

VOLUNTEERS OF AMERICA COLORADO
MEALS ON WHEELS MENU
OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	World Mental Health Day, October 10th! Halloween, October 31st!		<u>Cider Days are Here</u> Open Faced Vermonter Ham Sandwich on Multigrain Bread (30g){545mg} Ancient Grain and Kale Blend (13g){175mg} Cooked Cabbage with Red Pepper Apple (25g) Apple Cinnamon Muffin (28g) 1% Milk (12g)	2 Lemon Pepper Fish (25g){548mg} with Tomato Cream Sauce Rice Pilaf (22g) Cape Cod Vegetable Blend Multigrain Bread with Margarine (29g){260mg} Orange (15g) 1% Milk (12g)
Savory Meatloaf (32g){390mg} with Brown Gravy Buttermilk Mashed Potatoes (17g) Country Vegetable Blend (11g) 9-Grain Bread with Margarine (30g){220mg} Cinnamon Applesauce (13g) 1% Milk (12g)	6 Turkey Pot Pie (16g){170mg} Roasted Butternut Squash (18g) Seasoned Greens {112mg} Wheat Roll with Margarine (14g){146mg} Mandarin Oranges (19g) Chocolate Chip Cookie (10g) 1% Milk (12g)	7 BBQ Cheddar Burger (34g){365mg} On a Whole Wheat Bun Lettuce/Tomato Garnish Potato Wedges (13g) Colorado Baked Beans (31g){239mg} Orange (15g) 1% Milk (12g)	8 <u>Manager Special</u> Smoked Chicken and Sausage Paella (14g){580mg} Brown Rice (23g) Capri Vegetable Blend Hawaiian Roll with Margarine (48g) Kiwi (10g) 1% Milk (12g)	9 Austrian Goulash (218mg) with Parsley Noodles Harvard Beets Multigrain Bread with Margarine (29g){260mg} Apricot Halves (30g) Cranberry Juice (14g) 1% Milk (12g)
Herb Roasted Chicken with Mushrooms {391mg} Roasted Mediterranean Vegetables {210mg} Rosemary Potatoes (19g) 9-Grain Bread with Margarine (30g){220mg} Peaches (14g) 1% Milk (12g)	13 Cheese Stuffed Shells with Meat Sauce (47g){103mg} Cannellini Beans (17g){335mg} Seasoned Spinach Whole Wheat Roll with Margarine (16g){172mg} Banana (27g) Orange Juice (21g) 1% Milk (12g)	14 Combination Beef & Bean Burrito (28g){670mg} with Picante Sauce on a Wheat Tortilla Spanish Rice (18g) Mexicali Corn (17g) Apricot Pineapple Compote (24g) 1% Milk (12g)	15 <u>National Pasta Day</u> Vodka Style Italian Sausage and Penne (28g){585mg} Stewed Apricots (24g) Ratatouille Whole Wheat Bread with Margarine (12g) Fresh Pear (27g) 1% Milk (12g)	16 Golden BBQ Pulled Pork Sandwich (23g){736mg} on Hamburger Bun (22g){217mg} Green Beans with Almonds Parslied Carrots Orange (15g) 1% Milk (12g)
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)	20 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)	21 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)	22 <u>Fall Harvest Celebration!</u> 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)	23 Creamy Ranch Baked Chicken {456mg} Confetti Rice (18g) Green Beans with Almonds Whole Grain Roll with Margarine (21g){260mg} Kiwi (10g) 1% Milk (12g)
Chicken Scampi (55g){698mg} Whole Grain Penne Alfredo Italian Vegetables Italian Bread (50g){550mg} Apricot Halves (17g) 1% Milk (12g)	27 Turkey Meatballs with Mushroom Sauce (14g){445mg} Brown Rice (23g) Sliced Beets Wheat Bread with Margarine (12g) Banana (27g) Oatmeal Raisin Cookie (21g) Grape Juice (17g) 1% Milk (12g)	28 Swiss Steak with Marsala Sauce {345mg} Garlic Mashed Potatoes (24g) Roasted Mediterranean Vegetables (210mg) 9-grain Bread with Margarine (30g){220mg} Pear (21g) Orange Juice (21g) 1% Milk (12g)	29 <u>Halloween Fun!</u> Chili Dog (25g){1,114mg} on a Whole Wheat Bun Roasted Sweet Potatoes (23g){208mg} Yellow and White Corn (16g) Clementine (26g) Reese's Candy (10g) 1% Milk (12g)	30 Butter Chicken (98g){781mg} Brown Rice (23g) Roasted Broccoli and Chickpeas Whole Wheat Pita with Margarine (16g){148mg} Berry Mango Compote (22g){217mg} 1% Milk (12g)
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				