



VOLUNTEERS OF AMERICA COLORADO BRANCH
MEALS ON WHEELS MENU
NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
		<p>Happy Thanksgiving, Thursday, November 28th</p> <p>Daylight Savings Time, Sunday, November 3rd</p> <p>Happy Veterans Day, Monday, November 11th</p>				<p>Chicken Breast (16g) 1</p> <p>with Herb Gravy</p> <p>Persian Rice and Lentils (22g)</p> <p>Capri Vegetables</p> <p>9-Grain Sandwich Bread (30g)(220mg)</p> <p>with Margarine</p> <p>Apple (25g)</p> <p>Fruit Yogurt (23g)</p> <p>1% Milk (12g)</p>
						<p>7 Smoky Beef Sirloin Chili (18g)(287mg) 8</p> <p>Roasted Sweet Potatoes (23g)(207mg)</p> <p>Cauliflower and Carrots</p> <p>Cornbread with Margarine</p> <p>Apple (25g)</p> <p>Apple Cinnamon Muffin (29g)(160mg)</p> <p>1% Milk (12g)</p>
<p>Roast Pork Chop (327mg) 4</p> <p>with Diane Sauce</p> <p>Rosemary Parmesan Potatoes (17g)</p> <p>Italian Vegetables</p> <p>Cornbread with Margarine (27g)(300mg)</p> <p>Applesauce (27g)</p> <p>1% Milk (12g)</p>	<p>Turkey Muenster Sandwich (572mg) 5</p> <p>Spinach Gulay</p> <p>Apple Glazed Carrots (14g)</p> <p>French Bread with Margarine (17g)(192mg)</p> <p>Orange (15g)</p> <p>1% Milk (12g)</p>	<p>Fish Veracruz (301mg) 6</p> <p>Borrracho Beans (12g)</p> <p>Seasoned Greens</p> <p>Multigrain Bread with Margarine (29g)(260mg)</p> <p>Tropical Fruit (17g)</p> <p>Churro (27g)(140mg)</p> <p>1% Milk (12g)</p>	<p><u><i>Veterans Day Celebration</i></u></p> <p>Chicken Fried Steak (26g)(520mg)</p> <p>with Country Gravy</p> <p>Mashed Potatoes (22g)</p> <p>Country Vegetables (15g)</p> <p>Whole Wheat Bread with Margarine (12g)</p> <p>Diced Peaches (15g)</p> <p>Orange Juice (21g)</p> <p>1% Milk (12g)</p>	<p>7 Smoky Beef Sirloin Chili (18g)(287mg) 8</p> <p>Roasted Sweet Potatoes (23g)(207mg)</p> <p>Cauliflower and Carrots</p> <p>Cornbread with Margarine</p> <p>Apple (25g)</p> <p>Apple Cinnamon Muffin (29g)(160mg)</p> <p>1% Milk (12g)</p>		
<p>Szechuan Chicken (731mg) 11</p> <p>5-Spice Potatoes (17g)</p> <p>Asian Vegetable Blend</p> <p>Wheat Roll with Margarine (15g)(146mg)</p> <p>Fresh Pear (27g)</p> <p>Fortune Cookie (12g)</p> <p>1% Milk (12g)</p>	<p>Beef & Bean Burrito (28g)(670mg) 12</p> <p>with Picante Sauce on a Wheat Tortilla</p> <p>Lettuce/Tomato Garnish</p> <p>Seasoned Pinto Beans (16g)(172mg)</p> <p>Mexicali Corn (17g)</p> <p>Apricot Pineapple Compote (24g)</p> <p>1% Milk (12g)</p>	<p>BBQ Cheddar Burger (34g)(365mg) 13</p> <p>On a Whole Wheat Bun</p> <p>Lettuce/Tomato Garnish</p> <p>Potato Wedges (18g)</p> <p>Three Bean Salad (22g)(137.g)</p> <p>Applesauce (27.5g)</p> <p>1% Milk (12g)</p>	<p><u><i>Manager's Special</i></u></p> <p>Stadium Dog (27g)(440mg)</p> <p>on a Whole Wheat Bun</p> <p>with Mustard, Onion (166mg)</p> <p>Colorado Baked Beans (32g)(239mg)</p> <p>California Blend Vegetables</p> <p>Orange (15g)</p> <p>Caramel Pecan Cookie (12g) (25g)</p> <p>1% Milk</p>	<p>14 Caribbean Roasted Chicken (14g)(193mg) 15</p> <p>Mashed Sweet Potatoes (30g)</p> <p>Caribbean Vegetable Blend</p> <p>Hawaiian Sweet Roll (25g)(180mg)</p> <p>with Margarine</p> <p>Mandarin Oranges with (22g)(357mg)</p> <p>Cottage Cheese</p> <p>1% Milk (12g)</p>		
<p>Marinated Pork Cutlet (250mg) 18</p> <p>with Hunter Sauce</p> <p>Brown Rice (23g)</p> <p>Spinach and Mushrooms (240mg)</p> <p>Whole Grain Roll with Margarine (21g)(260mg)</p> <p>Diced Peaches (14g)</p> <p>1% Milk (12g)</p>	<p>Vodka Style Italian Sausage and Penne (28g)(585mg) 19</p> <p>Stewed Apricots (24g)</p> <p>Ratatouille</p> <p>Whole Wheat Bread with Margarine (12g)</p> <p>Fresh Pear (27g)</p> <p>1% Milk (12g)</p>	<p>Pueblo Beef Stew (303mg) 20</p> <p>Spanish Rice (18g)</p> <p>Zucchini and Tomatoes</p> <p>9-Grain Bread with Margarine (30g)(220mg)</p> <p>Fruit Cocktail (28g)</p> <p>1% Milk (12g)</p>	<p><u><i>Manager's Choice</i></u></p> <p>Roast Beef with Brown Gravy</p> <p>Au Gratin Potatoes (19g)(156mg)</p> <p>5-Way Vegetables (13g)</p> <p>Multigrain Bread with Margarine (24g)(240mg)</p> <p>Banana (27g)</p> <p>Oatmeal Raisin Cookie (21g)</p> <p>Cranberry Juice</p> <p>1% Milk (12g)</p>	<p>21 Cheese Stuffed Shells (47g)(103mg) 22</p> <p>with Meat Sauce</p> <p>Cannellini Beans (17g)(335mg)</p> <p>Seasoned Spinach</p> <p>Whole Wheat Roll (16g)(172mg)</p> <p>with Margaine</p> <p>Orange</p> <p>1% Milk (12g)</p>		
<p>Austrian Goulash (Beef) (218mg) 25</p> <p>with Parsley Noodles</p> <p>Sliced Beets</p> <p>Multigrain Bread with Margarine (29g)(260mg)</p> <p>Orange (15g)</p> <p>1% Milk (12g)</p>	<p>Creamy Ranch (456mg) 26</p> <p>Baked Chicken</p> <p>Confetti Rice (18g)</p> <p>Green Beans with Almonds</p> <p>Rye Bread with Margarine (16g)(193mg)</p> <p>Banana (27g)</p> <p>1% Milk (12g)</p>	<p>Mushroom Swiss Burger (45g)(461mg) 27</p> <p>On a Whole Wheat Bun</p> <p>Spiced Peaches (20g)</p> <p>Potato Wedges (22g)</p> <p>Kiwi (10g)</p> <p>1% Milk (12g)</p>	<p><u><i>Thanksgiving Day Meal - Frozen Pre-Delivered</i></u></p> <p>Turkey with Gravy</p> <p>Green Beans</p> <p>Mashed Potatoes</p> <p>Whole Wheat Roll with Margarine</p> <p>Holiday Dessert</p> <p>1% Milk</p>	<p>28 <u><i>VOA Thanksgiving Holiday</i></u> 29</p> <p><u><i>VOA Closed-Frozen Meal Predelivered</i></u></p> <p>Baked Ham with Fruit Sauce</p> <p>Cheesy Potatoes</p> <p>Green Peas</p> <p>Whole Wheat Roll</p> <p>Holiday Dessert</p> <p>1% Milk</p>		

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
MEALS ON WHEELS 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 style="text-align: center;">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>	
4		5		6		7		8			
Calories	846	Calories	584	Calories	836	Calories	913	Calories	1042		
Fat	34g	Fat	22g	Fat	20g	Fat	36g	Fat	38g		
Saturated Fat	8g	Saturated Fat	7g	Saturated Fat	4g	Saturated Fat	11g	Saturated Fat	8g		
Protein	42g	Protein	32g	Protein	51g	Protein	32g	Protein	39g		
Total Carbohydrates	92g	Total Carbohydrates	66g	Total Carbohydrates	107g	Total Carbohydrates	121g	Total Carbohydrates	141g		
Fiber	10g	Fiber	11g	Fiber	12g	Fiber	9.5g	Fiber	17g		
Sodium	691mg	Sodium	1020mg	Sodium	1052mg	Sodium	836mg	Sodium	1076mg		
11		12		13		14		15			
Calories	951	Calories	847	Calories	1000	Calories	904	Calories	1063		
Fat	37g	Fat	30g	Fat	36g	Fat	31g	Fat	39g		
Saturated Fat	8g	Saturated Fat	12g	Saturated Fat	13g	Saturated Fat	11g	Saturated Fat	2g		
Protein	71g	Protein	32g	Protein	50g	Protein	35g	Protein	66g		
Total Carbohydrates	85g	Total Carbohydrates	101g	Total Carbohydrates	125g	Total Carbohydrates	120g	Total Carbohydrates	110g		
Fiber	12g	Fiber	17g	Fiber	12g	Fiber	15.7g	Fiber	10g		
Sodium	1064mg	Sodium	1046mg	Sodium	731mg	Sodium	1162mg	Sodium	937mg		
18		19		20		21		22			
Calories	927	Calories	744	Calories	806	Calories	904	Calories	742		
Fat	44g	Fat	24g	Fat	26g	Fat	31g	Fat	18g		
Saturated Fat	11g	Saturated Fat	4g	Saturated Fat	6g	Saturated Fat	11g	Saturated Fat	3g		
Protein	41g	Protein	27g	Protein	45g	Protein	35g	Protein	38g		
Total Carbohydrates	91g	Total Carbohydrates	110g	Total Carbohydrates	101g	Total Carbohydrates	120g	Total Carbohydrates	110g		
Fiber	10g	Fiber	15g	Fiber	11g	Fiber	15.7g	Fiber	18g		
Sodium	826mg	Sodium	908mg	Sodium	806mg	Sodium	1162mg	Sodium	808mg		
25		26		27		28		29			
Calories	759	Calories	774	Calories	902	Calories	699	Calories	727		
Fat	22g	Fat	29g	Fat	33g	Fat	20g	Fat	22g		
Saturated Fat	6g	Saturated Fat	8g	Saturated Fat	13g	Saturated Fat	8g	Saturated Fat	12g		
Protein	53g	Protein	47g	Protein	51g	Protein	34.5g	Protein	37g		
Total Carbohydrates	90g	Total Carbohydrates	81g	Total Carbohydrates	109g	Total Carbohydrates	115g	Total Carbohydrates	109g		
Fiber	10g	Fiber	10g	Fiber	12g	Fiber	11.5g	Fiber	12.5g		
Sodium	929mg	Sodium	871mg	Sodium	637mg	Sodium	919mg	Sodium	1430mg		
<p style="text-align: center;">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.</p>											