



**S R D A**  
**MEALS ON WHEELS MENU**  
 October, 2016



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>3-Oct</b>	<b>4-Oct</b>	<b>5-Oct</b>	<b>6-Oct</b>	<b>7-Oct</b>
King Ranch Chicken (26) Seasoned Corn (15) Seasoned Cabbage (7) Navy Bean Soup (22) Strawberries & Pineapple (13) Milk (13) Calories: 765 Protein: 46g Carbs: 99g Fat: 21g Fiber: 13.6g Sodium: 745mg	Beef Pie w/Biscuit Topping (14) Parslied Potatoes (24) Seasoned Asparagus (1) Split Pea Soup (20) Apple Fruit Cup (13) Milk (13) Calories: 859 Protein: 45g Carbs: 88g Fat: 37g Fiber: 12.9g Sodium: 405mg	Beef Taco Salad (13) Seasoned Mixed Beans (29) Calabacitas (6) Lettuce/Tom Garnish (1) Ambrosia (26) Milk (13) Calories: 814 Protein: 42g Carbs: 90g Fat: 35g Fiber: 16.9g Sodium: 676mg	Chicken Scallopini (6) Brown Rice Pilaf (15) Roasted Brussel Sprouts (7) Vegetable Florentine Soup (14) Cranberry Pear Salad (21) Raisin Nut Cup (13)/Milk (13) Calories: 1,013 Protein: 64g Carbs: 91g Fat: 44g Fiber: 10.6g Sodium: 818mg	Baked Fish w/Dill Sauce (7) Scalloped Potatoes (21) Sugar Snap Peas (4) Chicken Barley Soup (9) Celery Raisin Salad (24) Apricots (13)/Milk (13) Calories: 789 Protein: 49g Carbs: 94g Fat: 25g Fiber: 10.2g Sodium: 646mg
<b>10-Oct</b>	<b>11-Oct</b>	<b>12-Oct</b>	<b>13-Oct</b>	<b>14-Oct</b>
Chicken & Dumplings (12) Basil Green Beans (5) Roasted Herb Cauliflower (3) Minestrone Soup (10) Apple (21) Milk (13) Calories: 563 Protein: 40g Carbs: 67g Fat: 15g Fiber: 10.8g Sodium: 636mg	Chicken Enchiladas (26) Seasoned Black Beans (17) Seasoned Mixed Vegetables (9) Green Chili Soup (9) Grapes (16) Milk (13) Calories: 732 Protein: 49g Carbs: 93g Fat: 18g Fiber: 15.1g Sodium: 1,203mg	Tuna Salad Sandwich (5) Capri Mixed Vegetables (11) Stewed Tomatoes (9) Cream of Corn Soup (17) Bread 2 slices (22) Oranges w/Whip Topping (21)/Milk (13) Calories: 670 Protein: 35g Carbs: 102g Fat: 18g Fiber: 11.9g Sodium: 1,097mg	Roast Beef w/Beef Gravy (2) Mashed Potatoes (26) Cheesy Cauliflower (3) Beef Noodle Soup (10) Peas & Carrot Salad (8) Grape-Fruit Cup (18)/Milk (13) Calories: 783 Protein: 64g Carbs: 85g Fat: 22g Fiber: 10g Sodium: 760mg	Frittata (4) Roasted Rosemary Potatoes (22) Zucchini & Tomatoes (3) Pear (28) Banana Chocolate Bar (46) Milk (13) Calories: 799 Protein: 29g Carbs: 119g Fat: 26g Fiber: 13.5g Sodium: 567mg
<b>17-Oct</b>	<b>18-Oct</b>	<b>19-Oct</b>	<b>20-Oct</b>	<b>21-Oct</b>
Herb Baked Chicken (1) Brown Rice Pilaf (15) Seasoned Succotash (16) Carrot & Sweet Potato Soup (13) Crunchy Confeetti Cottage Cheese (7) Banana (25)/Milk (13) Calories: 738 Protein: 52g Carbs: 93g Fat: 19g Fiber: 10.9g Sodium: 596mg	Cheese Tortellini w/Sauce (29) Winter Mix Vegetables (4) Seasoned Spinach (3) Garlic Bread (11) Strawberries & Peaches (11) Milk (13) Calories: 528 Protein: 26g Carbs: 73g Fat: 15g Fiber: 10.2g Sodium: 858mg	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: 567mg	Sweet & Sour Pork (17) Steamed Brown Rice (13) Oriental Vegetables (5) Black Bean Soup (23) Jello w/Mixed Fruit (8) Milk (13) Calories: 691 Protein: 55g Carbs: 82g Fat: 22g Fiber: 17g Sodium: 637mg	Swedish Meatballs (11) Parslied Noodles (19) Roasted Brussel Sprouts (7) Beef Mushroom Barley Soup (7) Waldorf Salad (10) Milk (13) Calories: 813 Protein: 42g Carbs: 69g Fat: 42g Fiber: 9.5g Sodium: 883mg
<b>24-Oct</b>	<b>25-Oct</b>	<b>26-Oct</b>	<b>27-Oct</b>	<b>28-Oct</b>
Beef & Turkey Cabbage Cass. (7) Steamed Brown Rice (13) Meadow Blend Vegetables (4) Split Pea Soup (20) Mandarin Oranges (22) Milk (13) Calories: 766 Protein: 42g Carbs: 83g Fat: 29g Fiber: 11.2g Sodium: 513mg	Chicken Tarragon (6) Penne Pasta (19) Seasoned Yellow Squash (3) Breadstick (39) Lentil Soup (17) Fruit Cocktail (13)/Milk (13) Calories: 777 Protein: 58g Carbs: 114g Fat: 19g Fiber: 9.9g Sodium: 855mg	Pulled Pork Sandwich (7) Ranch Beans (36) Scandinavian Mixed Vegetables (6) Claremont Salad (4) Pineapple Tid Bits (19) Hamburger Bun (26)/Milk (13) Calories: 868 Protein: 62g Carbs: 114g Fat: 17g Fiber: 15.5g Sodium: 742mg	Salisbury Steak (2) Au Gratin Potatoes (31) Peas & Carrots (8) Celery Raisin Salad (24) Dinner Roll w/Butter (13) Blueberry Fruit Cup (13)/Milk (13) Calories: 1054 Protein: 48g Carbs: 108g Fat: 49g Fiber: 10.2g Sodium: 927mg	Grilled Chicken Patty (1) Oregon Mixed Vegetables (7) Peach Crisp (46) Sweet & Sour Coleslaw (7) Hamburger Bun (26)/Mayonnaise (1) Lettuce Garnish (1)/ Milk (13) Calories: 739 Protein: 50g Carbs: 103g Fat: 14g Fiber: 11.6g Sodium: 580mg
<b>Theme Day Oct 31</b>	<b>1-Nov</b>	<b>2-Nov</b>	<b>3-Nov</b>	<b>(All Cold) 4- Nov</b>
Chicken Enchiladas (26) Seasoned Black Beans (17) Carrot & Sweet Potato Soup (13) Carrot Raisin Salad (14) Jello w/Mandarin Oranges (12) Cookie (15)/Milk (13) Calories: 878 Protein: 49g Carbs: 113g Fat: 26g Fiber: 14.7g Sodium: 1,306mg	Spaghetti & Meatballs (36) Italian Mixed Vegetables (12) Garlic Bread (11) Minestrone Soup (10) Ambrosia (26) Milk (13) Calories: 849 Protein: 36g Carbs: 110g Fat: 32g Fiber: 14.8g Sodium: 1,187mg	Macaroni & Cheese (36) Green Bean Almondine (5) Brussel Sprouts (6) Tomato Cucumber Salad (4) Spiced Plums (13) Milk (13) Calories: 744 Protein: 35g Carbs: 79g Fat: 33g Fiber: 11.2g Sodium: 523mg	Fish Potato Crunch (14) Sweet & Red Potatoes (21) Peas & Mushrooms (8) Washington Chowder (16) Apple (21)/Lemon pk. (1) Milk (13) Calories: 664 Protein: 31g Carbs: 96g Fat: 16g Fiber: 10.6g Sodium: 689mg	Egg Salad Sandwich (6) Broccoli Salad (9) Gazpacho Soup (7) Bread 2slices (22) Orange (15) Vanilla Pudding (17)/Milk (13) Calories: 631 Protein: 35g Carbs: 91g Fat: 16g Fiber: 11.2g Sodium: 1,156mg

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

<b>MENUS ARE SUBJECT TO CHANGE</b>	Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.	<b>DON'T FORGET TO CALL AND CANCEL YOUR MEAL WHEN YOU WON'T BE HOME!!!!</b> 719-543-0100 <b>CALL AS SOON AS POSSIBLE!!!!</b> <b>AT THE LATEST, PLEASE CALL BY 9AM ON THE DATE BEING CANCELLED!!!!</b> <b>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</b>
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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.