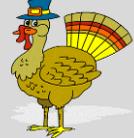


**VOLUNTEERS OF AMERICA COLORADO BRANCH
DINING CENTER MENU
NOVEMBER 2016**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| <p>Did you know?</p>  <p>Happy Birthday to James Naismith! (1861-1939) The inventor of basketball November 6th marks 155th birthday.</p> | <p>Mahi Mahi Fish Veracruz (312mg) 1 Cilantro Lime Rice (17g) Super Greens Salad (12g) with Poppy Seed Dressing Multigrain Roll with Margarir Orange (24g){240mg} (15g) 1% Milk (12g)</p> | <p>Pork Chow Mein (364mg) 2 Lo Mein Noodles (21g) Asian Broccoli Salad Rye Bread (16g){192mg} Mandarin Oranges (10g) Fortune Cookie (12g) 1% Milk</p> | <p><u>Go AVALANCHE!</u> 3 Hamburger on a Whole Wheat Bun (28g){439mg} with Ketchup, Mustard, Lettuce & Tomato Boston Baked Beans (27g){409mg} Cauliflower & Carrots Apricot Halves (15g) Chocolate Chip Cookie (10g) 1% Milk (12g)</p> | <p>Butternut Squash Soup (17g){186mg} 4 with Wheat Crackers Thai Chicken Noodle Salad (30g){541mg} Sweet Potato Dinner Roll (33g){150mg} with Margarine Apple (25g) Fig Cookie Bar (32g) 1% Milk (12g)</p> |
| <p>Moroccan Vegetable Stew (17g) 7 Steamed Brown Rice (22g) Green Beans with Almonds Wheat Roll with Margarine (14g){145mg} Mandarin Oranges (10g) Salted Caramel Pretzel Brow (24g){180mg} 1% Milk (12g)</p> | <p>Caribbean Roasted Chicken (14g){192mg} 8 Mashed Sweet Potatoes (30g) Caribbean Vegetable Blend Multigrain Roll with Margarir Cottage Cheese (24g){240mg} {348mg} Sliced Apricots (15g) 1% Milk (12g)</p> | <p>Italian Wedding Soup (13g){483mg} 9 Mushroom Swiss Burger (30g){458mg} on a Whole Wheat Bun Lettuce and Tomato Garnish Orange (15g) 1% Milk (12g)</p> | <p><u>Veterans Remembrance Day</u> 10 Chicken Fried Steak (26g){520mg} with Country Gravy Mashed Potatoes (22g) Country Vegetables (15g) Whole Grain Buttermilk Biscuit (21g){330mg} Diced Peaches (15g) Orange Juice (21g) 1% Milk (12g)</p> | <p>Beef Pasta Florentine with Whole Wheat Fettuccine (20g){593mg} 11 Seasoned Brussels Sprouts Parslied Carrots Sourdough Bread (16g){192mg} with Margarine Apple (25g) Strawberry Gelatin (20g) 1% Milk (12g)</p> |
| <p>Szechuan Chicken (731mg) 14 Lo Mein Noodles (22g) Asian Vegetable Blend Wheat Roll with Margarine (15g){145mg} Fresh Pear (27g) 1% Milk (12g)</p> | <p>Tomato Basil Soup (10g){192mg} 15 with Wheat Crackers Egg Salad Sandwich (34g){548mg} on Rye Bread Lettuce/Tomato Garnish Banana (27g) 1% Milk (12g)</p> | <p>Macaroni and Cheese (33g){813mg} 16 with Broccoli Green Peas with Onions (12g) Apple Glazed Carrots (13g) Dinner Roll (13g) with Margarine Tropical Fruit (17g) 1% Milk (12g)</p> | <p><u>Thanksgiving Dinner</u> 17 Roast Turkey with Gravy and Cranberry Sauce (25g) Cornbread Stuffing (23g){375mg} Green Bean Casserole Multigrain Roll with Margarine (24g){240mg} Cinnamon Applesauce (13g) Pumpkin Pie with Whipped Topping (39g){390mg} 1% Milk (12g)</p> | <p>Bone-In Pork Chop (185mg) 18 with Brown Gravy (23g) Baked Potato (23g) with Sour Cream Seasoned Greens Wheat Bread with Margarine (12g) Orange (15g) Red Velvet Cake (49g){340mg} 1% Milk (12g)</p> |
| <p>Chicken Enchilada Casserole (11g){368mg} 21 Spanish Rice (18g) Mexicali Corn (17g) Whole Wheat Tortilla (22g) with Margarine Orange (15g) 1% Milk (12g)</p> | <p>Yankee Pot Roast (298mg) 22 Black Eyed Peas (13g){310mg} Cabbage with Red Peppers Whole Wheat Bread (12g) with Margarine Banana (27g) 1% Milk (12g)</p> | <p>Chicken & Dumplings (21g){236mg} 23 Cape Cod Vegetable Blend Seasoned Green Beans Whole Grain Buttermilk Biscuit with Margarine (21g){370mg} Fresh Pear (27g) 1% Milk (12g)</p> | <p align="center"><u>Happy Thanksgiving!</u> <u>VOA CLOSED</u> Thanksgiving Day Meal Served at Jackson's All-American Grill 1520 20th Street</p>  | |
| <p>Beef and Sausage (12g){378mg} 28 Red Beans & Rice with Brown Rice (22g) Spinach & Mushrooms (185mg) Sweet Potato Dinner Roll (33g){150mg} with Margarine Diced Peaches (14g) 1% Milk (12g)</p> | <p>Chicken Parmesan (203mg) 29 Whole Grain Penne Pasta (54g){375mg} with Garlic Herb Pasta Sauce Italian Green Beans Sourdough Bread (16g){192mg} with Margarine Tropical Fruit (17g) 1% Milk (12g)</p> | <p>Corn Chowder with Wheat Crackers (22g){165mg} 30 Cobb Sandwich on Whole Wheat Bread (26g){445mg} Lettuce/Tomato Garnish Orange (15g) 1% Milk (12g)</p> | <p align="center">November 18th is National Apple Cider Day. November 10-26 is National Game & Puzzle Week November is Aviation History Month</p>    | |

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.