



VOLUNTEERS OF AMERICA COLORADO  
DINING CENTER MENU  
SEPTEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Happy Labor Day!</i></p> <p><i>VOA Closed</i></p>	<p>2 Chicken Scampi (55g)(698mg)</p> <p>Whole Wheat Fettuccine Alfredo (29g)</p> <p>Italian Vegetables</p> <p>Italian Bread (50g)(550mg)</p> <p>Apricot Halves (17g)</p> <p>1% Milk (12g)</p>	<p>3 Savory Meatloaf (32g)(390mg)</p> <p>with Brown Gravy</p> <p>Roasted Potato Medley (26g)</p> <p>Vegetable Blend Bean Medley</p> <p>Rye Bread with Margarine (15g)(192mg)</p> <p>Fruit Cocktail (14g)</p> <p>1% Milk (12g)</p>	<p>4 <u>Breakfast for Lunch</u></p> <p>Western Egg Omelet (430mg)</p> <p>with Ranchero Sauce</p> <p>Potatoes O'Brien (16g)</p> <p>Warm Fruit Compote (38g)</p> <p>Buttermilk Biscuit with Margarine (29g)(710mg)</p> <p>Apple (25g)</p> <p>Orange Juice (13g)</p> <p>1% Milk (12g)</p>	<p>5 Cheese Stuffed Shells (47g)(103mg)</p> <p>with Meat Sauce</p> <p>Cannellini Beans (17g)(335mg)</p> <p>Seasoned Spinach</p> <p>Garlic Knot (16g)(172mg)</p> <p>with Margaine</p> <p>Citrus Fruit Cup (12g)</p> <p>1% Milk (12g)</p>
<p>Szechuan Chicken (731mg)</p> <p>5-Spice Potatoes (17g)</p> <p>Asian Vegetable Blend</p> <p>Wheat Roll with Margarine (15g)(146mg)</p> <p>Sliced Pears (27g)</p> <p>1% Milk (12g)</p>	<p>9 Tomato Basil Soup (10g)(192mg)</p> <p>with Wheat Crackers</p> <p>Egg Salad Sandwich (34g)(548mg)</p> <p>on Rye Bread</p> <p>Lettuce/Tomato Garnish</p> <p>Banana (27g)</p> <p>1% Milk (12g)</p>	<p>10 Lemon Pepper Fish (25g)(548mg)</p> <p>with Tomato Cream Sauce</p> <p>Rice Pilaf (22g)</p> <p>Monte Carlo Blend (150mg)</p> <p>Multigrain Bread with Margarine (29g)(260mg)</p> <p>Berry Mango Compote (22g)</p> <p>1% Milk (12g)</p>	<p>11 <u>Go Broncos!</u></p> <p>BBQ Cheddar Burger (25g)(702mg)</p> <p>on Whole Wheat Bun (22g)(190mg)</p> <p>Twice Baked Potato Casserole (18g)</p> <p>Steamed Carrots</p> <p>Orange (15g)</p> <p>Orange Cake (50g)(280mg)</p> <p>1% Milk (12g)</p>	<p>12 Salisbury Steak (135mg)</p> <p>with Brown Gravy</p> <p>Buttermilk Mashed Potatoes (26g)</p> <p>Vegetable Blend Bean Medley</p> <p>9-Grain Bread with Margarine (30g)(220mg)</p> <p>Cinnamon Applesauce (13g)</p> <p>1% Milk (12g)</p>
<p>Marinated Pork Cutlet (250mg)</p> <p>with Hunter Sauce</p> <p>Brown Rice (23g)</p> <p>Edamame Succotash (11g)</p> <p>Multigrain Bread with Margarine (24g)(240mg)</p> <p>Diced Peaches (14g)</p> <p>1% Milk (12g)</p>	<p>16 Swedish Turkey Meatballs (311mg)</p> <p>Parsley Noodles (21g)(173mg)</p> <p>Harvard Beets (121mg)</p> <p>Wheat Bread with Margarine (12g)</p> <p>Banana (27g)</p> <p>Oatmeal Raisin Cookie (21g)</p> <p>Cranberry Juice / 1% Milk (21g) / (12g)</p>	<p>17 Creamy Ranch Baked Chicken (456mg)</p> <p>Confetti Rice (18g)</p> <p>Cape Cod Vegetable Blend (15g)</p> <p>Whole Grain Bread with Margarine (21g)(260mg)</p> <p>Fresh Pear (10g)</p> <p>1% Milk (12g)</p>	<p>18 <u>Comfort Food</u></p> <p>Chicken Fried Steak (21g)(380mg)</p> <p>with Country Gravy (140mg)</p> <p>Whipped Potatoes (20g)</p> <p>Herbed Green Beans (15g)(193mg)</p> <p>Hawaiian Baked Roll with Margarine</p> <p>Apple (25g)</p> <p>Brownie (35g)(180mg)</p> <p>1% Milk (12g)</p>	<p>19 Smoky Beef Sirloin Chili (18g)(287mg)</p> <p>Roasted Sweet Potatoes (23g)(207mg)</p> <p>Cauliflower and Carrots</p> <p>Cornbread with Margarine</p> <p>Orange (15g)</p> <p>Apple Cinnamon Coffee Cake (29g)(160mg)</p> <p>1% Milk (12g)</p>
<p>Swiss Steak with Marsala Sauce (345mg)</p> <p>Noodles Romanoff (22g)</p> <p>Roasted Mediterranean Vegetables (210mg)</p> <p>9-grain Bread with Margarine (30g)(220mg)</p> <p>Apricot Halves (30g)</p> <p>Orange Juice (21g)</p> <p>1% Milk (12g)</p>	<p>23 Wisconsin Cheddar Soup (17g)(186mg)</p> <p>with Wheat Crackers</p> <p>Cape Cod Turkey Salad</p> <p>Whole Wheat Bread (14g)(455mg)</p> <p>with Margarine</p> <p>Orange Juice (11g)</p> <p>Apple (25g)</p> <p>Fig Cookie Bar (32g)</p> <p>1% Milk (12g)</p>	<p>24 Fish Veracruz (301mg)</p> <p>Barracho Beans (12g)(109mg)</p> <p>Seasoned Greens</p> <p>Rye Bread with Margarine (15g)(193mg)</p> <p>Banana (27g)</p> <p>Churro (27g)(140mg)</p> <p>1% Milk (12g)</p>	<p>25 <u>Southern BBQ</u></p> <p>BBQ Pork Rib (26g)(166mg)</p> <p>Creole Corn (19g)</p> <p>Collard Greens (12g)</p> <p>Cornbread Muffin with Margarine (32g)(280mg)</p> <p>Sliced Peaches (14g)</p> <p>1% Milk (12g)</p>	<p>26 Chicken Cassoulet (325mg)</p> <p>Spinach Gulay</p> <p>Apple Glazed Carrots (14g)</p> <p>French Bread with Margarine (17g)(192mg)</p> <p>Tropical Fruit (17g)</p> <p>Lemon Cookie (43g)(250mg)</p> <p>1% Milk (12g)</p>
<p>Warm Turkey Muenster Sandwich (15g)(699mg)</p> <p>on Whole Wheat Bread</p> <p>Light Mayo Packet (124mg)</p> <p>Baked Beans (11g)(170mg)</p> <p>Glazed Carrots (14g)</p> <p>Orange (15g)</p> <p>1% Milk (12g)</p>	 <p>Happy Healthy Aging Month!</p> <p>Happy Labor Day, September 2nd!</p> <p>First Day of Fall, September 22nd!</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 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  
SEPTEMBER 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Calories	Calories 681	Calories 910	Calories 763	Calories 766
Fat	Fat 10g	Fat 33g	Fat 23g	Fat 46g
Saturated Fat	Saturated Fat 2g	Saturated Fat 9g	Saturated Fat 8g	Saturated Fat 4g
Protein	Protein 41g	Protein 47g	Protein 23g	Protein 37g
Total Carbohydrates	Total Carbohydrates 103g	Total Carbohydrates 108g	Total Carbohydrates 117g	Total Carbohydrates 110g
Fiber	Fiber 15g	Fiber 12.6g	Fiber 10g	Fiber 15g
Sodium	Sodium 977mg	Sodium 742mg	Sodium 896mg	Sodium 855mg
9	10	11	12	13
Calories 921	Calories 649	Calories 930	Calories 940	Calories 833
Fat 37g	Fat 19g	Fat 32g	Fat 28g	Fat 30g
Saturated Fat 8g	Saturated Fat 5g	Saturated Fat 7g	Saturated Fat 10g	Saturated Fat 8g
Protein 70g	Protein 28g	Protein 46g	Protein 34g	Protein 40g
Total Carbohydrates 79g	Total Carbohydrates 92g	Total Carbohydrates 116g	Total Carbohydrates 131g	Total Carbohydrates 106g
Fiber 12g	Fiber 10.6g	Fiber 10g	Fiber 10g	Fiber 11g
Sodium 1062mg	Sodium 1028mg	Sodium 1121mg	Sodium 1511mg	Sodium 588mg
16	17	18	19	20
Calories 776	Calories 878	Calories 820	Calories 1099	Calories 1419
Fat 56g	Fat 27g	Fat 25g	Fat 48g	Fat 56g
Saturated Fat 11g	Saturated Fat 7g	Saturated Fat 7g	Saturated Fat 18g	Saturated Fat 17g
Protein 42g	Protein 33g	Protein 50g	Protein 35g	Protein 43g
Total Carbohydrates 96g	Total Carbohydrates 133g	Total Carbohydrates 94g	Total Carbohydrates 166g	Total Carbohydrates 189g
Fiber 11g	Fiber 10g	Fiber 13g	Fiber 10g	Fiber 18g
Sodium 616mg	Sodium 926mg	Sodium 985mg	Sodium 965mg	Sodium 1149mg
23	24	25	26	27
Calories 846	Calories 1147	Calories 779	Calories 1228	Calories 1249
Fat 31g	Fat 42g	Fat 18g	Fat 44g	Fat 60g
Saturated Fat 9g	Saturated Fat 11g	Saturated Fat 4g	Saturated Fat 11g	Saturated Fat 13g
Protein 38g	Protein 50g	Protein 48g	Protein 77g	Protein 60g
Total Carbohydrates 109g	Total Carbohydrates 151g	Total Carbohydrates 100g	Total Carbohydrates 137g	Total Carbohydrates 117g
Fiber 12g	Fiber 9.7g	Fiber 13g	Fiber 12g	Fiber 12g
Sodium 1050mg	Sodium 1098mg	Sodium 981mg	Sodium 1011mg	Sodium 1029mg
30			<p>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</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 565				
Fat 18g				
Saturated Fat 6g				
Protein 32g				
Total Carbohydrates 69g				
Fiber 11g				
Sodium 1169mg				