




**VOLUNTEERS OF AMERICA COLORADO
DINING CENTER MENU
JUNE 2025**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
Chicken Tinga Taco on a Whole Wheat Tortilla with Pico de Gallo Ranch Style Beans Three-Way Mixed Vegetables Mandarin Oranges 1% Milk	(411mg) (22g){130mg} (22g){146mg} (17g) (12g)	2	<u>Summer Daze Menu</u> Four-Cheese Burger on a Potato Bun with Lettuce & Tomato Colorado Baked Beans Cabbage with Red Peppers Apple 1% Milk	(49g){134mg} (12g){170mg} (25g) (12g)	3	Rosemary Dijon Steak Salad Chuckwagon Corn Zucchini and Tomatoes Hawaiian Baked Roll with Margarine Banana 1% Milk	(15g){782mg} (23g) {125mg} (48g) (23g) (12g)	4	<u>Manager's Special</u> Creamy Chicken and Baked Ziti Cape Cod Vegetable Peas Bran Muffin with Margarine Honeydew and Cantaloupe 1% Milk	(21g){522mg} (11g) (25g) (25g){289mg} (12g)	5	Stuffed Shells with Meat Sauce Canellini Beans Italian Vegetables Garlic Knot with Margarine Orange Brownie 1% Milk	(47g){103mg} (14g){312mg} (19g){220mg} (15g) (35g){180mg} (12g)	6
Smothered Pork Cutlet with Brown Gravy Baked Beans Country Vegetable Blend Whole Grain Roll with Margarine Sliced Pears Orange Juice 1% Milk	(147mg) (11g){140mg} (11g) (21g){260mg} (21g) (11g) (12g)	9	<u>Summer Daze Menu</u> Honey BBQ Chicken Cauliflower and Carrots Au Gratin Potatoes Cornbread with Margarine Apple Oatmeal Cookie 1% Milk	(105g){435mg} (19g){156mg} (27g){300mg} (25g) (11g) (12g)	10	Dijon Tarragon Chicken Salad Mixed Fruit Salad Napa Cabbage Slaw Wheat Bagel with Margarine Nectarine 1% Milk	(584mg) (43g) (10g) (33g){200mg} (15g) (12g)	11	<u>Celebrating Fathers and Grandfathers</u> Chicken Fried Steak with Country Gravy Whipped Potatoes Seasoned Green Beans Hawaiian Roll with Margarine Orange Sugar Cookie 1% Milk	(26g){520mg} (44g) (48g) (15g) (18g) (12g)	12	Frito Chili Pie (Chips, Cheese, Sour Cream) Spanish Rice Zucchini and Tomatoes Pineapple Tidbits 1% Milk	(19g){293mg} (17g) (15g) (12g)	13
Pastitsio Pasta Napoli Vegetables Harvard Beets Hawaiian Roll with Margarine Peach Pudding 1% Milk	(29g){470mg} (10g) (17g){264mg} (48g) (14g) (23g){151mg} (12g)	16	<u>Summer Daze Menu</u> Meatball Marinara Sub on a Whole Wheat Hoagie Roll Rosemary Parmesan Potatoes California Vegetable Blend Apple 1% Milk	(44g){807mg} (17g) (25g) (12g)	17	Pork Chop with Homestyle Gravy Capri Vegetables Roasted Potato Medley Whole Grain Roll with Margarine Citrus Fruit Cup 1% Milk	(190mg) (21g){260mg} (12g) (12g)	18	<u>Juneteenth</u> <u>VOA Closed Juneteenth</u>		19	Cheesy Wild Rice and Turkey Casserole Scandanavian Vegetable Blend Sweet Corn and Asparagus 9-Grain Bread with Margarine Cinnamon Applesauce 1% Milk	(13g){223mg} (15g) (30g){220mg} (13g) (12g)	20
Salisbury Steak with Onion Gravy Au Gratin Potatoes Vegetable Bean Medley Whole Wheat Roll with Margarine Pears Orange Juice 1% Milk	(13g){498mg} (19g){156mg} (24g){240mg} (14g) (21g) (12g)	23	<u>Summer Daze Menu</u> Chicken Tenders with Honey Mustard Potato Wedges Roasted Broccoli and Chickpea Salad Multigrain Roll with Margarine Citrus Fruit Cup 1% Milk	(22g){440mg} (26g) (24g){240mg} (12g) (12g)	24	Baked Fish with Lemon, Garlic, and Rosemary Sauce Mushroom Barley Pilaf Roasted Brussels Sprouts Rye Bread with Margarine Cinnamon Pears Raisin Nut Cup 1% Milk	(280mg) (23g){176mg} (15g){192mg} (15g) (18g) (12g)	25	<u>Breakfast for Lunch</u> Corned Beef Hash with Fried Egg Potatoes O'Brien Warm Fruit Compote Blueberry Muffin with Margarine Clementine 1% Milk	(744mg) (16g) (38g) (26g) (15g) (12g)	26	Southwest Chicken Catalina Corn and Zucchini Mexicana Borracho Beans Cornbread with Margarine Kiwi 1% Milk	(11g0){453mg} (16g) (11g){109mg} (27g){300mg} (10g) (12g)	27
Pasta Primavera Spiced Peaches Roasted Cauliflower Italian Bread with Margarine Strawberry Applesauce Foothills Trailmix 1% Milk	(26g){473mg} (20g) (15g) (13g) (12g)	30	<div><div></div><div><p>Juneteenth, Thursday, June 19th!</p><p>Happy Father's Day, Sunday, June 15th!</p><p>First day of Summer, Friday June 20th!</p></div><div></div><div></div></div>											

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

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.