

Gilpin December 2019 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
French Dip with Au Jus on a Wheat Hoagie Roll Oven-Browned Potatoes Mixed Vegetables Tossed Vegetable Salad Orange Chocolate Pudding * Skim Milk	2 Cobb Salad Wheat Crackers Cornbread with Butter Cottage Cheese Orange Apple Crisp Skim Milk	3 Roasted Turkey with Gravy Parsley Buttered New Potatoes Broccoli with Red Peppers Tossed Vegetable Salad Wheat Roll with Butter Raisins Skim Milk	4 Chicken Strips with Honey Mustard Dipping Sauce Baked Sweet Potato Island Vegetable Blend Pasta Salad Fruit Salad Skim Milk	5 Meatloaf with Brown Gravy Green Peas with Onions Mashed Potatoes Wheat Roll with Butter Tropical Fruit Oatmeal Raisin Cookie Skim Milk
9 Grilled Salmon Brown Rice Pilaf California Mixed Vegetables Tossed Vegetable Salad Wheat Roll with Butter Apple Skim Milk	10 Cream of Potato Soup Tuna Salad on Whole Wheat Wrap Lettuce, Tomato Orange Skim Milk	11 Chicken Fajitas on a Whole Wheat Tortilla with Cheddar Cheese, Sour Cream and Salsa Refried Beans Mexicali Corn Tossed Vegetable Salad Orange Juice * Skim Milk	12 Jambalaya Steamed Brown Rice Mixed Vegetables Tossed Vegetable Salad Wheat Roll with Butter Fresh Fruit Cup Skim Milk	13 Chicken Mandarin Salad Vegetable Soup Wheat Roll with Butter Banana Skim Milk
16 Beef Taco Salad Mexicorn Pinto Beans Carrot Pineapple Orange Salad Skim Milk	17 Fish Veracruz Cilantro Lime Rice Super Greens Salad with Poppy Seed Dressing Multigrain Roll with Margarine Orange *Skim Milk	18 Ginger Orange Beef Brown Fried Rice Asian Vegetable Blend Wheat Bread with Butter Orange Almond Cookie Skim Milk	19 BBQ Pork Ribs Baked Beans Tossed Vegetable Salad Wheat Roll with Butter Melon Cup Ambrosia Skim Milk	20 Chicken Ceasar Salad Wheat Bread with Butter Orange Walnuts Skim Milk
23 Scalloped Potatoes with Ham Succotash Cooked Spinach Tossed Vegetable Salad Wheat Bread with Butter Pear Slices Skim Milk	24 <i>Gilpin Closed</i>	25 <i>Gilpin Closed</i>	26 Tuna Noodle Casserole Mixed Vegetables Tossed Vegetable Salad Rye Bread with Butter Orange Skim Milk	27 Beef Stuffed Peppers Seasoned Spinach Sourdough Bread with Butter Banana Cookie Fig Bar Cranberry Juice Skim Milk
30 Cheeseburger Ranch-Style Beans Tossed Vegetable Salad with Ranch Orange Skim Milk	31 BBQ Chicken Breast Baked Beans Carrot Raisin Salad Tossed Vegetable Salad Wheat Roll with Butter Orange Juice Skim Milk	<i>Ameristar Casino Holiday Meal 12/4</i> <i>*Home Delivered meals: 12/4, Christmas Eve,</i> <i>Christmas and New Year's Day.</i>		

Gilpin December 2019 Nutrition

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	2		3		4		5		6
Calories	843	Calories	1007	Calories	665	Calories	902	Calories	1093
Fat	24g	Fat	31g	Fat	21g	Fat	34.5g	Fat	43g
Saturated Fat	9g	Saturated Fat	11g	Saturated Fat	7.6g	Saturated Fat	6g	Saturated Fat	14g
Protein	56g	Protein	59g	Protein	52g	Protein	35g	Protein	54g
Carbohydrates	102g	Carbohydrates	124g	Carbohydrates	67g	Carbohydrates	116g	Carbohydrates	126g
Fiber	13.5g	Fiber	11.6g	Fiber	10.6g	Fiber	14.6g	Fiber	11.8g
Sodium	1071mg	Sodium	957mg	Sodium	474mg	Sodium	1119mg	Sodium	651mg
	9		10		11		12		13
Calories	714	Calories	606	Calories	722	Calories	877	Calories	615
Fat	30g	Fat	12g	Fat	16g	Fat	32g	Fat	17g
Saturated Fat	9g	Saturated Fat	4g	Saturated Fat	6.5g	Saturated Fat	11g	Saturated Fat	5g
Protein	44g	Protein	40g	Protein	50g	Protein	53g	Protein	44.5g
Carbohydrates	72g	Carbohydrates	96g	Carbohydrates	96g	Carbohydrates	98g	Carbohydrates	77g
Fiber	13g	Fiber	9.8g	Fiber	14.5g	Fiber	11.6g	Fiber	11.4g
Sodium	475mg	Sodium	780mg	Sodium	1030mg	Sodium	948mg	Sodium	431mg
	16		17		18		19		20
Calories	566	Calories	646	Calories	928	Calories	949	Calories	751
Fat	19g	Fat	11g	Fat	50g	Fat	22g	Fat	34.5g
Saturated Fat	7g	Saturated Fat	2g	Saturated Fat	7g	Saturated Fat	9g	Saturated Fat	11g
Protein	35g	Protein	46g	Protein	36g	Protein	72g	Protein	50g
Carbohydrates	66g	Carbohydrates	91g	Carbohydrates	85g	Carbohydrates	119g	Carbohydrates	65g
Fiber	11g	Fiber	12g	Fiber	9.5g	Fiber	16.5g	Fiber	10.5g
Sodium	566mg	Sodium	728mg	Sodium	973mg	Sodium	863mg	Sodium	598mg
	23		24		25		26		27
Calories	669	Gilpin Closed	Gilpin Closed	Calories	745	Calories	841		
Fat	15.5g			Fat	25g	Fat	20g		
Saturated Fat	6g			Saturated Fat	6g	Saturated Fat	7g		
Protein	32g			Protein	40g	Protein	27g		
Carbohydrates	106g			Carbohydrates	93g	Carbohydrates	148g		
Fiber	15g			Fiber	11g	Fiber	11.6g		
Sodium	759mg			Sodium	1165mg	Sodium	518mg		
	30		31						
Calories	926	Calories	797	<i>Ameristar Casino Meal 12/4 Home Delivered Meals: 12/4,12/24, 12/25, 1/1</i>					
Fat	50g	Fat	16.5g						
Saturated Fat	14g	Saturated Fat	5g						
Protein	50g	Protein	60g						
Carbohydrates	107g	Carbohydrates	102g						
Fiber	15g	Fiber	16.7g						
Sodium	1145mg	Sodium	1007mg						