

VOLUNTEERS OF AMERICA COLORADO BRANCH  
DINING CENTER MENU  
OCTOBER 2016

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Moroccan Vegetable Stew Steamed Brown Rice Green Beans with Almonds Wheat Roll with Margarine Mandarin Oranges Chocolate Frosted Brownie 1% Milk	(17g) (22g) (14g)(145mg) (10g) (18g)(180mg) (12g)	3 Caribbean Roasted Chicken Mashed Sweet Potatoes Caribbean Vegetable Blend Multigrain Roll with Margarine Cottage Cheese Sliced Apricots 1% Milk	(14g)(192mg) (30g) (24g)(240mg) (348mg) (15g) (12g)	4 Italian Wedding Soup Mushroom Swiss Burger on a Whole Wheat Bun Lettuce and Tomato Garnish Orange 1% Milk	(13g)(483mg) (30g)(458mg) (15g) (12g)	5 <u>Go Nuggets!</u> BBQ Pulled Pork Sandwich on a Whole Wheat Bun Cheesy Potatoes Creamy Coleslaw Pineapple Tidbits Blackberry Cobbler 1% Milk	(23g)(634mg) (15g) (148mg) (20g) (34g) (12g)	6 Beef Pasta Florentine with Whole Wheat Fettuccine Seasoned Brussels Sprouts Parslled Carrots Sourdough Bread with Margarine Apple Strawberry Gelatin 1% Milk	(20g)(567mg) (16g)(192mg) (25g) (25g) (20g) (12g)
Szechuan Chicken Lo Mein Noodles Asian Vegetable Blend Wheat Roll with Margarine Fresh Pear 1% Milk	(731mg) (22g) (15g)(145mg) (27g) (12g)	10 Roast Pork with Brown Gravy Baked Potato with Sour Cream Seasoned Greens Cornbread with Margarine Orange Red Velvet Cake 1% Milk	(185mg) (23g) (27g)(300mg) (15g) (49g)(340mg) (12g)	11 Tomato Basil Soup with Wheat Crackers Egg Salad Sandwich on Rye Bread Lettuce/Tomato Garnish Banana 1% Milk	(10g)(192mg) (34g)(548mg) (27g) (12g)	12 <u>German Heritage Day</u> Sauerbraten Style Beef Roasted Caraway Potatoes Seasoned Brussels Sprouts Rye Bread with Margarine Apple German Chocolate Cake 1% Milk	(259mg) (15g) (15g) (25g) (40g)(430mg) (12g)	13 Lemon Pepper Fish with Tomato Cream Sauce Seven-Grain Wild Rice Cape Cod Vegetable Blend Multigrain Roll with Margarine Berry Mango Compote 1% Milk	(25g)(308mg) (18g) (24g)(240mg) (22g) (12g)
Chicken Enchilada Casserole Spanish Rice Mexicali Corn Whole Wheat Tortilla with Margarine Orange 1% Milk	(11g)(368mg) (18g) (17g) (22g) (15g) (12g)	17 Savory Meatloaf with Brown Gravy Roasted Potato Medley Peas and Carrots Rye Bread with Margarine Fruit Cocktail 1% Milk	(32g)(390mg) (26g) (15g)(192mg) (14g) (12g)	18 Honey Curry Chicken Confetti Rice Spinach with Diced Red Pep Wheat Roll with Margarine Apple 1% Milk	(24g)(188mg) (18g) (142mg) (25g) (12g)	19 <u>Italian Heritage Day</u> Baked Ravioli with Meat Sauce Italian Green Beans Yellow Squash with Onions Garlic Breadstick Fresh Pear Cannoli 1% Milk	(27g)(415mg) (142mg) (23g)(240mg) (27g) (42g) (12g)	20 Mushroom Barley Soup with Wheat Crackers Chicken Salad Sandwich on Whole Wheat Bread Lettuce & Tomato Pineapple Tidbits Peanut Butter Cookie 1% Milk	(15g)(196mg) (26g)(381mg) (12g) (16g)(140mg) (12g)
Beef and Sausage with Red Beans Brown Rice Spinach & Mushrooms Sweet Potato Dinner Roll with Margarine Diced Peaches 1% Milk	(12g)(378mg) (22g) (185mg) (33g)(150mg) (14g) (12g)	24 Chicken Parmesan Whole Grain Penne Pasta with Garlic Herb Pasta Sauce Italian Green Beans Sourdough Bread with Margarine Tropical Fruit 1% Milk	(203mg) (54g)(375mg) (16g)(192mg) (17g) (12g)	25 Corn Chowder with Wheat Crackers Cobb Sandwich on Whole Wheat Bread Carrot and Celery Sticks with Cucumber Dressing Orange 1% Milk	(22g)(165mg) (25g)(445mg) (150mg) (15g) (12g)	26 <u>Halloween Fun!</u> Black Bean Chili Dog on Whole Wheat Bun Whipped Hubbard Squash Super Greens Salad with Poppy Seed Dressing Apple Slices with Caramel Sauce 1% Milk	(27g)(645mg) (12g) (25g) (15g) (12g)	27 Stuffed Green Pepper Santa Barbara Vegetable Blend Succotash Wheat Bread with Margarine Grapes 1% Milk	(18g)(840mg) (20g) (12g) (14g) (12g)
Chicken Cassoulet Spinach Gulay Apple Glazed Carrots French Bread with Margarine Fruit Salad Combo Chocolate Chip Cookie 1% Milk	(325mg) 31 (14g) (17g)(192mg) (16g) (10g) (12g)	28							

October 3rd-7th is Mental Illness Awareness Week  
October 25th is World Pasta Day  
October is "Adopt a Shelter Dog" Month



Did you know?  
On October 1, 1908, Henry Ford's "Model-T", a universal car designed for the masses went on sale for the first time.



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.