

VOLUNTEERS OF AMERICA COLORADO BRANCH
DINING CENTER MENU
JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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National Herbs and Spices Day is June 10th

Happy Father's & Grandfather's Day, June 16th!

First day of Summer is June 21st!



Hot Open-Faced Turkey Sandwich with Gravy on Rye Bread (22g)(457mg) 3 Creamed Spinach (172mg) Peas and Carrots Tropical Fruit (15g) 1% Milk (12g)	Summer Daze Menu 4 Honey BBQ Chicken (105g)(435mg) Cauliflower and Carrots Au Gratin Potatoes (19g)(156mg) Cornbread with Margarine (27g)(300mg) Apple (25g) Oatmeal Cookie (11g) 1% Milk (12g)	Smoked Pork Macaroni & Cheese (18g)(277mg) 5 Vegetable Bean Medley Warm Cinnamon Apples (14g) Multigrain Roll and Margarine (24g)(240mg) Orange (15g) 1% Milk (12g)	Navy Full Speed Ahead! 6 Ham with Apple Fruit Glaze (12g)(782mg) Pecan Yams (15g) Carrot Cabbage Coleslaw Wheat Roll with Margarine (13g) Banana (27g) Carrot Cake (39g)(280mg) 1% Milk (12g)	Baked Potato with Chili and White Cheddar Cheese (42g)(236mg) 7 Tossed Salad with Ranch Dressing (220mg) 9-Grain Bread with Margarine (30g)(220mg) Pineapple Tidbits (15g) 1% Milk (12g)
Grilled Chicken Caesar Salad (11g)(403mg) 10 Fruit and Yogurt Parfait (18g) Multigrain Roll with Margarine (24g)(240mg) Raisin Nut Cup (18g) Sliced Pears (15g) 1% Milk (12g)	Summer Daze Menu 11 Meatball Marinara Sub on a Whole Wheat Hoagie Roll (44g)(807mg) Rosemary Parmesan Potatoes (18g) Carrot Raisin Celery Salad (12g) Apple (25g) Pineapple Juice (24g) 1% Milk (12g)	Chicken Tortilla Soup with Wheat Crackers (16g)(226mg) 12 Southwest Bean and Corn Salad on a Bed of Romaine Lettuce (20g) 9-Grain Bread with Margarine (30g)(220mg) Tropical Fruit (15g) 1% Milk (12g)	Celebrating Fathers and Grandfathers 13 Chicken Fried Steak with Country Gravy (26g)(520mg) Whipped Potatoes (44g) Seasoned Green Beans Orange (15g) Apple Pie (41g) 1% Milk (12g)	Rosemary Dijon Steak Salad (15g)(782mg) 14 Spring Pea and Shell Pasta Salad (21g) Whole Wheat Roll with Margarine (15g)(145mg) Pineapple Tidbits (15g) Orange Juice (21g) 1% Milk (12g)
Beef Soft Taco on a Whole Wheat Tortilla with Salsa and Cheddar Cheese (26g)(271mg) 17 Lettuce/Tomato Garnish Cilantro Lime Rice (15g) Southwest Bean and Corn (20g) Diced Apricots (15g) 1% Milk (12g)	Summer Daze Menu 18 Fried Chicken (430mg) Napa Cabbage Slaw (10g) Red Royale Potato Salad (23g)(340mg) Multigrain Roll with Margarine (24g)(240mg) Banana (27g) Orange Juice (21g) 1% Milk (12g)	Roast Pork with Sweet Tomato Sauce (12g)(274mg) 19 Mashed Sweet Potatoes (27g) Sweet Corn and Asparagus Tips (15g) 9-Grain Bread with Margarine (30g)(220mg) Tropical Fruit (15g) 1% Milk (12g)	Summer Celebration! 20 Chicken Crunch Wrap on a Whole Wheat Tortilla with Lemon Herb Vinaigrette (26g)(339mg) Napoli Vegetable Blend Orange (15g) Blueberry Yogurt Parfait (20g) 1% Milk (12g)	Baked Haddock Almandine (281mg) 21 Vegetable Orzo Salad (22g) Ratatouille (Squash with Tomatoes) (11g) Rye Bread with Margarine (15g)(192mg) Apple (25g) 1% Milk (12g)
Broadway Turkey Salad (19g)(469mg) 24 Rye Bread with Margarine (15g)(193mg) Cottage Cheese (340mg) Orange (15g) 1% Milk (12g)	Summer Daze Menu 25 Smoke Polish Sausage on a Whole Wheat Bun with Mustard and Ketchup (25g)(1,114mg) Whole Kernel Corn (16g) Creamy Cole Slaw (148mg) Banana (26g) Foothills Trail Mix (16g) 1% Milk (12g)	Creamy Chicken and Baked Ziti (21g)(522mg) 26 Steamed Carrots Sweet Corn and Asparagus Tips (15g) Whole Wheat Breadstick with margarine (21g)(220mg) Apple (25g) 1% Milk (12g)	Independence Day Celebration 27 BBQ White Cheddar Burger on a Whole Wheat Bun with Lettuce & Tomato (25g)(702mg) Garlic Mashed Potatoes (24g) Country Blend Vegetables Watermelon Peanut Butter Cookie (18g) 1% Milk (12g)	Moo Goo Gai Pan (Chicken with Mushrooms) (15g)(413mg) 28 Lo Mein noodles (21g) Braised Chinese Cabbage (11g)(332mg) Rye Bread with Margarine (15g)(193mg) Orange (15g) Fortune Cookie 1% Milk (12g)

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.