VOLUNTEERS OF AMERICA COLORADO
MEALS ON WHEELS MENU
NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Austrian Goulash (Beef) {218mg} with Parsley Noodles Sliced Beets Multigrain Bread with Margarine (29g){260mg} Orange (15g) 1% Milk (12g)	**3** Creamy Ranch Baked Chicken {456mg} Confetti Rice (18g) Green Beans with Almonds Rye Bread with Margarine (16g){193mg} Banana (27g) 1% Milk (12g)	**4** Turkey Shepherd's Pie (11g){317mg} Cauliflower and Carrots Cinnamon Apples (14g) Cornbread with Margarine (35g){376mg} Pear (27g){140mg} 1% Milk (12g)	**5** ***Veterans Day Celebration*** 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)	**6** Chicken Breast (16g) with Herb Gravy Persian Rice and Lentils (22g) Capri Vegetables 9-Grain Sandwich Bread with Margarine (30g){220mg} Apple (25g) Fruit Yogurt (23g) 1% Milk (12g)
9 Roast Pork Chop with Diane Sauce {327mg} Rosemary Parmesan Potatoes (17g) Italian Vegetables Cornbread with Margarine (27g){300mg} Applesauce (27g) 1% Milk (12g)	**10** Turkey Muenster Sandwich {572mg} Spinach Gulay Apple Glazed Carrots (14g) French Bread with Margarine (17g){192mg} Orange (15g) 1% Milk (12g)	**11** 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)	**12** ***Manager's Special*** 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	**13** 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)
16 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)	**17** 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)	**18** 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)	**19** ***Thanksgiving Dinner*** Roast Turkey with Gravy (25g) and Cranberry Sauce Cornbread Stuffing (23g){375mg} Green Beans Multigrain Roll with Margarine (24g){240mg} Cinnamon Applesauce (13g) Pumpkin Pie with Whipped Topping (47g){390mg} 1% Milk (12g)	**20** Caribbean Roasted Chicken (14g){193mg} Mashed Sweet Potatoes (30g) Caribbean Vegetable Blend Hawaiian Sweet Roll with Margarine (25g){180mg} Mandarin Oranges (22g){357mg} with Cottage Cheese 1% Milk (12g)
23 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)	**24** Vodka Style Italian Sausage and Penne (28g){585mg} Stewed Apricots (24g) Ratatouille Whole Wheat Bread with Margarine (12g) Fresh Pear (27g) 1% Milk (12g)	**25** Pueblo Beef Stew {303mg} Spanish Rice (18g) Zucchini and Tomatoes 9-Grain Bread with Margarine (30g){220mg} Fruit Cocktail (28g) 1% Milk (12g)	**26** ***VOA Closed - Thanksgiving Frozen Meal*** Turkey with Gravy Green Beans Mashed Potatoes Whole Grain Bread Apple Cherry Juice Hoiday Dessert 1% Milk	**27** ***VOA Closed - Frozen Pre-Delivered Meal*** Baked Ham with Fruit Sauce Cheesy Potatoes Green Peas Whole Grain Bread Blended Juice 1% Milk
30 Chicken Cassoulet {323mg} Apple Glazed Carrots (14g) Noodles Romanoff French Bread with Margarine (17g){193mg} Orange (15g) 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 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