit Salad(43g) Honey Wheat Bagel with Margarine(33g)(200mg) Apple(25g) 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)	 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
MEALS ON WHEELS NUTRITION ANALYSIS
AUGUST 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3		4		5		6		7	
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
10		11		12		13		14	
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
17		18		19		20		21	
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
24		25		26		27		28	
Calories	812	Calories	742	Calories	644	Calories	975	Calories	1146
Fat	27g	Fat	28g	Fat	18g	Fat	32g	Fat	30g
Saturated Fat	7g	Saturated Fat	7g	Saturated Fat	2g	Saturated Fat	12g	Saturated Fat	6g
Protein	30g	Protein	39g	Protein	37g	Protein	47g	Protein	101g
Total Carbohydrates	113g	Total Carbohydrates	87g	Total Carbohydrates	84g	Total Carbohydrates	124g	Total Carbohydrates	123g
Fiber	13g	Fiber	12g	Fiber	10g	Fiber	12g	Fiber	11g
Sodium	682mg	Sodium	1070mg	Sodium	709mg	Sodium	1229mg	Sodium	963mg
31									
Calories	1038			 Heart Healthy diet		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%)			
Fat	33g	<800mg sodium, lower fat and saturated fat>							
Saturated Fat	10g								
Protein	39g	 Diabetic friendly							
Total Carbohydrates	181g	<800mg sodium, carbs 65-67g>							
Fiber	11g								
Sodium	1154mg								