



S R D A
MEALS ON WHEELS MENU
JULY, 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1-Jul Ham & Cheese Quiche (23) Italian Vegetable Toss (6) Brussel Sprouts (7) Heavenly Hash (30) Minestrone Soup (18) Milk (13) Calories: 820 Protein: 38g Carbs: 103g Fat: 31g Fiber: 12g Sodium: 1,153mg
Happy 4th of July	5-Jul	6-Jul	7-Jul	THEME DAY 8-Jul
Chicken Fried Rice (18) Oriental Vegetables (5) Oriental Green Beans (5) Ambrosia (28)/Orange (15) Egg Drop Soup (3) Milk (13) Calories: 879 Protein: 40g Carbs: 117g Fat: 29g Fiber: 12.1g Sodium: 675mg	Tuna Sandwich (4) Southwest Vegetables (4) Peas & Onions (12) Baked Apple (39) Bread (22) Milk (13) Calories: 571 Protein: 32g Carbs: 74g Fat: 17g Fiber: 10g Sodium: 444mg	Pinto Beans & Ham (28) Sugar Snap Peas (4) Calabacitas (6) Italian Pasta Salad (23) Cornbread (7)/Butter (1) Milk (13) Calories: 721 Protein: 37g Carbs: 94g Fat: 24g Fiber: 12.3g Sodium: 959mg	Roast Beef w/Beef Gravy (2) Lyonnais Potatoes (23) Scandinavian Vegetables (6) Grape-Fruit Cup (20)/Bran Muffin (30) Beef Mushroom Barley (7) Milk (13) Calories: 832 Protein: 65g Carbs: 105g Fat: 19g Fiber: 16.3g Sodium: 451mg	Hamburger (1)/Hamburger Bun (26) Potato Salad (21) BBQ Baked Beans (44) Sweet/Sour Coleslaw (7) Tom/Lett/Onion/Cheese (2)/Condiments (3) Cherry & Blueberry Crisp (65)/Milk (13) Calories: 1,292 Protein: 63g Carbs: 184g Fat: 34g Fiber: 21.3g Sodium: 1,342mg
11-Jul	12-Jul	13-Jul	14-Jul	15-Jul
Green Pepper Steak (6) Cheesy Mashed Potatoes (28) Honey Glazed Carrots (11) Fruit Cocktail (13) Beef Vegetable Soup (8) Milk (13) Calories: 780 Protein: 43g Carbs: 82g Fat: 31g Fiber: 9.8g Sodium: 565mg	Pueblo Beef Stew (12) Cilantro Rice (14) Mixed Vegetables (9) Zucchini & Tomatoes (3) Mandarin Oranges (19) Chocolate Ice Cream (31) /Milk (13) Calories: 898 Protein: 58g Carbs: 105g Fat: 29g Fiber: 9.5g Sodium: 618mg	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 (6) 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
18-Jul	19-Jul	20-Jul	21-Jul	22-Jul
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 (18) Orange Glazed Carrots (13) Sugar Snap Peas (4) Strawberries & Pineapple (15) South West Macaroni Salad (25) Milk (13) Calories: 903 Protein: 42g Carbs: 90g Fat: 42g Fiber: 9.7g Sodium: 759mg
25-Jul	26-Jul	27-Jul	28-Jul	29-Jul
Chicken Chow Mein (30) Brown Rice (13) Oriental Vegetables (5) Orange (15) Carrot & Sweet Potato Soup (14) Milk (13) Calories: 749 Protein: 43g Carbs: 92g Fat: 24g Fiber: 12.2g Sodium: 754mg	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: 15.5g Sodium: 957mg	Pulled Pork Sandwich (3) Oregon Mixed Vegetables (7) Claremonts Salad (4) Peach Fruit Cup (16) Hamburger Bun (26) Milk (13) Calories: 639 Protein: 52g Carbs: 71g Fat: 16g Fiber: 9.9g Sodium: 550mg	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

IMPORTANT INFORMATION: Numbers in parentheses next to each meal item indicate the number of carbohydrates in grams for that item.

MENUS ARE SUBJECT TO	Please remember SRDA in your planned giving. Your legacy lives on, our	DON'T FORGET TO CALL AND CANCEL YOUR MEAL WHEN YOU WON'T BE HOME!!!!	719-543-0100 CALL AS SOON AS POSSIBLE!!!!
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**SUBJECT TO
CHANGE**

mission continues at
Meals on Wheels.

**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.