

VOLUNTEERS OF AMERICA COLORADO
DINING CENTER MENU
JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Stuffed Shells with Meat Sauce (47g)(103mg) 3 Canellini Beans (14g)(312mg) Italian Vegetables Garlic Knot with Margarine (19g)(220mg) Orange (15g) Brownie (35g)(180mg) 1% Milk (12g)	Summer Daze Menu Four-Cheese Burger (49g)(134mg) on a Potato Bun with Lettuce & Tomato Baked Beans (12g)(170mg) Cabbage with Red Peppers Apple (25g) 1% Milk (12g)	Creamy Chicken and Baked Ziti (21g)(522mg) 5 Steamed Carrots Peas Sourdough Bread with Margarine (25g)(289mg) Honeydew and Cantaloupe Low Sodium V8 Juice (10g)(140mg) 1% Milk (12g)	Manager's Special Cube Steak with Mushroom Gravy (135mg) 6 Parsley Noodles (21g)(174mg) Seasoned Spinach Bran Muffin with Margarine (26g)(180mg) Apple (25g) Grape Juice (17g) 1% Milk (12g)	Chicken Tinga Taco (411mg) 7 on a Whole Wheat Tortilla (22g)(130mg) with Pico de Gallo Ranch Style Beans (22g)(146mg) Three-Way Mixed Vegetables Mandarin Oranges (17g) 1% Milk (12g)
Smothered Pork Cutlet (147mg) 10 with Brown Gravy Baked Beans (11g)(140mg) Country Vegetable Blend (11g) Whole Grain Roll with Margarine (21g)(260mg) Sliced Pears (21g) Orange Juice (11g) 1% Milk (12g)	Summer Daze Menu Honey BBQ Chicken (105g)(435mg) 11 Cauliflower and Carrots Au Gratin Potatoes (19g)(156mg) Cornbread with Margarine (27g)(300mg) Apple (25g) Oatmeal Cookie (11g) 1% Milk (12g)	Dijon Tarragon Chicken Salad (584mg) 12 Mixed Fruit Salad (43g) Napa Cabbage Slaw (10g) Wheat Bagel with Margarine (33g)(200mg) Nectarine (15g) 1% Milk (12g)	Celebrating Fathers and Grandfathers Chicken Fried Steak (26g)(520mg) 13 with Country Gravy Whipped Potatoes (44g) Seasoned Green Beans Hawaiian Roll with Margarine (48g) Orange (15g) Cookie (18g) 1% Milk (12g)	Frito Chili Pie (212mg) 14 (Chips, Cheese, Sour Cream, Sliced Tomato) Spanish Rice (17g) Zucchini and Tomatoes Pineapple Tidbits (15g) 1% Milk (12g)
Pastitsio Pasta (29g)(470mg) 17 Napoli Vegetables (10g) Harvard Beets (17g)(264mg) Hawaiian Roll with Margarine (48g) Peach (14g) Pudding (23g)(151mg) 1% Milk (12g)	Summer Daze Menu Meatball Marinara Sub (44g)(807mg) 18 on a Whole Wheat Hoagie Roll Rosemary Parmesan (17g) Potatoes California Veg Blend Apple (25g) 1% Milk (12g)	VOA Closed Juneteenth 19	Juneteenth Oven Fried Chicken (27g)(405mg) 20 Macaroni & Cheese (29g)(380mg) Slow Cooked Green Beans Blackeye Peas & Corn Salad (13g)(145mg) Corn Muffin with Margarine (32g)(280mg) Watermelon Red Velvet Cake (49g)(340mg) 1% Milk (12g)	Fish Veracruz (212mg) 21 Cilantro Lime Rice (18g) Cauliflower and Carrots Rye Bread with Margarine (15g)(192mg) Apple (25g) 1% Milk (12g)
Salisbury Steak (13g)(498mg) 24 with Onion Gravy Au Gratin Potatoes (19g)(156mg) Vegetable Bean Medley Whole Wheat Roll with Margarine (24g)(240mg) Pears (14g) Orange Juice (21g) 1% Milk (12g)	Summer Daze Menu Chicken Tenders with Honey Mustard (22g)(440mg) 25 Potato Wedges (26g) Roasted Broccoli and Chickpea Salad Multigrain Roll with Margarine (24g)(240mg) Applesauce (28g) 1% Milk (12g)	Baked Fish with Lemon, Garlic, (280mg) 26 and Rosemary Sauce Mushroom Barley Pilaf (23g)(176mg) Seasoned Brussels Sprouts Rye Bread with Margarine (15g)(192mg) Sliced Pears (15g) Raisin Nut Cup (18g) 1% Milk (12g)	Breakfast for Lunch Corned Beef Hash with Fried Egg (744mg) 27 Potatoes O'Brien (16g) Warm Fruit Compote (38g) Blueberry Muffin with Margarine (26g) Orange (15g) Raisin Nut Cup (18g) 1% Milk (12g)	Southwest Chicken Catalina (11g)(453mg) 28 Fiesta Rice (16g) Brussel Sprouts Cornbread with Margarine (27g)(300mg) Applesauce (15g) 1% Milk (12g)



Juneteenth, Wednesday, June 19th!

Happy Father's Day, Sunday, June 16th!

First day of Summer, Thursday June 20th!



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.