



VOLUNTEERS OF AMERICA COLORADO
MEALS ON WHEELS MENU
FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Valentine's Day, February 14th! President's Day, February 17th! Black History Month		
Turkey Shepherd's Pie (11g)(318mg) 3 Sweet Corn (16g) Broccoli, Carrots and Cauliflower Rye Bread with Margarine (15g)(193mg) Banana (27g) 1% Milk (12g)	3 Vermonter Ham Sandwich (19g)(445mg) on Wheat Bread (12g)(127mg) Apple Glazed Carrots (14g) Ancient Grain and Kale Blend (13g)(175g) Orange (15g) Milk (12g) Apple Cinnamon Muffin (28g)(100mg)	4 Chicken Breast Ranchero (216mg) Brown Rice (23g) Pinto Beans (16g)(172mg) Whole Wheat Tortilla (20g)(120mg) Apple (25g) Grape Juice (19g) 1% Milk (12g)	5 <u>Healthy Aging Day</u> Turkey Posole (23g)(235mg) Fiesta Rice (16g) Mexicali Corn (18g) Whole Wheat Tortilla (22g) Tropical Fruit (17g) 1% Milk (12g)	6 Baked Ham (750mg) Mashed Sweet Potatoes (55g) Peas (11g)(140mg) Multigrain Bread with Margarine (11g) Orange (15g) 1% Milk (12g)
Winter White Chili (25g)(280mg) 10 with Chicken (18g) Cilantro Lime Rice Seasoned Spinach (16g)(192mg) Sourdough Bread with Margarine (13g) Applesauce (12g) 1% Milk	10 Butter Chicken (980mg) Brown Rice (23g) Roasted Broccoli and Chickpeas Pita Bread with Margarine (16g)(148mg) Berry Mango Compote (22g) 1% Milk (12g)	11 Sloppy Joe on Whole Wheat Bun (34g)(507mg) Warm Three Bean Salad (18g)(340mg) Glazed Carrots (14g) Spiced Peaches (20g) Diced Pears (21g) 1% Milk (12g)	12 <u>Be My Valentine!</u> Roast Beef with Pan Gravy (171mg) Roasted Rosemary Parmesan Potatoes (17g) Steamed Carrots Whole Wheat Roll with Margarine (21g)(260mg) Fresh Pear Strawberry Shortcake (19g)(209mg) 1% Milk (12g)	13 Pizza Burger (25g)(723mg) 14 with Provolone on a Brioche Bun Potato Wedges (22g) Cooked Cabbage with Red Pepper Apricots (30g) Santa Fe Trail Mix (37g) 1% Milk (12g)
<u>President's Day</u> Honey Garlic Pork Cutlet (25g)(417mg) Vegetable Bean Medley Harvard Beets (121mg) 9-Grain Bread with Margarine (12g) Orange (15g) 1% Milk (12g)	17 Salisbury Steak (340mg) with Mushroom Gravy Au Gratin Potatoes (19g)(156mg) Cauliflower and Carrots Whole Wheat Roll (14g)(146mg) with Margarine Banana (27g) 1% Milk (12g)	18 Creamy Ranch Baked Chicken (455mg) Savory Pumpkin Casserole Green Bean with Almonds Wheat Dinner Roll with Margarine (21g)(260mg) Kiwi (10g) Milk (12g)	19 <u>National Cherry Pie Day</u> Rigatoni Bake (16g)(354mg) Cape Cod Vegetables Mashed Potatoes (24g) Sourdough Bread with Margarine (25g)(289mg) Apple (25g) Cherry Pie (50g)(308mg) 1% Milk (12g)	20 Mediterranean Fish Fillet (335mg) 21 Rice Pilaf (22g) Italian Vegetables Whole Wheat Pita Bread (18g)(169mg) Applesauce (15g) 1% Milk (12g)
Smothered Cube Steak (311mg) 24 Parsley Noodles (21g)(174mg) Seasoned Spinach Bran Muffin with Margarine (26g)(180mg) Apple (25g) Grape Juice (17g) 1% Milk (12g)	24 Ham and Cheese Omelet (430mg) Potatoes O'Brien (16g) Warm Fruit Compote (38g) Multigrain Bread with Margarine (29g)(260mg) Orange (15g) 1% Milk (12g)	25 Turkey Meatballs (11g)(507mg) in Pesto Cream Sauce (14g) Orzo Pilaf (14g) Italian Stewed Tomatoes 9-Grain Bread with Margarine (30g)(220mg) Banana (27g) 1% Milk (12g)	26 <u>Mardi Gras Celebration!</u> Chicken and Sausage Jambalaya (21g)(556mg) Corn Maque Choux (28g) Buttered Lima Beans (21g) Cornbread with Margarine (27g)(300mg) Diced Peaches (14g) Praline Peanut Mix (30g) Cranberry Juice (23g) 1% Milk (12g)	27 Barbacoa Beef Bowl (600mg) 28 with Cabbage, Cheese, and Avocado Poblano Sauce Cilantro Lime Rice (18g) Pinto Beans (16g)(172mg) Whole Wheat Tortilla (22g)(130mg) Mandarin Oranges 1% Milk (12g)
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 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
MEALS ON WHEELS NUTRITION ANALYSIS**

FEBRUARY 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
<p align="center">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 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>														
Calories	520	3	Calories	763	4	Calories	681	5	Calories	766	6	Calories	698	7
Fat	13g		Fat	21g		Fat	13g		Fat	22g		Fat	11g	
Saturated Fat	3g		Saturated Fat	6g		Saturated Fat	3g		Saturated Fat	4g		Saturated Fat	2g	
Protein	20g		Protein	35g		Protein	48g		Protein	37g		Protein	42g	
Total Carbohydrates	80g		Total Carbohydrates	112g		Total Carbohydrates	90g		Total Carbohydrates	107g		Total Carbohydrates	112g	
Fiber	10g		Fiber	10g		Fiber	11g		Fiber	14g		Fiber	16g	
Sodium	659mg		Sodium	1023mg		Sodium	639mg		Sodium	677mg		Sodium	1202mg	
Calories	705	10	Calories	2056	11	Calories	805	12	Calories	758	13	Calories	1168	14
Fat	14g		Fat	73g		Fat	21g		Fat	30g		Fat	44g	
Saturated Fat	2g		Saturated Fat	21g		Saturated Fat	6g		Saturated Fat	6g		Saturated Fat	15g	
Protein	47g		Protein	176g		Protein	34g		Protein	22g		Protein	52g	
Total Carbohydrates	103g		Total Carbohydrates	179g		Total Carbohydrates	100g		Total Carbohydrates	107g		Total Carbohydrates	150g	
Fiber	14g		Fiber	27g		Fiber	12g		Fiber	16g		Fiber	13g	
Sodium	729mg		Sodium	1121mg		Sodium	1104mg		Sodium	855mg		Sodium	1115mg	
Calories	887	17	Calories	694	18	Calories	773	19	Calories	1185	20	Calories	755	21
Fat	39g		Fat	29g		Fat	33g		Fat	40g		Fat	12g	
Saturated Fat	11g		Saturated Fat	9g		Saturated Fat	9g		Saturated Fat	11.5g		Saturated Fat	2g	
Protein	37g		Protein	34g		Protein	53g		Protein	41g		Protein	68g	
Total Carbohydrates	100g		Total Carbohydrates	80g		Total Carbohydrates	65g		Total Carbohydrates	163g		Total Carbohydrates	95g	
Fiber	11g		Fiber	10g		Fiber	10.5g		Fiber	13g		Fiber	17g	
Sodium	912mg		Sodium	744mg		Sodium	906mg		Sodium	1145mg		Sodium	824mg	
Calories	1056	24	Calories	799	25	Calories	730	26	Calories	1275	27	Calories	706	28
Fat	54g		Fat	25g		Fat	24g		Fat	49g		Fat	20g	
Saturated Fat	18g		Saturated Fat	7g		Saturated Fat	4g		Saturated Fat	9g		Saturated Fat	6g	
Protein	39g		Protein	28g		Protein	38g		Protein	43g		Protein	43g	
Total Carbohydrates	107g		Total Carbohydrates	116g		Total Carbohydrates	93g		Total Carbohydrates	174g		Total Carbohydrates	90g	
Fiber	11g		Fiber	10g		Fiber	11g		Fiber	16g		Fiber	16g	
Sodium	713mg		Sodium	872mg		Sodium	912mg		Sodium	997mg		Sodium	1070mg	