

VOLUNTEERS OF AMERICA COLORADO
MEALS ON WHEELS MENU
SEPTEMBER 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Scampi (55g){698mg} Whole Wheat Fettuccine Alfredo (29g) Italian Vegetables Italian Bread with Margarine (50g){550mg} Apricot Halves (17g) 1% Milk (12g)	1 Salisbury Steak with Brown Gravy (155mg) Colorado Style Baked Beans (11g){170mg} Green Bean Casserole Rye Bread with Margarine (15g){192mg} Fruit Cocktail (14g) Peanut Butter Oatmeal Cookie (18g) 1% Milk (12g)	2 <u>Breakfast for Lunch</u> Western Egg Omelet (430mg) with Ranchero Sauce Potatoes O'Brien (16g) Warm Fruit Compote (38g) Buttermilk Biscuit with Margarine (29g){710mg} Apple (25g) Orange Juice (13g) 1% Milk (12g)	3 Cheese Stuffed Shells (47g){103mg} with Meat Sauce (Beef) Cannellini Beans (17g){335mg} Seasoned Spinach Garlic Breadstick with Margaine (23g){240mg} Citrus Fruit Cup (12g) 1% Milk (12g)
	7 VOA CLOSED Manager's Choice Pre-Delivered Meal BBQ Chicken on Wheat Bun (28g){330mg} Spiced Peaches (20g) Scandinavian Vegetables Orange (15g) 1% Milk (12g)	8 Salisbury Steak with Brown Gravy (135mg) Au Gratin Potatoes (19g){157mg} Cauliflower and Carrots Sourdough Bread with Margarine (25g){289mg} Pear (27g) 1% Milk (12g)	9 <u>Go Broncos!</u> BBQ Cheddar Burger (25g){702mg) on Whole Wheat Bun (22g){190mg} Twice Baked Potato Casserole (18g) Steamed Carrots Orange (15g) Sugar Cookie (20g){115mg) 1% Milk (12g)	10 Frito Chili Pie (Beef and Pork) (19g){293mg) with Cheese and Sour Cream Herbed Green Beans Spanish Rice (18g) Wheat Tortilla (20g){120mg) Pineapple Chunks (28g) 1% Milk (12g)
Creamy Ranch Baked Chicken (456mg) Confetti Rice (18g) Cape Cod Vegetable Blend (15g) Whole Grain Bread with Margarine (21g){260mg) Apple (25g) 1% Milk (12g)	14 Swedish Turkey Meatballs (311mg) Parsley Noodles (21g){173mg) Harvard Beets (121mg) Wheat Roll with Margarine (13g){147mg) Banana (27g) Oatmeal Raisin Cookie (21g) Cranberry Juice / 1% Milk (21g) / (12g)	15 Marinated Pork Cutlet with Hunter Sauce (250mg) Brown Rice (23g) Edamame Succotash (11g) Multigrain Bread with Margarine (24g){240mg) Diced Peaches (14g) 1% Milk (12g)	16 <u>Healthy Aging</u> Greek Chicken (120mg) Lemon Potatoes (23g) Baby Carrots with Mint (12g) Wheat Pita with Margarine (16g){148mg) Citrus Fruit Cup (12g) 1% Milk (12g)	17 Smoky Beef Sirloin Chili (18g){287mg) Roasted Sweet Potatoes (23g){207mg) Cauliflower and Carrots Cornbread with Margarine Orange (15g) Apple Cinnamon Coffee Cake (29g){160mg) 1% Milk (12g)
Swiss Steak with Marsala Sauce (Beef) (345mg) Noodles Romanoff (22g) Broccoli with Red Peppers (210mg) 9-grain Bread with Margarine (30g){220mg) Apricot Halves (30g) 1% Milk (12g)	21 Tasty Beef and Mushrooms (625mg) Brown Rice (27g) Baby Lima Beans (18g) Hawaiian Dinner Roll with Margarine (48g) Mandarin Oranges (17g) 1% Milk (12g)	22 Sweet and Sour Pork (24g){627mg) Lo Mein Noodles (21g){112mg) Sesame Broccoli Multigrain Roll with Margarine (24g){240mg) Pineapple Tidbits (12g) 1% Milk (12g)	23 <u>Southern BBQ</u> BBQ Pork Rib (26g){166mg) Creole Corn (19g) Collard Greens (12g) Cornbread Muffin with Margarine (32g){280mg) Sliced Peaches (14g) 1% Milk (12g)	24 Chicken Cassoulet (325mg) Spinach Gulay Apple Glazed Carrots (14g) French Bread with Margarine (17g){192mg) Tropical Fruit (17g) Lemon Cookie (43g){250mg) 1% Milk (12g)
Warm Turkey Muenster Sandwich (15g){699mg) on Whole Wheat Bread Light Mayo Packet (124mg) Baked Beans (11g){170mg) Glazed Carrots (14g) Orange (15g) 1% Milk (12g)	28 Chicken Fried Steak (21g){380mg) with Country Gravy (140mg) Whipped Potatoes (20g) Herbed Green Beans (15g){193mg) Hawaiian Baked Roll with Margarine Apple (25g) Brownie (35g){180mg) 1% Milk (12g)	29 Baked Ravioli with Meat Sauce (Beef) (434mg) Italian Vegetables Spiced Peaches (20g) Whole Wheat Roll with Margarine (14g){146mg) Banana (36g) Oatmeal Raisin Cookie (21g) 1% Milk (12g)	 Labor Day, Monday, September 7th September is Healthy Aging Month National Coffee Day, Tuesday, September 29th 	
*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.				