

VOLUNTEERS OF AMERICA COLORADO  
DINING CENTER NUTRITION ANALYSIS  
JUNE 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3		4		5		6		7	
Calories	1018	Calories	874	Calories	706	Calories	1056	Calories	588
Fat	30g	Fat	39g	Fat	18g	Fat	54g	Fat	13g
Saturated Fat	9g	Saturated Fat	10g	Saturated Fat	5g	Saturated Fat	18g	Saturated Fat	4g
Protein	39g	Protein	32g	Protein	45g	Protein	39g	Protein	29g
Total Carbohydrates	151g	Total Carbohydrates	103g	Total Carbohydrates	89g	Total Carbohydrates	107g	Total Carbohydrates	92g
Fiber	18g	Fiber	12g	Fiber	10g	Fiber	11g	Fiber	11g
Sodium	965mg	Sodium	1589	Sodium	1181mg	Sodium	713mg	Sodium	836mg
10		11		12		13		14	
Calories	812	Calories	1521	Calories	1131	Calories	934	Calories	728
Fat	35g	Fat	57g	Fat	30g	Fat	40g	Fat	27g
Saturated Fat	9g	Saturated Fat	6g	Saturated Fat	6g	Saturated Fat	14g	Saturated Fat	9g
Protein	35g	Protein	57g	Protein	102g	Protein	34g	Protein	43g
Total Carbohydrates	90g	Total Carbohydrates	206g	Total Carbohydrates	117g	Total Carbohydrates	144g	Total Carbohydrates	77g
Fiber	10g	Fiber	12.3g	Fiber	10g	Fiber	13g	Fiber	9.5g
Sodium	714mg	Sodium	1100mg	Sodium	961mg	Sodium	864mg	Sodium	636mg
17		18		19		20		21	
Calories	1036	Calories	864	VOA Closed Juneteenth		Calories	1606	Calories	665
Fat	33g	Fat	24g			Fat	66g	Fat	14g
Saturated Fat	10g	Saturated Fat	6g			Saturated Fat	21g	Saturated Fat	2g
Protein	39g	Protein	38g			Protein	73g	Protein	54g
Total Carbohydrates	180g	Total Carbohydrates	131g			Total Carbohydrates	182g	Total Carbohydrates	81g
Fiber	12g	Fiber	15g			Fiber	8g	Fiber	11g
Sodium	1149mg	Sodium	1195mg			Sodium	1751mg	Sodium	799mg
24		25		26		27		28	
Calories	767	Calories	871	Calories	759	Calories	1016	Calories	1046
Fat	29g	Fat	31g	Fat	22g	Fat	42g	Fat	52g
Saturated Fat	9g	Saturated Fat	3g	Saturated Fat	4g	Saturated Fat	9g	Saturated Fat	4g
Protein	36g	Protein	30g	Protein	46g	Protein	36g	Protein	56g
Total Carbohydrates	95g	Total Carbohydrates	126g	Total Carbohydrates	98g	Total Carbohydrates	130g	Total Carbohydrates	90g
Fiber	11g	Fiber	18g	Fiber	10g	Fiber	11g	Fiber	11.5g
Sodium	965mg	Sodium	1098mg	Sodium	795mg	Sodium	1025mg	Sodium	929mg
						<p>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>*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>			

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