



S R D A
MEALS ON WHEELS MENU
 August. 2018



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY					
				1-Aug		2-Aug		3-Aug					
				Pulled Pork Sandwich (7) Rancho Fiesta Vegetable Mix Claremont Salad (3) 4 oz Yogurt w/Granola (20) Apple-Fruit Cup (14) /Hamburger Bun (26) Milk (12) Calories: 731 Protein: 51g Carbs: 94g Fat: 16g Fiber: 12.4g Sodium: 643mg		Beef Soft Taco (2) Spanish Rice (23) Creamed Spinach (6) Black Bean Soup (23) /Crackers Lettuce Garnish (1) /Tortilla (15) Mandarin Orange (22) /Milk (12) Calories: 820 Protein: 41g Carbs: 105g Fat: 32g Fiber: 17.2g Sodium: 1,038mg		BBQ Chicken w/BBQ Sauce (8) Ranch Beans (18) Carrots (6) Broccoli Salad (9) Vanilla Pudding (26) /Fresh Orange (15) Milk (12) Calories: 642 Protein: 45g Carbs: 96g Fat: 9.7g Fiber: 12.4g Sodium: 815mg					
				6-Aug		7-Aug		8-Aug		9-Aug		10-Aug	
				Beef/Turkey Cabbage Casserole (7) Steam Rice (13) Vegetable Mix, Prince Edward (3) Split Pea Soup (20) /Crackers (4) Strawberry & Peaches (10) Milk (12) Calories: 722 Protein: 39g Carbs: 84g Fat: 26g Fiber: 11.6mg Sodium: 461mg	Chicken Tarragon (6) Penne Pasta (21) Caribbean Vegetables (5) Italian Chicken Noodle Soup (7) Heavenly Hash (26) Milk (12) /Breadstick (39) Calories: 719 Protein: 57g Carbs: 103g Fat: 18.g Fiber: 10.4g Sodium: 784mg	BBQ Beef Sandwich (7) Seasoned Succotash (15) Oregon Mixed Vegetables (5) Tomato & Rice Soup (15) /Crackers (4) Diced Pears (16) Milk (12) / Hamburger Bun (26) Calories: 832 Protein: 61g Carbs: 110g Fat: 18g Fiber: 11.6g Sodium: 749mg	Salisbury Steak (3) Scalloped Potatoes (14) Peas & Carrots (7) Dinner Roll (13) /Margarine (1) Lentil Soup (18) /Grape-Fruit Cup (18) Milk (12) Calories: 864 Protein: 44g Carbs: 84g Fat: 40g Fiber: 9.6g Sodium: 656mg	Grilled Chicken Patty (1) Mexican Corn (17) Broccoli Salad Lettuce Garnish (1) /Mayonnaise (1) Peach Crisp Milk (12) /Hamburger Bun (26) Calories: 672 Protein: 48g Carbs: 92g Fat: 13g Fiber: 10.1g Sodium: 533mg					
				13-Aug		14-Aug		15-Aug		16-Aug		17-Aug	
				Sweet & Sour Chicken (17) Fried Rice (15) Lima Beans & Carrots (11) Cream of Broccoli Soup (6) /Crackers Bananas (25) Milk (12) Calories: 722 Protein: 39g Carbs: 84g Fat: 26g Fiber: 11.6mg Sodium: 461mg	Spaghetti & Meat Sauce (13) Italian Mix Vegetables (4) Winter Mix Vegetables (5) Minestrone Soup (9)/Breadstick (39) Ambrosia (26) Milk (12) Calories: 722 Protein: 39g Carbs: 84g Fat: 26g Fiber: 11.6mg Sodium: 461mg	Macaroni & Cheese (24) Green Beans Almondine (5) Brussel Sprouts (5) Creamy Tomato Soup (6) /Crackers Kidney Bean Salad (20) /Fresh Grapes Milk (12) Calories: 722 Protein: 39g Carbs: 84g Fat: 26g Fiber: 11.6mg Sodium: 461mg	Herb Fish w/Lemon Juice (4) Sweet & Red Potatoes (22) Peas & Mushrooms (9) Washington Chowder (12) /Cracker Fresh Apple (21) /Raisin Nut Cup (2) Milk (12) Calories: 722 Protein: 39g Carbs: 84g Fat: 26g Fiber: 11.6mg Sodium: 461mg	Egg Salad Sandwich (7) Rancho Fiesta (10) Southwest Vegetables (3) Potato Salad(14)/2 Sl. Bread (22) Strawberries & A1 Applesauce (11) Milk (12) Calories: 722 Protein: 39g Carbs: 84g Fat: 26g Fiber: 11.6mg Sodium: 461mg					
				20-Aug		21-Aug		22-Jul		23-Jul		24-Jul	
				Chicken Tahitian (13) Seasoned Cabbage (4) Cilantro Rice (17) Navy Bean Soup (23) /Crackers (4) Blueberry-Fruit Cup (12) Milk (12) Calories: 645 Protein: 58g Carbs: 86g Fat: 9g Fiber: 11.1g Sodium: 583mg	Polish Sausage (5) Mashed Potatoes (16) Cabbage & Carrots (4) Black Bean Lentil Soup (23) /Crackers (4) Peach-Fruit Cup (15) /Mustard Packet (1) Milk (12) Calories: 824 Protein: 32g Carbs: 82g Fat: 42g Fiber: 9.8g Sodium: 1,354mg	Pulled Pork Sandwich (7) Ranch Beans (20) Scandinavian Mixed Vegetables (10) Creamy Coleslaw (9) Pineapple Tid Bits (15) Milk (12) /Hamburger Bun (26) Calories: 788 Protein: 49g Carbs: 100g Fat: 21g Fiber: 12.9g Sodium:	Chili Relleno Casserole (10) Pinto Beans (10) Calabacitas (6) Cinnamon Applesauce (11) Banana Chocolate Bar (37) Milk (12) Calories: 675 Protein: 33g Carbs: 91g Fat: 21g Fiber: 9.9g Sodium: 782mg	Chicken Salad Sandwich (7) Vegetable Cous Cous (19) Harvard Beets (12) Fresh Orange (15) 2 Sli Bread (22) Milk (12) Calories: 638 Protein: 37g Carbs: 89g Fat: 17g Fiber: 11.9g Sodium: 805mg					
				27-Aug		28-Aug		29-Aug		30-Aug		31-Aug	
				Manicotti w/ Sauce (17) Honey Glazed Carrots (17) Steamed Broccoli (4) Chicken Gumbo Soup (11) /Crackers (4) Apricots (12) Milk (12) Calories: 546 Protein: 24g Carbs: 79g Fat: 15g Fiber: 10g Sodium: 873mg	Beef Taco Salad (12) Seasoned Mixed Beans (19) Stewed Tomatoes (9) Strawberry Blueberry Crisp (26) Lettuce Tomato Garnish (1) Milk (12) Calories: 615 Protein: 33g Carbs: 65g Fat: 26g Fiber: 14.5g Sodium: 551mg	Chicken Scallopini (5) Rice Pilaf (17) Roasted Brussel Sprouts (6) Vegetable Florentine Soup (12) /Crackers (4) Cranberry Pear Salad (25) Milk (13) /Raisin Nut Cup (21) Calories: 864 Protein: 54g Carbs: 95g Fat: 32g Fiber: 10.5g Sodium: 674mg	Beef Pot Pie (21) Parslied Potatoes (13) Seasoned Asparagus (1) Split Pea Soup (19) /Crackers (4) Apple Fruit-Cup (14) Milk (12) Calories: 791 Protein: 40g Carbs: 85g Fat: 32g Fiber: 12.1g Sodium: 652mg	Baked Fish w/Dill (5) Scalloped Potatoes (13) Scandinavian Mixed Vegetables (10) Chkn Barley Soup (10) /Crackers (4) Broccoli Salad (9) /Apricots (12) Milk (12) Calories: 672 Protein: 50g Carbs: 80g Fat: 17g Fiber: 10.9g Sodium: 563mg					
IMPORTANT INFORMATION: Numbers in parentheses next to each meal item indicate the number of carbohydrates in grams for that item.													
MENUS ARE SUBJECT TO CHANGE			Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.			DON'T FORGET TO CALL AND CANCEL YOUR MEAL WHEN YOU WON'T BE HOME!!!! 719-543-0100 CALL AS SOON AS POSSIBLE!!!! AT THE LATEST, PLEASE CALL BY 9AM ON THE DATE BEING CANCELLED!!!! YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!							
Consumers attending the congregate meal sites shall be advised and informed to keep a three-day supply of non-perishable foods and bottled water in case of inclement weather or other emergency that causes a temporary suspension of services. If feasible and determined by the Area Agency on Aging in their area plan, emergency meal packages may be provided.													