



**SRDA
MEALS ON WHEELS MENU
September, 2016**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1-Sep	2-Sep
			Roast Beef W/Beef Gravy (2) Mashed Potatoes (26) Cheesy Cauliflower (3) Peas & Carrot Salad (9) Grape- Fruit Cup (18) Milk (13) Calories: 700 Protein: 58g Carbs: 74g Fat: 20g Fiber: 8.9g Sodium: 578mg	Tuna Salad (5) Capri Mixed Vegetables (11) Stewed Tomatoes (9) Sliced Bread/2ea (22) Oranges w/Whip Topping (21) Cream Of Corn Soup (17)/Milk (13) Calories: 693 Protein: 37g Carbs: 101g Fat: 19g Fiber: 11.8g Sodium: 945mg
5-Sep	6-Sep	7-Sep	8-Sep	9-Sep
Herb Baked Chicken (1) Rice Pilaf (15) Seasoned Succotash (16) Confetti Cottage Cheese Crunchy (7) Banana (25) Carrot & Swt Potato Soup (14)/Milk (13) Calories: 744 Protein: 52g Carbs: 94g Fat: 19g Fiber: 11g Sodium: 598mg	Chicken Fajita (6) Seasoned Pinto Beans (29) Oregon Mixed Vegetables (7) Tortilla (15) Apricots (13) Milk (13) Calories: 633 Protein: 41g Carbs: 85g Fat: 13g Fiber: 14.3g Sodium: 541mg	Cheese Tortellini w/Sauce (18) Winter Mix Vegetables (4) Seasoned Spinach (4) Garlic Bread (11) Strawberry & Peaches (11) Milk (13) Calories: 460 Protein: 22g Carbs: 62g Fat: 15g Fiber: 9.7g Sodium: 717mg	Sweet & Sour Pork (17) Steamed Rice (13) Seasoned Oriental Vegetables (5) Jello w/Mixed Fruit (6) Black Bean Soup (23) Milk (13) Calories: 680 Protein: 55g Carbs: 80g Fat: 22g Fiber: 16.9g Sodium: 625mg	Swedish Meatballs (11) Parslied Noodles (19) Roasted Brussel Sprouts (7) Waldorf Salad (17) Beef Mushroom Barley (7) Milk (13) Calories: 879 Protein: 43g Carbs: 76g Fat: 47g Fiber: 10.2g Sodium: 889mg
12-Sep	13-Sep	14-Sep	15-Sep	16-Sep
Beef/Turkey Cabbage Casserole (7) Brown Rice (13) Meadow Blend Vegetables (4) Mandarin Oranges (19) Split Pea Soup (20) Milk (13) Calories: 789 Protein: 43g Carbs: 79g Fat: 33g Fiber: 11g Sodium: 517mg	Pulled Pork Sandwich (7) Ranch Beans (36) Scandinavian Mixed vegetables (6) Claremont Salad (4) Pineapple Tid Bits (18) Hamburger Bun (26)/ Milk (13) Calories: 867 Protein: 62g Carbs: 114g Fat: 17g Fiber: 15.6g Sodium: 692mg	Chicken Tarragon (2) Penne Pasta (19) Seasoned Yellow Squash (4) Breadstick (39) Fruitcocktail (13) Lentil Soup (17)/ Milk (13) Calories: 757 Protein: 58g Carbs: 110g Fat: 19g Fiber: 10g Sodium: 844mg	Salisbury Steak (2) Baked Potato (39) Peas & Carrots (8) Celery Raisin Salad (24) Blueberry Fruit Cup (14) Milk (13) Calories: 746 Protein: 38g Carbs: 102g Fat: 22g Fiber: 9.7g Sodium: 471mg	Grilled Chicken Patty (1) Oregon Mixed Vegetables (7) Sweet & Sour Coleslaw (7) Hamburger Bun (26) Lettuce Garnish (1)/Mayonnaise (1) Peach Crisp (46)/ Milk (13) Calories: 742 Protein: 50g Carbs: 104g Fat: 14g Fiber: 11.8g Sodium: 556mg
19-Sep	20-Sep	21-Sep	22-Sep	Italian Theme 23-Sep
Sweet & Sour Chicken (19) Fried Rice (17) Lima Beans & Carrots (16) Strawberries & Peaches (11) Cream of Broccoli Soup (6) Milk (13) Calories: 751 Protein: 56g Carbs: 85g Fat: 19g Fiber: 10.5g Sodium: 797mg	Macaroni & Cheese (35) Green Beans Almondine (5) Brussel Sprouts (6) Tomato Cucumber Salad (4) Spiced Plums (13) Milk (13) Calories: 723 Protein: 34g Carbs: 80g Fat: 32g Fiber: 11.2g Sodium: 461mg	Egg Salad Sandwich (6) Broccoli Salad (7) Sliced Bread/2ea (22) Vanilla Pudding (17)/Orange (15) Gazpacho Cold Soup (6) Milk (13) Calories: 653 Protein: 35g Carbs: 94g Fat: 17g Fiber: 10.6g Sodium: 956mg	Potato Crunch Fish (13) Sweet & Red Potatoes (21) Peas & Mushrooms (8) Lemon Juice (1) Apple (21) Washington Chowder (19) Milk (13) Calories: 679 Protein: 33g Carbs: 99g Fat: 16g Fiber: 10.67g Sodium: 691mg	Spaghetti & Meatballs (36) Italian Mixed Vegetables (12) Garlic Bread (11) Ambrosia (28) Minestrone Soup (10) Milk (13) Calories: 870 Protein: 36g Carbs: 112g Fat: 33g Fiber: 14.8g Sodium: 1,191mg
26-Sep	27-Sep	28-Sep	Sep 29	30-Sep
Manicotti w/Sauce (17) Honey Glazed Carrots (11) Seasoned Broccoli (4) Apricots (13) Chicken Gumbo Soup (11) Milk (13) Calories: 528 Protein: 25g Carbs: 72g Fat: 16g Fiber: 10g Sodium: 803mg	BBQ Beef w/BBQ Sauce (7) Seasoned Succotash (16) Oregon Mixed Vegetables (7) Grapes (16)/Hamburger Bun (26) Tomato & Rice Soup (16) Milk (13) Calories: 856 Protein: 69g Carbs: 104g Fat: 21g Fiber: 12.1g Sodium: 761mg	Smoked Sausage Link (4) Mashed Potatoes (26) Cabbage & Carrots (5) Peach Fruit Cup (14)/Mustard pk (1) Black Bean Lentil Soup (21) Milk (13) Calories: 782 Protein: 33g Carbs: 86g Fat: 34g Fiber: 11.3g Sodium: 1,167mg	Chili Relleno Casserole (12) Seasoned Pinto Beans (29) Stewed Tomatoes (9) Cinnamon Applesauce (13) Milk (13) Calories: 627 Protein: 37g Carbs: 78g Fat: 19g Fiber: 11.9g Sodium: 667mg	Chicken Salad (11) Vegetable Coucous (21) Harvard Beets (13) Sliced Bread/2ea (22) Orange (15) Milk (13) Calories: 749 Protein: 43g Carbs: 96g Fat: 22g Fiber: 12.9g Sodium: 1,087mg

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.