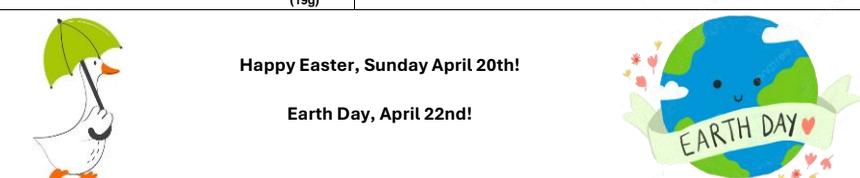


VOLUNTEERS OF AMERICA COLORADO BRANCH
MEALS ON WHEELS MENU
APRIL 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Ginger Teriyaki Pork Ribs (24g)(491mg) 1 5-Spice Potatoes (17g) (42g) Maui Vegetable Blend (10g) Hawaiian Roll with Margarine (40g) Apple (25g) 1% Milk (12g)	Southwest Chicken Catalina (11g)(453mg) 2 Corn and Zucchini Mexicana (42g) Brussel Sprouts Cornbread with Margarine (27g)(300mg) Orange (15g) 1% Milk (12g)	BBQ Brisket on a Whole Wheat Bun (24g)(634mg) 3 Rosemary Parmesean Potatoes (19) Cauliflower with Red Peppers Pineapple Tidbits (16g) Red, White, and Blueberry Cookie (21g) 1% Milk (12g)	Macaroni and Cheese with Broccoli (27g)(415mg) 4 Spiced Peaches (20g) Green Peas with Onion (12g) 9-Grain Bread with Margarine (30g)(220mg) Orange (15g) 1% Milk (12g)
Baked Cheese Ravioli with Meat Sauce (27g)(434mg) 7 Italian Vegetables (19g) Seasoned Spinach (12g)(127mg) Whole Wheat Bread with Margarine (28g) Applesauce (12g) 1% Milk	BBQ Cheeseburger on Whole Wheat Bun (18g)(354mg) 8 Sweet Potato Fries (25g)(239mg) Roasted Broccoli and Chickpeas (23g)(109mg) Banana (23g) 1% Milk (12g)	Italian Sausage and White Bean Stew (31g)(418mg) 9 Mashed Sweet Potatoes (18g) Italian Stewed Tomatoes French Bread with Margarine (16g) (192mg) Tropical Fruit (17g) 1% Milk (12g)	Za'atar Chicken with Tomato Mint Sauce (138mg) Saffron Rice Ratatouille (11g) Wheat Pita Bread with Margarine (57g)(529mg) Apricot Halves (11g) Oatmeal Raisin Cookie (13g) 1% Milk (12g)	Creole Style Fish 11 Dirty Rice (22g) Succotash (21g) Biscuit with Margarine (21g)(370mg) Tropical Fruit (17g) 1% Milk (12g)
Tandoori Chicken (191mg) 14 Basmati Rice (66g) Savory Chickpea Stew (14g)(111mg) Pita Bread with Margarine (21g)(310mg) Peach Mango Compote (12g) 1% Milk (12g)	Brunswick Stew (41g)(583mg) 15 Seasoned Greens (14g) Warm Cinnamon Apples (27g)(300mg) Cornbread with Margarine (17g) Tropical Fruit (12g) 1% Milk	Turkey Meatballs in Pesto Cream Sauce (10g)(507mg) 16 Orzo Pilaf (15g) Roasted Broccoli 9-Grain Bread with Margarine (30g)(220mg) Citrus Fruit Cup (14g) Chocolate Chip Cookie (10g) 1% Milk (12g)	Ham with Apple Fruit Glaze (12g)(782mg) 17 Pecan Yams (15g) Cooked Cabbage with Red Pepper Wheat Roll with Margarine (12g) Banana (27g) Carrot Cake (39g)(280mg) 1% Milk (12g)	Baked Fish with Roasted Red Pepper Sauce (150mg) 18 Israeli Couscous (25g) Ratatouille (Mediterranean Vegetables) (12g) French Bread with Margarine (16g) (192mg) Apple (25g) 1% Milk (12g)
Chicken with Supreme Sauce (16g)(331mg) 21 Mushroom Barley Lentil Pilaf (36.5g)(169mg) Green Beans with Almonds Hawaiian Roll with Margarine (48g) Apple (25g) 1% Milk (12g)	Austrian Goulash (8g)(218mg) 22 Parsley Noodles (21g)(174mg) Diced Beets (152mg) Multigrain Roll with Margarine (12g) Apricot Halves (17g) 1% Milk (12g) Cranberry Juice (14g)	Baked Pork Cutlet with Sage Gravy (300mg) 23 Roasted Potato Medley (19g) Seasoned Spinach Rye Bread with Margarine (15g)(193mg) Cinnamon Applesauce (13) 1% Milk (12g)	Beef Barbacoa Fiesta Rice (12g) Borracho Beans (12g) Whole Wheat Tortilla with Margarine (22g) Banana (27g) Churro (27g)(140mg) 1% Milk (12g) Grape Juice (19g)	Cheesy Wild Rice and Turkey Casserole (13g)(223mg) 24 Roasted Butternut Squash (18g) Warm Fruit Compote (38g) 9-Grain Bread with Margarine (30g)(220mg) Orange (15g) 1% Milk (12g)
Mediterranean Tuna Fritter with Tomato Cream Sauce (13g)(200mg) 28 Santa Barbara Vegetable Blend (17g)(308mg) Roasted Sweet Potato (13g) Wheat Bread with Margarine (15g) (193mg) Mandarin Oranges (18g) Foot Hills Trail Mix (13g) 1% Milk (12g)	Creamy Ranch Baked Chicken (456mg) 29 Garden Vegetable Blend Rosemary Potatoes (19g) Multigrain Roll with Margarine (12g) Apple (25g) 1% Milk (12g)	Savory Meatloaf (28g)(250mg) 30 Baked Beans (11g)(170mg) Green Bean Casserole Rye Bread with Margarine (15g) (192mg) Tropical Fruit (17g) Peanut Butter Oatmeal Cookie (18g) 1% Milk (12g)		

Menu items may change without notice due to availability of items from suppliers.

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. 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.

**VOLUNTEERS OF AMERICA COLORADO BRANCH
MEALS ON WHEELS NUTRITION ANALYSIS
APRIL 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Heart Healthy diet <800mg sodium, lower fat and saturated fat  Diabetic friendly <800mg sodium, carbs 65-67g)	1 Calories 870 Fat 28g Saturated Fat 7g Protein 54g Total Carbohydrates 136g Fiber 11.5g Sodium 860mg	2 Calories 1158 Fat 53g Saturated Fat 4g Protein 61g Total Carbohydrates 116g Fiber 17g Sodium 923mg	3 Calories 941 Fat 38g Saturated Fat 17g Protein 42g Total Carbohydrates 116g Fiber 12g Sodium 949mg	4 Calories 867 Fat 29g Saturated Fat 11g Protein 36.5g Total Carbohydrates 123g Fiber 16g Sodium 1207mg
7 Calories 715 Fat 24g Saturated Fat 8g Protein 38g Total Carbohydrates 91g Fiber 14g Sodium 808mg	8 Calories 913 Fat 32g Saturated Fat 11g Protein 47g Total Carbohydrates 109g Fiber 12g Sodium 892mg	9 Calories 803 Fat 12g Saturated Fat 2g Protein 33g Total Carbohydrates 143g Fiber 19g Sodium 870mg	10 Calories 701 Fat 20g Saturated Fat 2g Protein 43g Total Carbohydrates 88g Fiber 10g Sodium 556mg 	11 Calories 828 Fat 21g Saturated Fat 8g Protein 61g Total Carbohydrates 97g Fiber 10g Sodium 853mg
14 Calories 1091 Fat 45g Saturated Fat 9g Protein 56g Total Carbohydrates 123g Fiber 11g Sodium 575mg	15 Calories 802 Fat 24g Saturated Fat 5g Protein 33g Total Carbohydrates 115g Fiber 11.7g Sodium 1139mg	16 Calories 776 Fat 29g Saturated Fat 5g Protein 39g Total Carbohydrates 95g Fiber 10g Sodium 1056mg	17 Calories 865 Fat 29g Saturated Fat 7g Protein 33g Total Carbohydrates 121g Fiber 10g Sodium 1374mg	18 Calories 714 Fat 22g Saturated Fat 2g Protein 40g Total Carbohydrates 94g Fiber 10g Sodium 603mg 
21 Calories 1160 Fat 47g Saturated Fat 5g Protein 72g Total Carbohydrates 145g Fiber 17g Sodium 707mg	22 Calories 828 Fat 21g Saturated Fat 6g Protein 53g Total Carbohydrates 114g Fiber 12g Sodium 921mg	23 Calories 759 Fat 38g Saturated Fat 10g Protein 35g Total Carbohydrates 71g Fiber 9.8g Sodium 603mg	24 Calories 1039 Fat 26g Saturated Fat 6g Protein 63g Total Carbohydrates 139g Fiber 12.5g Sodium 776mg 	25 Calories 877 Fat 25g Saturated Fat 6.5g Protein 37g Total Carbohydrates 126g Fiber 12g Sodium 633mg 
28 Calories 691 Fat 24g Saturated Fat 3g Protein 30g Total Carbohydrates 92g Fiber 12g Sodium 692mg	29 Calories 854 Fat 36g Saturated Fat 8g Protein 48g Total Carbohydrates 85g Fiber 11g Sodium 863mg	30 Calories 1177 Fat 51g Saturated Fat 13g Protein 54g Total Carbohydrates 126g Fiber 11g Sodium 928mg	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 *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%)	
For any questions regarding nutrition analysis, please contact Registered Dietitian, Andrea Rockwood, RDN at 720-264-3354				