



**SRDA
MEALS ON WHEELS MENU
January. 2017**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Jan	3-Jan	4-Jan	5-Jan	6-Jan
Pueblo Beef Stew (12) Cilantro Rice (15) Calabacita (6) Lima Beans & Carrots (16) Banana (25) Milk (13) Calories: 742 Protein: 57g Carbs: 90g Fat: 18g Fiber: 11.8g Sodium: 557mg	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	Chicken Tahitian (6) Sweet & Red Potatoes (21) Green Beans (4) Tomato & Rice Soup (17) Orange (15) Milk (13) Calories: 670 Protein: 60g Carbs: 78g Fat: 15g Fiber: 9.7g Sodium: 646mg	Fish w/Mango Basil Sauce (3) Fall Harvest CousCous (25) Broccoli Walnut Parmasean(4) Lentil Soup (17) Apricots (13) Milk (13) Calories: 639 Protein: 47g Carbs: 77g Fat: 17g Fiber: 10.6g Sodium: 531mg	Pork Sukiyaki (25) Carrots (7) Sugar Snap Peas (4) Egg Drop Soup (3) Cherry/Blueberry Crisp (65) Milk (13) Calories: 896 Protein: 51g Carbs: 118g Fat: 25g Fiber: 11g Sodium: 457mg
9-Jan	10-Jan	11-Jan	12-Jan	13-Jan
Hungarian Goulash (8) Parslied Noodles (19) Oregon Mixed Vegetables (6) Garden Vegetable Soup (14) Apple (21) Milk (13) Calories: 787 Protein: 64g Carbs: 83g Fat: 23g Fiber: 10.1g Sodium: 765mg	Ham & Cheese Quiche (30) SeasonedCabbage (4) Seasoned Asparagus (1) Split Pea Soup (20) Pumpkin Muffin (20) Milk (13) Calories: 984 Protein: 50g Carbs: 91g Fat: 47g Fiber: 12.5g Sodium: 1,144mg	Turkey Green Chili (19) Scandinavian Mixed Vegetables (11) Mexican Corn (15) Garden Salad/Ranch Dressing (1) Pear (28)/Tortilla (15) Milk (13) Calories: 664 Protein: 38g Carbs: 105g Fat: 13g Fiber: 13.7g Sodium: 1,129mg	Dijon Chicken (11) Vegetable Couscous (20) Roasted Brussel Sprouts (7) Chicken Barley Soup (9) Heavenly Hash (26) Milk (13) Calories: 746 Protein: 53g Carbs: 88g Fat: 22g Fiber: 9.5g Sodium: 484mg	Beef Tips w/Mushroom Gravy (6) Cheesy Mashed Potatoes (28) Bermuda Mixed Veg (4) Creamy Coleslaw (8) Banana Chocolate Bar (41) Milk (13) Calories: 896 Protein: 62g Carbs: 103g Fat: 27g Fiber: 10.g Sodium: 798mg
16-Jan	17-Jan	18-Jan	19-Jan	20-Jan
Shepard's Pie (16) Roasted Cauliflower (3) Scandinavian Vegetable (11) Beef Noodle Soup (6) Fruit Cocktail (13) Milk (13) Calories: 707 Protein: 43g Carbs: 65g Fat: 31g Fiber: 11.g Sodium: 805mg	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	Tuna Noodle Casserole (24) Corn (15) Harvard Beets (13) Italian Vegetable Toss (8) Oranges w/Whipped Topping (23) Milk (13) Calories: 728 Protein: 37g Carbs: 98g Fat: 23g Fiber: 10.3g Sodium: 1,018mg	Ham & Potato Casserole (35) Seasoned Asparagus (1) Capri Mixed Vegetables (4) Carrot & Sweet Potato Soup (17) Peach Crisp (43) Milk (13) Calories: 778 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: 716 Protein: 30g Carbs: 100g Fat: 23g Fiber: 9.6g Sodium: 789mg
23-Jan	24-Jan	25-Jan	26-Jan	27-Jan
Sweet & Sour Chicken (17) Brown Fried Rice (15) Oregon Mixed Vegetables (6) Creamy Tomato Soup (9) Apple (21) Milk (13) Calories: 706 Protein: 61g Carbs: 83g Fat: 16g Fiber: 9.6g Sodium: 606mg	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: 334mg	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: 722mg	Turkey Rice & Cheese Cass. (27) Orange Glazed Carrots (13) Roasted Brussel Sprouts (7) Strawberry Applesauce (12) Garlic Bread (16) Milk (13) Calories: 706 Protein: 34g Carbs: 90g Fat: 25g Fiber: 11.8g Sodium: 1,194mg	Sloppy Joe (4) Seasoned Spinach (4) Prince Edward Mixed Veg (4) Beef Vegetable Soup (6) Diced Peaches (13) Hamburger Bun (26)/Milk (13) Calories: 752 Protein: 43g Carbs: 71g Fat: 32g Fiber: 11.2g Sodium: 867mg
30-Jan	31-Jan	1-Feb	2-Feb	3-Feb
Chicken Noodle Casserole (44) Winter Mix Vegetables (6) Italian Mixed Vegetables (6) Pea Salad (8) Peach Fruit Cup (14) Milk (13) Calories: 766 Protein: 50g Carbs: 93g Fat: 23g Fiber: 11.7g Sodium: 1,032mg	Cuban Roasted Pork (2) Roasted Rosemary Potatoes (22) Cabbage & Carrots (5) Dinner Roll / Butter (13) Pear (28) Milk (13) Calories: 737 Protein: 53g Carbs: 86g Fat: 20g Fiber: 11.3g Sodium: 453mg	Citrus & Herb Fish (4) Vegetable CousCous (20) Harvard Beets (13) Washington Chowder (16) Broccoli Salad (9) Chilled Apricots (13)/Milk (13) Calories: 727 Protein: 42g Carbs: 91g Fat: 22g Fiber: 9.8g Sodium: 847mg	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	Roast Beef w/Brown Gravy (3) Lyonnais Potatoes (22) Scandinavian Vegetable (11) Cream of Broccoli Soup (6) Cranberry Apple Crumble (42) Milk (13) Calories: 843 Protein: 56g Carbs: 99g Fat: 26g Fiber: 11.4g Sodium: 413mg

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.