

## VOLUNTEERS OF AMERICA COLORADO BRANCH

## DINING CENTER MENU

AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Summer Daze Menu</b> Smoked Polish Sausage (25g){1,114mg} on a Whole Wheat Bun with Mustard and Ketchup Whole Kernel Corn (16g) Creamy Cole Slaw (148mg) Banana (28g) Foothills Trail Mix (18g) 1% Milk (12g)	1 Southwest Chicken Catalina (12g){453mg} Fiesta Rice (16g) Seasoned Brussels Sprouts Rye Bread with Margarine (15g){193mg} Pineapple & Mandarin Orange Fruit (25g) 1% Milk (12g)	2 <b>"California Dreamin'"</b> Orange Glazed Salmon (21g){439mg} Herbed New Potatoes (18g) Malibu Salad (14g) with Apple Vinaigrette Dressing 9 Grain Wheat Bread (30g){220mg} with Margarine Fresh Orange (15g) 1% Milk (12g)	3 Moo Goo Gal Pan (16g){413mg} (Chicken with Mushrooms) Steamed White Rice (22g) Sesame Snap Peas with Peppers (10g) Multigrain Roll with Margarine (24g){240mg} Orange (15g) Fortune Cookie (12g)
Chicken Breast Paprikash (249mg) Noodles Romanoff Spiced Carrots 9-Grain Sandwich Bread (30g){220mg} with Margarine Orange (15g) Oatmeal Raisin Cookie (21g) 1% Milk (12g)	7 <b>Summer Daze Menu</b> Cheeseburger (28g){689mg} on a Wheat Bun with Ketchup, Mustard and Onion Lettuce/Tomato Garnish Napoli Vegetables (10g) Coleslaw (15g){157mg} Nectarine (15g) 1% Milk (12g)	8 Cauliflower Swiss Soup (12g){180mg} with Canadian Bacon (344mg) Tuna Salad with Tomato Wedges (226mg) French Bread with Margarine (17g){192mg} Apple (25g) Raisin Nut Cup (18g) 1% Milk (12g)	9 <b>French Heritage Day</b> Coq Au Vin (Chicken in Red Wine Sauce) (277mg) Steamed Brown Rice (27g) Haricot Verts (Green Beans) Croissant (13g) Banana (27g) Foothills Trail Mix (13g) Mini Cream Puffs 1% Milk (12g)	10 Smothered Pork Rib (147mg) with Brown Gravy Mashed Potatoes (16g){378mg} Seasoned Spinach Whole Grain Buttermilk Biscuit (21g){370mg} Nectarine (15g) Orange Juice (11g) 1% Milk (12g)
Swedish Meatball with (16g){345mg} Mushroom Sauce Parsley Noodles (21g){174g} Peas and Carrots Rye Bread with Margarine (15g){192mg} Fruit Salad Combo (16g) 1% Milk (12g)	14 <b>Summer Daze Menu</b> Honey BBQ Chicken (105g){435mg} Cauliflower & Carrots Au Gratin Potatoes (19g){168mg} Cornbread with Margarine (27g){300mg} Apple (25g) Oatmeal Cookie (11g) 1% Milk (12g)	15 Mediterranean Pasta and Cheese (32g){279mg} Spinach with Red Peppers Warm Fruit Compote (27g) Multigrain Roll with Margarine (24g){240mg} Banana (26g) 1% Milk (12g)	16 <b>Grecian Holiday</b> Pastitsio (Baked Greek Style Pasta) (29g){470mg} Marinated Vegetable Salad (11g) Garlic Breadstick with Margarine (23g){240mg} Apricot Halves (30g) Baklava (46g){170mg} 1% Milk (12g)	17 Baked Potato with Chili (42g){236mg} and White Cheddar Cheese Tossed Salad (220mg) with Ranch Dressing Multigrain Roll with Margarine (24g){188mg} Orange (15g) 1% Milk (12g)
Fish with Lemon, Garlic (143mg) and Rosemary Sauce Lemon Risotto (22g){176mg} Seasoned Brussels Sprouts Rye Bread with Margarine (15g){192mg} Orange (15g) Raisin Nut Cup (18g) 1% Milk (12g)	21 <b>Summer Daze Menu</b> Meatball Marinara Sub on a (44g){807mg} Whole Wheat Hoagie Roll Rosemary Parmesan Potatoes (18g) Carrot Raisin Celery Salad (12g) Fresh Plum Pineapple Juice (24g) 1% Milk (12g)	22 Turkey Posole Soup (23g){233mg} with Wheat Crackers Southwest Bean & Corn Salad (20g) on a Bed of Romaine Lettuce 9 Grain Wheat Bread (30g){220mg} with Margarine Fresh Apricot (12g) 1% Milk (12g)	23 <b>Healthy Aging Day</b> Maple Balsamic Glazed (16g) Chicken Breast Israel Couscous (25g) Seasoned Spinach Multigrain Roll (24g){240mg} Nectarine (15g) Cranberry Juice (25g) 1% Milk (12g)	24 Rosemary Dijon Steak Salad (15g){782mg} Spring Pea & Shell Pasta Salad (21g) Whole Wheat Roll (15g){145mg} with Margarine Seedless Grapes (14g) Orange Juice (21g) 1% Milk (12g)
Roast Pork with Peach Glaze (15g){219mg} Mashed Sweet Potatoes (27g) Sweet Corn & Asparagus Tips (16g) Wheat Roll with Margarine (14g){145mg} Diced pears (14g) 1% Milk (12g)	28 <b>Summer Daze Menu</b> Fried Chicken (430mg) Napa Cabbage Slaw (10g) Red Royale Potato Salad (23g){340mg} Multigrain Roll with Margarine (24g){240mg} Banana (27g) Orange Juice (21g) 1% Milk (12g)	29 Beef Fajita (29g){910mg} on a Whole Wheat Tortilla with Salsa & Cheddar Cheese Lettuce/Tomato Garnish Cilantro Lime Rice (15g) Mexicali Corn (18g) Fresh Peach (15g) 1% Milk (12g)	30 <b>Southern Hospitality Day</b> Oven Fried Pork Cutlet (12g){169mg} Pecan Yams (16g) Collard Greens Cornbread with Margarine (27g){300mg} Orange (15g) Raisin Nut Cup (18g) 1% Milk (12g)	31 

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.