



S R D A
MEALS ON WHEELS MENU
 November. 2016



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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|  | 1-Nov 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 | 2-Nov 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 | 3-Nov 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 | (All Cold) 4- Nov 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 |
| | 7-Nov Citrus & Herb Fish (21) Vegetable CousCous (21) Harvard Beets (13) Washington Chowder (16) Bananas (25) Milk (13) Calories: 785 Protein: 43g Carbs: 112g Fat: 20g Fiber: 9.7g Sodium: 699mg | 8-Nov Cuban Roast Pork (7) Roasted Rosemary Potatoes (22) Mixed Vegetables (10) Pear (28) Milk (13) Calories: 706 Protein: 53g Carbs: 82g Fat: 18g Fiber: 10.6g Sodium: 249mg | 9-Nov Chicken Noodle Casserole (31) Winter Mix Vegetables (3) Cherry/Blueberry Crisp (65) Peas Salad (8) Milk (13) Calories: 962 Protein: 63g Carbs: 122g Fat: 24g Fiber: 9.7g Sodium: 531mg | 10-Nov BBQ Chicken (8)/Hamburger Bun (26) Ranch Beans (33) Hot Fruit Compote (24) Garden Vegetable Soup (10) Sweet & Sour Coleslaw (7) Milk (13) Calories: 792 Protein: 56g Carbs: 123g Fat: 9g Fiber: 16.1g Sodium: 879mg |
| 14-Nov Chili Mac (36) Cheesy Cauliflower (3) Caribbean Vegetables (5) Cinnamon Applesauce (13) Milk (13) Calories: 768 Protein: 43g Carbs: 72g Fat: 34g Fiber: 11.3g Sodium: 483mg | 15-Nov Beef Pie w/Biscuit Topping (22) Broccoli & Cheese (9) Zucchini & Tomatoes (3) Navy Bean Soup (22) Grapes (16) Milk (13) Calories: 992 Protein: 53g Carbs: 87g Fat: 49g Fiber: 11.9g Sodium: 1,085mg | 16-Nov Tuna Salad/2Sli Bread (27) Asparagus (1) Peas & Onions (12) Chicken Gumbo Soup (11) Yogurt w/Mandarin Oranges (18) Milk (13) Calories: 587 Protein: 41g Carbs: 85g Fat: 11g Fiber: 12.3g Sodium: 1,079mg | 17-Nov Chicken Cacciatore (4) Mashed Potatoes (26) Oregon Mixed Vegetables (7) Carrot Raisin Salad (14) Blueberry Fruit Cup (13) Milk (13) Calories: 677 Protein: 58g Carbs: 80g Fat: 16g Fiber: 10g Sodium: 638mg | 18-Nov Beef Chow Mein (47) Brown Rice (13) Capri Mixed Vegetables (4) Tomato Cucumber Salad (4) Apple (21) Milk (13) Calories: 846 Protein: 49g Carbs: 105g Fat: 30g Fiber: 11.4g Sodium: 903mg |
| 21-Nov Pork Sukiyaki (25) Carrots (7) Sugar Snap Peas (4) Egg Drop Soup (3) Banana (25) Milk (13) Calories: 677 Protein: 45g Carbs: 80g Fat: 20g Fiber: 10.3g Sodium: 475mg | 22-Nov Chicken Tahitian (6) Sweet & Red Potatoes (21) Green Beans (4) Tomato & Rice Soup (16) Orange (15) Milk (13) Calories: 703 Protein: 67g Carbs: 77g Fat: 15g Fiber: 9.6g Sodium: 603mg | 23-Nov Roasted Turkey w/Gravy (2) Cornbread Dressing (24) Brussel Sprouts (6) Green Bean Almondine (5) Chicken Noodle Soup (12) Pumpkin Pie (49)/Milk (13) Calories: 988 Protein: 49g Carbs: 114g Fat: 39g Fiber: 11.3g Sodium: 1,336mg | 24-Nov Fish w/Mango Basil Sauce (7) Fall Harvest CousCous (28) Zucchini & Tomatoes (3) Lentil Soup (17) Apricots (13) Milk (13) Calories: 656 Protein: 46g Carbs: 83g Fat: 17g Fiber: 10.1g Sodium: 587mg | 25-Nov Pueblo Beef Stew (12) Cilantro Rice (15) Calabacita (6) Lima Beans & Carrots (16) Coconut Fruit Salad (24) Milk (13) Calories: 770 Protein: 57g Carbs: 89g Fat: 22g Fiber: 10.2g Sodium: 605mg |
| 28-Nov Hungarian Goulash (8) Parslied Noodles (19) Oregon Mixed Vegetables (7) Garden Vegetable Soup (14) Apple (21) Milk (13) Calories: 791 Protein: 64g Carbs: 85g Fat: 23g Fiber: 10.9g Sodium: 767mg | 29-Nov Turkey Green Chili (19) Scandinavian Mixed Vegetables (6) Mexican Corn (15) Garden Salad/Ranch Dressing (2) Pear (28)/Tortilla (15) Milk (13) Calories: 635 Protein: 36g Carbs: 102g Fat: 11g Fiber: 12.4g Sodium: 1,160mg | 30-Nov Ham & Cheese Quiche (30) SeasonedCabbage (7) Asparagus (1) Split Pea Soup (20) Pumpkin Muffin (20) Milk (13) Calories: 998 Protein: 50g Carbs: 94g Fat: 47g Fiber: 13.8g Sodium: 1,153mg | 1-Dec Dijon Chicken (11) Vegetable Couscous (21) Roasted Brussel Sprouts (7) Chicken Barley Soup (9) Heavenly Hash (26) Milk (13) Calories: 767 Protein: 53g Carbs: 90g Fat: 23g Fiber: 9.8g Sodium: 502mg | 2-Dec Beef Tips w/Mushroom Gravy (6) Cheesy Mashed Potatoes (27) Bermuda Mixed Vegetables (4) Creamy Coleslaw (8) Banana Chocolate Bar (26) Milk (13) Calories: 933 Protein: 63g Carbs: 107g Fat: 29g Fiber: 10.4g Sodium: 719mg |

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

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| 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.