



**VOLUNTEERS OF AMERICA COLORADO
DINING CENTER MENU
JULY 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Roast Pork Loin (12g)(274mg) 1 with Sweet Tomato Sauce Mashed Sweet Potatoes (27g) Sweet Corn and Asparagus Tips (15g) 9-Grain Bread with Margarine (30g)(220mg) Apricot Halves (30g) 1% Milk (12g)	<p align="center"><u>Summer Daze Menu</u></p> Meatball Marinara Sub (44g)(807mg) on a Whole Wheat Hoagie Roll Rosemary Parmesan Potatoes (17g) California Veg Blend Apple (25g) 1% Milk (12g)	Creamy Tuna Noodle Pasta Bake (27g)(326mg) 3 Cape Cod Vegetable Blend (11g) Vegetable Bean Medley Bran Muffin with Margarine (26g)(180mg) Seedless Grapes (14g) 1% Milk (12g)	<p align="center"><u>VOA Closed - Happy Fourth of July!</u></p>	Chicken Tinga Taco (411mg) 5 on a Whole Wheat Tortilla (22g)(130mg) with Pico de Gallo Ranch Style Beans (22g)(146mg) Three-Way Mixed Vegetables Mandarin Oranges (17g) 1% Milk (12g)
Smothered Pork Cutlet (147mg) 8 with Brown Gravy Baked Beans (11g)(140mg) Country Vegetable Blend (11g) Whole Grain Roll with Margarine (21g)(260mg) Sliced Pears (21g) Orange Juice (11g) 1% Milk (12g)	<p align="center"><u>Summer Daze Menu</u></p> Honey BBQ Chicken (105g)(435mg) 9 Cauliflower and Carrots Au Gratin Potatoes (19g)(156mg) Cornbread with Margarine (27g)(300mg) Applesauce (28g) Oatmeal Cookie (11g) 1% Milk (12g)	Greek Pasta with Beef (29g)(470mg) 10 Napoli Vegetables (10g) Harvard Beets (17g)(264mg) Hawaiian Roll with Margarine (48g) Tropical Fruit (15g) Pudding (23g)(151mg) 1% Milk (12g)	<p align="center"><u>State Fair Fun!</u></p> Frito Chili Pie (19g)(293mg) 11 (Chips, Cheese, and Sour Cream) Spanish Rice (18g) Chuckwagon Corn (23g) Nectarine (15g) Sante Fe Trail Mix (37g) 1% Milk (12g)	Dijon Tarragon Chicken Salad (584mg) 12 Mixed Fruit Salad (43g) Napa Cabbage Slaw (10g) Wheat Bagel with Margarine (33g)(200mg) Orange (15g) 1% Milk (12g)
Salisbury Steak with Onion Gravy (13g)(498mg) 15 Buttered New Potatoes (12g) Italian Vegetables Whole Wheat Roll with Margarine (13g) Mango Blueberry Cup (29g) 1% Milk (12g)	<p align="center"><u>Summer Daze Menu</u></p> Smoke Polish Sausage (25g)(1,114mg) 16 on a Whole Wheat Bun with Mustard and Ketchup Whole Kernel Corn (16g) Creamy Cole Slaw (148mg) Pineapple Tidbits (16g) Foothills Trail Mix (16g) 1% Milk (12g)	Cod with Fire Roasted Tomato Sauce (240mg) 17 Lemon Parmesean Rice (23g)(176mg) Seasoned Brussels Sprouts Rye Bread with Margarine (15g)(192mg) Nectarine (15g) Raisin Nut Cup (18g) 1% Milk (12g)	<p align="center"><u>Georgia on my Mind</u></p> Brunswick Stew (Chicken and Ham) (41g)(582mg) 18 Pecan Sweet Potatoes (28g) Slow Cooked Green Beans Corn Muffin with Margarine (32g)(280mg) Banana (27g) Peach Pie (12g) 1% Milk (12g)	Creamy Chicken (21g)(522mg) 19 and Baked Ziti Steamed Carrots Green Peas (15g) Sourdough Bread with Margarine (26g)(180mg) Cantaloupe and Honeydew (15g) 1% Milk (12g)
Hawaiian Pineapple Glazed Pork (11g)(171) 22 Coconut Brown Rice (31g) Maui Vegetable Blend (10g) Multigrain Bread with Margarine (29g)(260mg) Applesauce (28g) Chocolate Chip Cookie 1% Milk (12g)	<p align="center"><u>Summer Daze Menu</u></p> Oven Fried Chicken (430mg) 23 Garlic Mashed Potatoes (24g) Creamed Spinach (172mg) Blueberry Muffin with Margarine (23g) Apple (25g) Orange Juice (21g) 1% Milk (12g)	Beef Soft Taco (26g)(271mg) 24 on a Whole Wheat Tortilla with Salsa & Cheddar Cheese Lettuce/Tomato Garnish Cilantro Lime Rice (15g) Mexicali Corn (18g) Orange (15g) 1% Milk (12g)	<p align="center"><u>Day at the Beach</u></p> Chicken Parmesan Sandwich (18g)(661mg) 25 on Whole Wheat Bun (25g)(239mg) Carrots, Corn, and Green Bean Blend Garlic Mashed Potatoes (24g) Watermelon 1% Milk (12g)	Smoked Pork Macaroni & Cheese (18g)(277mg) 26 Vegetable Bean Medley Warm Cinnamon Apples (14g) 9-Grain Bread and Margarine (30g)(220mg) Tropical Fruit (17g) 1% Milk (12g)
Hash Brown Casserole (22g)(682mg) 29 California Blend Vegetables Diced Beets (152mg) Wheat Bread with Margarine (12g)(118mg) Orange (15g) 1% Milk (12g)	<p align="center"><u>Summer Daze Menu</u></p> Four-Cheese Burger (49g)(134mg) 30 on a Potato Bun with Lettuce & Tomato Baked Beans (12g)(170mg) Cabbage with Red Peppers Apple (25g) 1% Milk (12g)	Baked Fish with Lemon, Garlic, (280mg) 31 and Rosemary Sauce Mushroom Barley Pilaf (23g)(176mg) Seasoned Brussels Sprouts Rye Bread with Margarine (15g)(192mg) Sliced Pears (15g) Raisin Nut Cup (18g) 1% Milk (12g)	<p align="center">Scan the Code Below for Comments on Food or Service</p> <p align="center">Happy Fourth of July!</p> <p align="center">National Picnic and Ice Cream Month!</p>  	

MENU ITEMS MAY CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF ITEMS FROM SUPPLIER

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.

**VOLUNTEERS OF AMERICA COLORADO
DINING CENTER NUTRITION ANALYSIS
JULY 2024**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
Calories	978	Calories	750	Calories	748	<u><i>VOA Closed for Fourth of July</i></u>	Calories	588	
Fat	32g	Fat	24g	Fat	22g		Fat	13g	
Saturated Fat	7g	Saturated Fat	6g	Saturated Fat	5g		Saturated Fat	4g	
Protein	51g	Protein	38g	Protein	34g		Protein	29g	
Total Carbohydrates	126g	Total Carbohydrates	103g	Total Carbohydrates	98g		Total Carbohydrates	92g	
Fiber	14g	Fiber	15g	Fiber	10g		Fiber	11g	
Sodium	705mg	Sodium	1082mg	Sodium	707mg		Sodium	836mg	
8		9		10			11		12
Calories	847	Calories	1432	Calories	1038	Calories	1019	Calories	801
Fat	24g	Fat	45g	Fat	33g	Fat	38g	Fat	23g
Saturated Fat	7g	Saturated Fat	3g	Saturated Fat	10g	Saturated Fat	10g	Saturated Fat	6g
Protein	37g	Protein	58g	Protein	39g	Protein	49g	Protein	37g
Total Carbohydrates	123g	Total Carbohydrates	208g	Total Carbohydrates	181g	Total Carbohydrates	129g	Total Carbohydrates	113g
Fiber	12.6g	Fiber	12g	Fiber	11g	Fiber	16g	Fiber	12g
Sodium	776mg	Sodium	1035mg	Sodium	1154mg	Sodium	571mg	Sodium	653mg
15		16		17		18		19	
Calories	762	Calories	818	Calories	835	Calories	998	Calories	706
Fat	28g	Fat	39g	Fat	23g	Fat	24g	Fat	18g
Saturated Fat	9g	Saturated Fat	10g	Saturated Fat	4g	Saturated Fat	6g	Saturated Fat	5g
Protein	35g	Protein	31g	Protein	66g	Protein	35g	Protein	45g
Total Carbohydrates	95g	Total Carbohydrates	93g	Total Carbohydrates	94g	Total Carbohydrates	168g	Total Carbohydrates	89g
Fiber	11g	Fiber	11g	Fiber	11g	Fiber	13g	Fiber	10g
Sodium	957mg	Sodium	1472mg	Sodium	749mg	Sodium	1191mg	Sodium	1181mg
22		23		24		25		26	
Calories	1000	Calories	910	Calories	779	Calories	830	Calories	692
Fat	32g	Fat	36g	Fat	24g	Fat	23g	Fat	20g
Saturated Fat	8g	Saturated Fat	9g	Saturated Fat	7g	Saturated Fat	6g	Saturated Fat	5g
Protein	51g	Protein	35g	Protein	44g	Protein	55g	Protein	30g
Total Carbohydrates	130g	Total Carbohydrates	114g	Total Carbohydrates	101g	Total Carbohydrates	104g	Total Carbohydrates	100g
Fiber	11g	Fiber	10g	Fiber	11g	Fiber	12g	Fiber	10g
Sodium	690mg	Sodium	850mg	Sodium	536mg	Sodium	1084mg	Sodium	671mg
29		30		31		<p>These are the values for 33 1/3% of the Recommended Daily Allowance (RDA) for 70+:</p> <p> Calories: 667+ Fiber: 9.5 grams</p> <p> Protein: 33 grams Saturated Fat: less than 8 grams</p> <p> Carbohydrates: 92 grams Sodium: less than 1200 mg</p> <p>*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%)</p>			
Calories	580	Calories	888	Calories	759				
Fat	28g	Fat	34g	Fat	22g				
Saturated Fat	11g	Saturated Fat	14g	Saturated Fat	4g				
Protein	27g	Protein	49g	Protein	46g				
Total Carbohydrates	73g	Total Carbohydrates	98g	Total Carbohydrates	98g				
Fiber	10g	Fiber	10g	Fiber	10g				
Sodium	1114mg	Sodium	444mg	Sodium	795mg				

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