



**S R D A**  
**MEALS ON WHEELS MENU**  
 December. 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1-Dec</b>	<b>2-Dec</b>
			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	Beef Tips w/Mushroom Gravy (6) Cheesy Mashed Potatoes (27) Bermuda Mixed Veg (4) Creamy Coleslaw (8) Banana Chocolate Bar (26) Milk (13) Calories: 933 Protein: 63g Carbs: 107g Fat: 29g Fiber: 10.4g Sodium: 719mg
<b>5-Dec</b>	<b>6-Dec</b>	<b>7-Dec</b>	<b>8-Dec</b>	<b>9-Dec</b>
Shepard's Pie (16) Roasted Cauliflower (3) Scandinavian Vegetable (12) Beef Noodle Soup (6) Fruit Cocktail (13) Milk (13) Calories: 712 Protein: 44g Carbs: 66g Fat: 31g Fiber: 11.3g Sodium: 810mg	Tuna Noodle Casserole (28) Corn (15) Harvard Beets (13) Italian Vegetable Toss (10) Oranges w/Whipped Topping (21) Milk (13) Calories: 758 Protein: 40g Carbs: 102g Fat: 23g Fiber: 11g 1,066mg	Chili Con Carne (31) Spanish Rice (23) Yellow Squash (3) Chilled Apricots (13) Cornbread w/Butter(17) Milk (13) Calories: 799 Protein: 36g Carbs: 103g Fat: 27g Fiber: 14.1g Sodium: 710mg	Ham & Potato Casserole (35) Seasoned Asparagus (1) Capri Mixed Vegetables (4) Carrot & Sweet Potato Soup (17) Peach Crisp (43) Milk (13) Calories: 788 Protein: 31g Carbs: 115g Fat: 22g Fiber: 11.6g Sodium: 652mg	Beef & Bean Burrito (35) Green Chili (10) Calabacitas (6) Seasoned Succotash (16) Grape-Fruit Cup (18) Milk (13) Calories: 715 Protein: 30g Carbs: 100g Fat: 23g Fiber: 9.6g Sodium: 771mg
<b>12-Dec</b>	<b>13-Dec</b>	<b>14-Dec</b>	<b>15-Dec</b>	<b>16-Dec</b>
Sweet & Sour Chicken (17) Brown Fried Rice (15) Oregon Mixed Vegetables (6) Creamy Tomato Soup (9) Apple (21) Milk (13) Calories: 740 Protein: 68g Carbs: 83g Fat: 17g Fiber: 9.6g Sodium: 626mg	Green Pepper Steak (6) Baked Sweet Potato (21) Cheesy Cauliflower (3) Chicken Barley Soup (9) Vanilla Pudding (17) Pineapple Tid Bits (21)/Milk (13) Calories: 876 Protein: 47g Carbs: 93g Fat: 35g Fiber: 9.8g Sodium: 722g	Roast Pork Loin (1) Garlic Mashed Potatoes (27) Seasoned Mixed Vegetables (10) Apple Chutney (7) Tomato Cucumber Salad (4) Orange (15)/Milk (13) Calories: 710 Protein: 49g Carbs: 77g Fat: 22g Fiber: 9.8g Sodium: 334.78	Turkey Rice & Cheese Cass. (27) Orange Glazed Carrots (13) Brussel Sprouts (6) Strawberry Applesauce (12) Garlic Bread (16) Milk (13) Calories: 659 Protein: 32g Carbs: 90g Fat: 21g Fiber: 11.6g Sodium: 1,066mg	Sloppy Joe (4) Seasoned Spinach (3) Prince Edward Mixed Veg (4) Beef Vegetable Soup (6) Diced Peaches (13) Hamburger Bun (26)/Milk (13) Calories: 751 Protein: 43g Carbs: 72g Fat: 31g Fiber: 11.5g Sodium: 864mg
<b>19-Dec</b>	<b>20-Dec</b>	<b>21-Dec</b>	<b>22-Dec</b>	<b>23-Dec</b>
Chicken Noodle Casserole (44) Winter Mix Vegetable (6) Italian Mixed Vegetables (6) Cherry/Blueberry Crisp (65) Pea Salad (8) Milk (13) Calories: 1,051 Protein: 57g Carbs: 144g Fat: 29g Fiber: 13.8g Sodium: 1,034mg	Citrus & Herb Fish (4) Vegetable Couscous (21) Harvard Beets (13) Washington Chowder (16) Broccoli Salad (9) Apricots (13)/Milk (13) Calories: 739 Protein: 43g Carbs: 92g Fat: 23g Fiber: 10.1g Sodium: 848mg	Cuban Roast Pork (2) Roasted Rosemary Potatoes (22) Cabbage & Carrots (5) Pear (28) Dinner Roll/ Butter (13) Milk (13) Calories: 737 Protein: 53g Carbs: 86g Fat: 20g Fiber: 11.3g Sodium: 453mg	BBQ Chicken (8) Ranch Beans (33) Hot Fruit Compote (22) Garden Vegetable Soup (10) Sweet & Sour Coleslaw (6) Hamburger Bun(26) /Milk (13) Calories: 798 Protein: 56g Carbs: 121g Fat: 10g Fiber: 15.6g Sodium: 863mg	Roasted Turkey w/Gravy (2) Cornbread Dressing (24) Brussel Sprouts (6) Green Bean Almondine (5) Chicken Noodle Soup (12) Jello w/Fruit(8)/Cookie(15)/Milk(13) Calories: 784 Protein: 47g Carbs: 89g Fat: 29g Fiber: 9.7g Sodium: 1,050mg
<b>26-Dec</b>	<b>27-Dec</b>	<b>28-Dec</b>	<b>29-Dec</b>	<b>30-Dec</b>
Chili Mac (30) Cheesy Cauliflower (3) Cape Cod Vegetables (8) Cinnamon Applesauce (12) Milk (13) Calories: 697 Protein: 38g Carbs: 68g Fat: 29g Fiber: 11.7g Sodium: 453mg	Chicken Cacciatore (4) Mashed Potatoes (26) Oregon Mixed Vegetable (6) Carrot Raisin Salad (12) Blueberry Fruit Cup (13) Dinner Roll/Butter(13)/Milk (13) Calories: 771 Protein: 60g Carbs: 90g Fat: 20g Fiber: 10.2g Sodium: 811mg	Beef Pie W/ Biscuit (22) Caribbean Vegetables (5) Zucchini & Tomatoes (3) Navy Bean Soup (22) Grapes (16) Milk (13) Calories: 797 Protein: 40g Carbs: 83g Fat: 33g Fiber: 10.6g Sodium: 799mg	Meatloaf w/Mushroom Gravy (9) Asparagus (1) Peas & Onions (12) Chicken Gumbo Soup (11) Dinner Roll w/Butter (13) Yogurt W/Oranges (20)/Milk (13) Calories: 916 Protein: 57g Carbs: 82g Fat: 41g Fiber: 10g Sodium: 811mg	Roast Beef w/Brown Gravy(3) Lyonnaise Potatoes (22) Scandinavian Mixed Veg (12) Cream of Broccoli Soup (6) Cranberry Apple Crumble (42) Milk (13) Calories: 849 Protein: 57g Carbs: 100g Fat: 26g Fiber: 11.7 Sodium: 418mg

**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.	<p style="text-align: center;"><b>DON'T FORGET TO CALL AND CANCEL YOUR MEAL WHEN YOU WON'T BE HOME!!!!</b></p> <p style="text-align: center;"><b>719-543-0100</b></p> <p style="text-align: center;"><b>CALL AS SOON AS POSSIBLE!!!!</b></p> <p style="text-align: center;"><b>AT THE LATEST, PLEASE CALL BY 9AM ON THE DATE BEING CANCELLED!!!!</b></p> <p style="text-align: center;"><b>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</b></p>
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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.