

Gilpin

July 2017 Menu

MONDAY		WEDNESDAY		FRIDAY	
Beef Soft Taco Spanish Rice Pinto Beans Zucchini and Tomatoes Tropical Fruit Skim Milk	3	BBQ Chicken Breast Baked Beans Carrot Raisin Salad Tossed Vegetable Salad Wheat Roll with Butter Orange Juice Skim Milk	5	Corned Beef Sandwich on a Whole Wheat Bun with Mustard and Onions Green Beans and Tomatoes Buttered Cabbage Three Bean Salad Sliced Peaches * Skim Milk	7
Chicken Cordon Bleu Rice Pilaf Cooked Asparagus Tossed Vegetable Salad Wheat Bread with Butter Apple Skim Milk	10	Teriyaki Beef Steamed Brown Rice Asian Blend Vegetables Egg Drop Soup Wheat Bread with Butter Pear Almond Cookie * Skim Milk	12	BBQ Pork Ribs Baked Beans Tossed Vegetable Salad Wheat Roll with Butter Melon Cup Ambrosia Skim Milk	14
Chicken and Vegetable Stir Fry Steamed Brown Rice Mini Chicken Egg Roll Ginger Orange Carrots Wheat Bread with Butter Mandarin Oranges Fortune Cookie * Skim Milk	17	Meatloaf with Brown Gravy Green Peas with Onions Creamy Coleslaw Wheat Roll with Butter Tropical Fruit Oatmeal Raisin Cookie Skim Milk	19	Honey BBQ Chicken Baked Sweet Potato Classic Vegetables Tossed Vegetable Salad Wheat Roll with Butter Fruit Cocktail Skim Milk	21
Cobb Salad Wheat Crackers Cornbread with Butter Cottage Cheese Orange Apple Crisp Skim Milk	24	Beef and Broccoli Stir Fry Egg Drop Soup Brown Fried Rice Steamed Carrots with Snap Peas Apple Fortune Cookie Skim Milk	26	Marinated Chicken Salad with Shredded Mozzarella Cheese Wheat Roll with Butter Orange Walnuts Skim Milk	28
Jambalaya Steamed Brown Rice Mixed Vegetables Tossed Vegetable Salad Wheat Roll with Butter Fresh Fruit Cup Skim Milk	31				

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July 2017 Nutrition

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3		4		5				7	
Calories	762	Happy Independence Day! VOA Dining Centers CLOSED	Calories	797			Calories	877	
Fat	16g		Fat	16.5g			Fat	32g	
Saturated Fat	6g		Saturated Fat	5g			Saturated Fat	11g	
Protein	38g		Protein	60g			Protein	53g	
Carbohydrates	118g		Carbohydrates	102g			Carbohydrates	98g	
Fiber	14.5g		Fiber	16.7g			Fiber	11.5g	
Sodium	925mg		Sodium	1006mg			Sodium	948mg	
10					12				14
Calories	726		Calories	929			Calories	949	
Fat	25g		Fat	28g			Fat	22g	2
Saturated Fat	11g		Saturated Fat	10.5g			Saturated Fat	9g	
Protein	49g		Protein	54g			Protein	72g	
Carbohydrates	78g		Carbohydrates	118g			Carbohydrates	119g	
Fiber	9.5g		Fiber	12.3g			Fiber	16.5g	
Sodium	624mg		Sodium	934mg			Sodium	863mg	
17				19				21	
Calories	847		Calories	990			Calories	729	3
Fat	21.5g		Fat	40g			Fat	17g	
Saturated Fat	6.5g		Saturated Fat	13.5g			Saturated Fat	6g	
Protein	47g		Protein	52g			Protein	34g	
Carbohydrates	119g		Carbohydrates	110g			Carbohydrates	117g	
Fiber	10.5g		Fiber	13g			Fiber	11.5g	
Sodium	1074mg		Sodium	732mg			Sodium	686mg	
24				26				28	
Calories	1007		Calories	791			Calories	747	4
Fat	31g		Fat	30g			Fat	35g	
Saturated Fat	11g		Saturated Fat	8.5g			Saturated Fat	8g	
Protein	59g		Protein	46g			Protein	57g	
Carbohydrates	124g		Carbohydrates	86g			Carbohydrates	56g	
Fiber	11.6g		Fiber	10g			Fiber	10g	
Sodium	957mg		Sodium	879mg			Sodium	639mg	
31									
Calories	877								
Fat	32g								
Saturated Fat	11g								
Protein	53g								
Carbohydrates	98g								
Fiber	11.5g								
Sodium	948mg								