



VOLUNTEERS OF AMERICA COLORADO
DINING CENTER MENU
NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Happy Thanksgiving, Thursday November 28th, 2024</p> <p>Daylight Savings Time, Sunday, November 3rd</p> <p>Happy Veteran's Day, Monday, November 11th</p>		
Roast Pork Chop (327mg) with Diane Sauce (17g) Rosemary Parmesan Potatoes (17g) Italian Vegetables Cornbread with Margarine (27g)(300mg) Applesauce (27g) 1% Milk (12g)	4 Turkey Muenster Sandwich (325mg) Spinach Gulay Apple Glazed Carrots (14g) French Bread with Margarine (17g)(192mg) Orange (15g) 1% Milk (12g)	5 Fish Veracruz (301mg) Borracho Beans (12g) Seasoned Greens Multigrain Bread with Margarine (29g)(260mg) Tropical Fruit (17g) Churro (27g)(140mg) 1% Milk (12g)	6 Veterans Day Celebration Chicken Fried Steak with Country Gravy (26g)(520mg) Mashed Potatoes (22g) Country Vegetables (15g) Whole Wheat Bread with Margarine (12g) Diced Peaches (15g) Orange Juice (21g) 1% Milk (12g)	7 Chicken Breast with Herb Gravy (16g) Persian Rice and Lentils (22g) Capri Vegetables 9-Grain Sandwich Bread with Margarine (30g)(220mg) Apple (25g) Fruit Yogurt (23g) 1% Milk (12g) 8 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)
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)	11 Tomato Basil Soup with Wheat Crackers (10g)(192mg) Egg Salad Sandwich on Rye Bread (34g)(548mg) Lettuce/Tomato Garnish Apricot Halves (15g) Foothills Trail Mix (13g) 1% Milk (12g)	12 BBQ Cheddar Burger On a Whole Wheat Bun (34g)(365mg) Lettuce/Tomato Garnish Potato Wedges (18g) Three Bean Salad (22g)(137.9g) Applesauce (27.5g) 1% Milk (12g)	13 Manager's Special Stadium Dog on a Whole Wheat Bun with Mustard, Onion (27g)(440mg) Colorado Baked Beans (166mg) California Blend Vegetables (32g)(239mg) Orange (15g) Caramel Pecan Cookie (12g)(25g) 1% Milk (12g)	14 Caribbean Roasted Chicken (14g)(193mg) Mashed Sweet Potatoes (30g) Caribbean Vegetable Blend Hawaiian Sweet Roll with Margarine (25g)(180mg) Mandarin Oranges with Cottage Cheese (22g)(357mg) 1% Milk (12g)
18 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)	19 Vodka Style Italian Sausage and Penne (28g)(585mg) Stewed Apricots (24g) Ratatouille Whole Wheat Bread with Margarine (12g) Fresh Pear (27g) 1% Milk (12g)	20 Pueblo Beef Stew (303mg) Spanish Rice (18g) Zucchini and Tomatoes 9-Grain Bread with Margarine (30g)(220mg) Fruit Cocktail (28g) 1% Milk (12g)	21 Thanksgiving Dinner Roast Turkey with Gravy and Cranberry Sauce (25g) 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)	22 Cheese Stuffed Shells with Meat Sauce (47g)(103mg) Cannellini Beans (17g)(335mg) Seasoned Spinach Whole Wheat Roll with Margarine (16g)(172mg) Orange (15g) 1% Milk (12g)
25 Austrian Goulash (Beef) with Parsley Noodles (218mg) Sliced Beets Multigrain Bread with Margarine (29g)(260mg) Orange (15g) 1% Milk (12g)	26 Corn Chowder with Wheat Crackers (28g)(225mg) Turkey Philly Sandwich on Whole Wheat Hoagie Bun (40g)(644mg) Lettuce/Tomato Garnish Banana (27g) 1% Milk (12g)	27 Mushroom Swiss Burger On a Whole Wheat Bun (45g)(461mg) Spiced Peaches (20g) Potato Wedges (22g) Kiwi (10g) 1% Milk (12g)	28 VOA Closed for Thanksgiving	29 VOA Closed for Thanksgiving Holiday

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.

The number listed in {brackets} indicates the mg sodium per menu item. Sodium is unlisted unless it is greater than 140mg. The number in (parenthesis) indicates the grams of carbohydrate per menu item. Carbohydrates are unlisted unless they are greater than 10g.

VOLUNTEERS OF AMERICA COLORADO
DINING CENTER NUTRITION ANALYSIS
NOVEMBER 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
<p style="text-align: center;">These are the values for 33 1/3% of the Recommended Daily Allowance (RDA) for 70+:</p> <p style="text-align: center;">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 style="text-align: center;">*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>				<p>For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Andrea Rockwood, RDN at 303-297-0408</p>						<p style="text-align: right;">1</p> <p>Calories 798 Fat 14g Saturated Fat 2g Protein 59g Total Carbohydrates 112g Fiber 14g Sodium 634mg</p>	
<p style="text-align: right;">4</p> <p>Calories 846 Fat 34g Saturated Fat 8g Protein 42g Total Carbohydrates 92g Fiber 10g Sodium 691mg</p>		<p style="text-align: right;">5</p> <p>Calories 584 Fat 22g Saturated Fat 7g Protein 32g Total Carbohydrates 66g Fiber 11g Sodium 1020mg</p>		<p style="text-align: right;">6</p> <p>Calories 836 Fat 20g Saturated Fat 4g Protein 51g Total Carbohydrates 107g Fiber 12g Sodium 1052mg</p>		<p style="text-align: right;">7</p> <p>Calories 913 Fat 36g Saturated Fat 11g Protein 32g Total Carbohydrates 121g Fiber 9.5g Sodium 836mg</p>		<p style="text-align: right;">8</p> <p>Calories 1042 Fat 38g Saturated Fat 8g Protein 39g Total Carbohydrates 141g Fiber 17g Sodium 1076mg</p>			
<p style="text-align: right;">11</p> <p>Calories 951 Fat 37g Saturated Fat 8g Protein 71g Total Carbohydrates 85g Fiber 12g Sodium 1064mg</p>		<p style="text-align: right;">12</p> <p>Calories 796 Fat 27g Saturated Fat 7g Protein 32g Total Carbohydrates 109g Fiber 13.5g Sodium 1042mg</p>		<p style="text-align: right;">13</p> <p>Calories 1000 Fat 36g Saturated Fat 13g Protein 50g Total Carbohydrates 125g Fiber 12g Sodium 731mg</p>		<p style="text-align: right;">14</p> <p>Calories 904 Fat 31g Saturated Fat 11g Protein 35g Total Carbohydrates 120g Fiber 15.7g Sodium 1162mg</p>		<p style="text-align: right;">15</p> <p>Calories 1063 Fat 39g Saturated Fat 2g Protein 66g Total Carbohydrates 110g Fiber 10g Sodium 937mg</p>			
<p style="text-align: right;">18</p> <p>Calories 927 Fat 44g Saturated Fat 11g Protein 41g Total Carbohydrates 91g Fiber 10g Sodium 826mg</p>		<p style="text-align: right;">19</p> <p>Calories 744 Fat 24g Saturated Fat 4g Protein 27g Total Carbohydrates 110g Fiber 15g Sodium 908mg</p>		<p style="text-align: right;">20</p> <p>Calories 806 Fat 26g Saturated Fat 6g Protein 45g Total Carbohydrates 101g Fiber 11g Sodium 806mg</p>		<p style="text-align: right;">21</p> <p>Calories 1083 Fat 27g Saturated Fat 5g Protein 52g Total Carbohydrates 157g Fiber 10g Sodium 1263mg</p>		<p style="text-align: right;">22</p> <p>Calories 742 Fat 18g Saturated Fat 3g Protein 38g Total Carbohydrates 110g Fiber 18g Sodium 808mg</p>			
<p style="text-align: right;">25</p> <p>Calories 759 Fat 22g Saturated Fat 6g Protein 53g Total Carbohydrates 90g Fiber 10g Sodium 929mg</p>		<p style="text-align: right;">26</p> <p>Calories 815 Fat 20g Saturated Fat 7g Protein 52g Total Carbohydrates 110g Fiber 12g Sodium 999mg</p>		<p style="text-align: right;">27</p> <p>Calories 902 Fat 33g Saturated Fat 13g Protein 51g Total Carbohydrates 109g Fiber 12g Sodium 637mg</p>		<p style="text-align: right;">28</p> <p style="text-align: center;">Happy Thanksgiving! VOA Closed</p>		<p style="text-align: right;">29</p> <p style="text-align: center;">VOA Closed</p>			