



S R D A
MEALS ON WHEELS MENU
JUNE. 2016

June is:
 *National Dairy Month and
 *National Fresh Fruit &
 Vegetable Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-Jun	2-Jun	3-Jun
		Chicken Rice Casserole (21) Peas & Carrots (8) Winter Mix Vegetables (4) Apple (21) Chicken Noodle Soup (12) Milk (13) Calories: 711 Protein: 46g Carbs: 81g Fat: 22g Fiber: 11.6g Sodium: 596mg	Tilapia w/Vegetable Sauce (3) Baked Sweet Potatoes (25) Broccoli & Cheese (4) Confetti Cottage Cheese (5) Grape-Fruit Cup (20) Milk (13) Calories: 641 Protein: 49g Carbs: 74g Fat: 18g Fiber: 9.8g Sodium: 764mg	Pork Cacciatore (5) Penne Pasta (21) Asparagus (1) Carrot Raisin Salad (14) Yogurt w/Granola (19) Garden Vegetable Soup (10) /Milk (13) Calories: 653 Protein: 44g Carbs: 87g Fat: 17g Fiber: 9.6g Sodium: 776mg
6-Jun	7-Jun	8-Jun	9-Jun	10-Jun
Chicken Alfredo (17) Meadow Blend Vegetables (4) Brussel Sprouts (7) Apricots (13) Lentil Soup (17) Milk (13) Calories: 740 Protein: 49g Carbs: 73g Fat: 27g Fiber: 11.1g Sodium: 651mg	Meatloaf w/Brown Gravy (8) Parslied Potatoes (24) Scandinavian Vegetables (6) Garden Salad(2)/French Dressing (1) Dinner Roll /Butter (22) Orange (15)/Milk (13) Calories: 975 Protein: 48g Carbs: 95g Fat: 44g Fiber: 9.5g Sodium: 622mg	Orange Glazed Pork (23) Rice Pilaf (15) Cabbage & Carrots (5) Pear (28) Creamy Tomato Soup (13) Milk (13) Calories: 766 Protein: 55g Carbs: 101g Fat: 17g Fiber: 10.3g Sodium: 460mg	BBQ Chicken (6) Ranch Beans (30) Green Beans (4) Sweet & Sour Coleslaw (7) Vanilla Pudding (17) Milk (13) Calories: 596 Protein: 49g Carbs: 81g Fat: 8g Fiber: 10.1g Sodium: 634mg	Corn Tamale Pie (27) Pinto Beans (23) Orange Glazed Carrots (13) Sugar Snap Peas (4) Strawberries & Pineapple (15) Cream of Corn Soup (17)/Milk (13) Calories: 1,117 Protein: 54g Carbs: 116g Fat: 49g Fiber: 15.4g Sodium: 685mg
13-Jun	14-Jun	15-Jun	16-Jun	17-Jun
Chicken Chow Mein (8) Brown Rice (13) Oriental Vegetables (5) Orange (15) Carrot & Sweet Potato Soup (14) Milk (13) Calories: 622 Protein: 40g Carbs: 71g Fat: 18g Fiber: 10.3g Sodium: 495mg	Pulled Pork Sandwich (1) Oregon Mixed Vegetables (7) Claremonts Salad (4) Peach Fruit Cup (16) Hamburger Bun (26) Milk (13) Calories: 626 Protein: 52g Carbs: 67g Fat: 16g Fiber: 9.7g Sodium: 459mg	Spaghetti & Meat Sauce (29) Yellow Squash (4) Italian Mixed Vegetables (11) Breadstick (39) /Pineapple Tid Bits (18) Minestrone Soup (18) Milk (13) Calories: 822 Protein: 42g Carbs: 135g Fat: 22g Fiber: 15.7g Sodium: 950mg	Beef Soft Taco (2) Spanish Rice (24) Creamed Spinach (8) Tortilla (15) /Lettuce Tomato Garnish (1) Grapes (16) Navy Bean Soup (22)/Milk (13) Calories: 940 Protein: 48g Carbs: 103g Fat: 37g Fiber: 11g Sodium: 1,094mg	Beef Lasagna (23) Corn O'Brien (12) Creole Green Beans (6) Plums (13) Split Pea Soup (20) Milk (13) Calories: 964 Protein: 57g Carbs: 92g Fat: 42g Fiber: 13.7g Sodium: 860mg
20-Jun	21-Jun	22-Jun	23-Jun	THEME DAY 24-Jun
Chicken Divan (9) Asparagus (1) Southwest Vegetables (4) Broccoli Salad (8) Blueberry Fruit Cup (14) Chicken Barley Soup (10)/Milk (13) Calories: 668 Protein: 45g Carbs: 60g Fat: 28g Fiber: 9g Sodium: 789mg	Slopper w/Green Chili (11) Ranch Beans (32) Peas & Mushroom (8) Sweet & Sour Coleslaw (7) Hamburger Bun (26) Apple Fruit Cup (13)/Milk (13) Calories: 951 Protein: 62g Carbs: 113g Fat: 28g Fiber: 16.7g Sodium: 758mg	Cheese Tortellini (23) Sugar Snap Peas (4) Lima Beans & Carrots (16) Breadstick (39) /Cinnamon Applesauce (13) Turkey Rice Soup (13) Milk (13) Calories: 661 Protein: 34g Carbs: 125g Fat: 14g Fiber: 13.8g Sodium: 1,083mg	Roast Pork Loin w/Apple Chutney (7) Mashed Potatoes (27) Mixed Vegetables (9) Pineapple Carrot Muffin (21) Garden Vegetable Soup (10) Milk (13) Calories: 769 Protein: 51g Carbs: 89g Fat: 22g Fiber: 9g Sodium: 569mg	Hawaiian Huli Huli Chicken (6) Hawaiian Rice (17) Hawaiian Asparagus (2) Coconut Crunch Fruit Salad (27) Saimin Soup (13) Banana Chocolate Bar (50)/Milk (13) Calories: 987 Protein: 60g Carbs: 131g Fat: 28g Fiber: 9.5g Sodium: 1,150mg
27-Jun	28-Jun	29-Jun	30-Jun	1-Jul
Shepard's Pie (19) Harvard Beets (13) Yellow Squash (4) Banana (25)/Jello (1) Beef Noodle Soup (10) Milk (13) Calories: 825 Protein: 44g Carbs: 87g Fat: 35g Fiber: 11g Sodium: 958mg	Dijon Chicken (11) Italian Mixed Vegetables (11) Stewed Tomatoes (9) Potato Salad (21) Peach Crisp (49) Milk (13) Calories: 933 Protein: 60g Carbs: 111g Fat: 28g Fiber: 16.2g Sodium: 755mg	Pork Diablo (7) Scalloped Potatoes (23) Broccoli & Cheese (4) Waldorf Salad (17) Lentil Soup (17) Milk (13) Calories: 870 Protein: 60g Carbs: 83g Fat: 36g Fiber: 11g Sodium: 617mg	Beef Tips w/Mushroom Gravy (6) Penne Pasta (21) Succotash in Garlic Butter (11) Celery Raisin Salad (24) Strawberries & Peaches (12) Beef Vegetable Soup (8)/Milk (13) Calories: 932 Protein: 72g Carbs: 99g Fat: 31g Fiber: 11.8g Sodium: 621mg	Ham & Cheese Quiche (19) Italian Vegetable Toss (6) Brussel Sprouts (7) Heavenly Hash (30) Minestrone Soup (18) Milk (13) Calories: 817 Protein: 38g Carbs: 103g Fat: 31g Fiber: 12g Sodium: 1,144mg



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!!!
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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.