VOLUNTEERS OF AMERICA COLORADO
IDAHO SPRINGS MENU
NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Smoky Beef Sirloin Chili {18g}{287mg} Roasted Sweet Potatoes {23g}{207mg} Cauliflower and Carrots Cornbread with Margarine Apple (25g) Apple Cinnamon Muffin (28g) 1% Milk (12g)	**3** 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)	**4** Marinated Pork Cutlet {250mg} with Hunter Sauce Wild Rice Blend (43g) Spinach and Mushrooms {185mg} Multigrain Bread with Margarine (29g){260mg} Diced Peaches (14g) 1% Milk (12g)	**5** Slow Roasted Beef {204m} with Spiced Apple Gravy Buttermilk Mashed Potatoes (17g) Roasted Beets with Fresh Dill (13g){309mg} Seasonal Apple (25g) Bran Muffin with Margarine (26g){180mg} Cranberry Juice / 1% Milk (24g) / (12g)	**6** Creamy Ranch {456mg} Baked Chicken Confetti Rice (18g) Green Beans with Almonds Whole Grain Roll with Margarine (21g){260mg} Kiwi (10g) 1% Milk (12g)
9 Austrian Goulash (Beef) {218mg} with Parsley Noodles Sliced Beets Multigrain Bread with Margarine (29g){260mg} Orange (15g) 1% Milk (12g)	**10** Creamy Ranch Baked Chicken {456mg} Confetti Rice (18g) Green Beans with Almonds Rye Bread with Margarine (16g){193mg} Banana (27g) 1% Milk (12g)	**11** Turkey Shepherd's Pie (11g){317mg} Cauliflower and Carrots Cinnamon Apples (14g) Cornbread with Margarine (35g){376mg} Pear (27g){140mg} 1% Milk (12g)	**12** Chicken Fried Steak (26g){520mg} with Country Gravy Mashed Potatoes (22g) Country Vegetables (15g) Whole Wheat Bread with Margarine (12g) Diced Peaches (15g) Orange Juice (21g) 1% Milk (12g)	**13** Chicken Breast (16g) with Herb Gravy Persian Rice and Lentils (22g) Capri Vegetables 9-Grain Sandwich Bread with Margarii (30g){220mg} Apple (25g) Fruit Yogurt (23g) 1% Milk (12g)
16 Roast Pork Chop with Diane Sauce {327mg} Rosemary Parmesan Potatoes (17g) Italian Vegetables Cornbread with Margarine (27g){300mg} Applesauce (27g) 1% Milk (12g)	**17** Turkey Muenster Sandwich {572mg} Spinach Gulay Apple Glazed Carrots (14g) French Bread with Margarine (17g){192mg} Orange (15g) 1% Milk (12g)	**18** Seafood Alfredo with Shrimp and Pollock (55g){632mg} Zucchini and Peppers Cape Cod Vegetables (11g) Sourdough Bread with Margarine (25g){289mg} Citrus Fruit Cup (12g) 1% Milk (12g)	**19** Stadium Dog (27g){440mg} on a Whole Wheat Bun with Mustard {166mg} Colorado Baked Beans (32g){239mg} California Blend Vegetables Mango Blueberry Cup (21g) Caramel Pecan Cookie (12g)/ (25g) 1% Milk	**20** Szechuan Chicken {731mg} 5-Spice Potatoes (17g) Asian Vegetable Blend Wheat Roll with Margarine (15g){146mg} Fresh Pear (27g) Fortune Cookie (12g) 1% Milk (12g)
23 Smoky Beef Sirloin Chili {18g}{287mg} Roasted Sweet Potatoes {23g}{207mg} Cauliflower and Carrots Cornbread with Margarine Apple (25g) Apple Cinnamon Muffin (29g){160mg} 1% Milk (12g)	**24** Beef & Bean Burrito (28g){670mg} with Picante Sauce on a Wheat Tortilla Seasoned Pinto Beans (16g){172mg} Mexicali Corn (17g) Apricot Pineapple Compote (24g) 1% Milk (12g)	**25** BBQ Cheddar Burger (34g){365mg} on a Whole Wheat Bun (45g){427mg} Lettuce/Tomato Garnish Potato Wedges (18g) Three Bean Salad (22g){137,g} Kiwi (10g) 1% Milk (12g)	**26** VOA Closed - Happy Thanksgiving!	**27** VOA Closed
30 Marinated Pork Cutlet with Hunter Sauce {250mg} Brown Rice (23g) Spinach and Mushrooms {240mg} Whole Grain Roll with Margarine (21g){260mg} Diced Peaches (14g) 1% Milk (12g)		Happy Thanksgiving, November 26th! Happy Veterans Day, Wednesday, November 11th!		

Menu items may change without notice due to availability of items from suppliers.

The number listed In {brackets} indicates the mg sodium per menu item. Sodium is unlisted unless it is greater than 140mg. The number in (parenthesis) indicates the grams of carbohydrate per menu item. Carbohydrates are unlisted unless they are greater than 10g.

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IDAHO SPRINGS NUTRITION ANALYSIS
NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Calories 1042 Fat 38g Saturated Fat 8g Protein 39g Total Carbohydrates 141g Fiber 17g Sodium 1076mg	**3** Calories 565 Fat 18g Saturated Fat 6g Protein 32g Total Carbohydrates 69g Fiber 11g Sodium 1169mg	**4** Calories 1012 Fat 44g Saturated Fat 11g Protein 43g Total Carbohydrates 115g Fiber 11g Sodium 616mg	**5** Calories 1013 Fat 37g Saturated Fat 9g Protein 52g Total Carbohydrates 123g Fiber 11g Sodium 667mg	**6** Calories 783 Fat 30g Saturated Fat 8g Protein 51g Total Carbohydrates 74g Fiber 10g Sodium 941mg
9 Calories 759 Fat 22g Saturated Fat 6g Protein 53g Total Carbohydrates 90g Fiber 10g Sodium 929mg	**10** Calories 774 Fat 29g Saturated Fat 8g Protein 47g Total Carbohydrates 81g Fiber 10g Sodium 871mg	**11** Calories 676 Fat 19g Saturated Fat 5g Protein 19g Total Carbohydrates 107g Fiber 15g Sodium 888mg	**12** Calories 913 Fat 36g Saturated Fat 11g Protein 32g Total Carbohydrates 121g Fiber 9.5g Sodium 836mg	**13** Calories 798 Fat 14g Saturated Fat 2g Protein 59g Total Carbohydrates 112g Fiber 14g Sodium 634mg
16 Calories 846 Fat 34g Saturated Fat 8g Protein 42g Total Carbohydrates 92g Fiber 10g Sodium 691mg	**17** Calories 584 Fat 22g Saturated Fat 7g Protein 32g Total Carbohydrates 66g Fiber 11g Sodium 1020mg	**18** Calories 775 Fat 16g Saturated Fat 5g Protein 36g Total Carbohydrates 120g Fiber 10g Sodium 1133mg	**19** Calories 911 Fat 29g Saturated Fat 10g Protein 35g Total Carbohydrates 125g Fiber 16g Sodium 1164mg	**20** Calories 951 Fat 37g Saturated Fat 8g Protein 71g Total Carbohydrates 85g Fiber 12g Sodium 1064mg
23 Calories 1042 Fat 38g Saturated Fat 8g Protein 39g Total Carbohydrates 141g Fiber 17g Sodium 1076mg	**24** Calories 847 Fat 30g Saturated Fat 12g Protein 32g Total Carbohydrates 101g Fiber 17g Sodium 1046mg	**25** Calories 784 Fat 22g Saturated Fat 9g Protein 48g Total Carbohydrates 100g Fiber 12g Sodium 750mg	**26** Happy Thanksgiving! *VOA Closed*	**27** *VOA Closed*
30 Calories 927 Fat 44g Saturated Fat 11g Protein 41g Total Carbohydrates 91g Fiber 10g Sodium 826mg		**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%)		**For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Andrea Rockwood, RDN at 303-297-0408**

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.