

**VOLUNTEERS OF AMERICA COLORADO BRANCH
JEWISH COMMUNITY CENTER NUTRITION ANALYSIS
SEPTEMBER 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<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><small>*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%)</small></p>		<p>For Questions or Concerns regarding the menu analysis, please contact our Registered Dietitian, Andrea Rockwood, RDN at 303-297-0408</p>		1	2
			Calories 672 Fat 15g Saturated Fat 2g Protein 34g Total Carbohydrates 102g Fiber 15g Sodium 837mg	Calories 1354 Fat 46g Saturated Fat 2g Protein 64g Total Carbohydrates 174g Fiber 13g Sodium 920mg	
5	6	7	8	9	
<p><i>Happy Labor Day! JCC Closed No VOA Meal Served</i></p>	Calories 538 Fat 16g Saturated Fat 3g Protein 33g Total Carbohydrates 72g Fiber 13g Sodium 864mg	Calories 717 Fat 20g Saturated Fat 2g Protein 45g Total Carbohydrates 90g Fiber 10g Sodium 1040mg	Calories 650 Fat 10g Saturated Fat 6g Protein 40g Total Carbohydrates 100g Fiber 12g Sodium 665mg	Calories 1208 Fat 58g Saturated Fat 3.5g Protein 59g Total Carbohydrates 118g Fiber 12g Sodium 1219mg	
12	13	14	15	16	
<p>No VOA Meal Served</p>	Calories 716 Fat 22g Saturated Fat 2g Protein 50g Total Carbohydrates 85g Fiber 10g Sodium 998mg	Calories 727 Fat 23g Saturated Fat 2g Protein 38g Total Carbohydrates 96g Fiber 10g Sodium 903mg	Calories 637 Fat 16g Saturated Fat 1g Protein 35g Total Carbohydrates 95g Fiber 15g Sodium 715mg	Calories 1356 Fat 47g Saturated Fat 2g Protein 58g Total Carbohydrates 181g Fiber 10g Sodium 732mg	
19	20	21	22	23	
<p>No VOA Meal Served</p>	Calories 623 Fat 16g Saturated Fat 6g Protein 38g Total Carbohydrates 86g Fiber 11g Sodium 710mg	Calories 591 Fat 16g Saturated Fat 2g Protein 35g Total Carbohydrates 81g Fiber 11g Sodium 746mg	Calories 774 Fat 12g Saturated Fat 2g Protein 56g Total Carbohydrates 11g Fiber 13g Sodium 976mg	Calories 1092 Fat 39g Saturated Fat 3.5g Protein 52g Total Carbohydrates 136g Fiber 11g Sodium 1010mg	
26	27	28	29	30	
<p><i>Rosh Hashanah No VOA Meal Served</i></p>	<p><i>Rosh Hashanah No VOA Meal Served</i></p>	Calories 704 Fat 19g Saturated Fat 2g Protein 54g Total Carbohydrates 80g Fiber 10g Sodium 960mg	Calories 672 Fat 15g Saturated Fat 2g Protein 34g Total Carbohydrates 102g Fiber 15g Sodium 837mg	Calories 1354 Fat 46g Saturated Fat 2g Protein 64g Total Carbohydrates 174g Fiber 13g Sodium 920mg	

Nutrition Analysis provided by the Volunteers of America Registered Dietitians. Contact for questions or concerns at 303-297-0408