



**S R D A**  
**MEALS ON WHEELS MENU**  
 February. 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1-Feb</b>	<b>2-Feb</b>	<b>3-Feb</b>
		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 Potatoe (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
<b>6-Feb</b>	<b>7-Feb</b>	<b>8-Feb</b>	<b>9-Feb</b>	<b>10-Feb</b>
Beef Chop Suey (7) Steamed Brown Rice (13) Mixed Vegetables (10) Vegetable Egg Roll (12) Pear (28) Milk (13) Calories: 680 Protein: 46g Carbs: 86g Fat: 17g Fiber: 11.7g Sodium: 898mg	Macaroni & Cheese (41) Sugar Snap Peas (4) Winter Mix vegetables (6) Navy Bean Soup (22) Spiced Plums (13) Milk (13) Calories: 801 Protein: 37g Carbs: 101g Fat: 29g Fiber: 12.4g Sodium: 799mg	Pinto Beans & Ham (48) Sweet & Red Potatoes (21) Seasoned Green Beans (4) Cream of Mushroom Soup (6) Applesauce (12) Milk (13) Calories: 679 Protein: 39g Carbs: 106g Fat: 12g Fiber: 18.5g Sodium: 636mg	Open Faced Hot Turkey w/Gravy (2) Peas & Onions (12) Prince Edward Veg Mix (3) Pasta Salad (13)/1 Sl Bread (11) Strawberries & Peaches (10) Milk (13) Calories: 615 Protein: 39g Carbs: 67g Fat: 23g Fiber: 11.1g Sodium: 1,023mg	Chinese Lemon Chicken (9) Roasted Rosemary Potatoes (22) Mandarin Stir Fry (5) Minestrone Soup (10) Vanilla Pudding (17) Peach-Fruit Cup (14)/Milk (13) Calories: 802 Protein: 65g Carbs: 93g Fat: 18g Fiber: 9.9g Sodium: 554mg
<b>13-Feb</b>	<b>14-Feb</b>	<b>15-Feb</b>	<b>16-Feb</b>	<b>17-Feb</b>
Chicken Sesame (14) Fried Rice (15) Lima Beans & Carrots (16) Chicken Barley Soup (9) Orange (15) Milk (13) Calories: 782 Protein: 75g Carbs: 84g Fat: 17g Fiber: 11.3g Sodium: 639mg	Beef & Turkey Cabbage Casserole (7) Vegetarian Alfredo (20) Seasoned Asparagus (1) Beef Noodle Soup (8) Apple (21) Milk (13) Calories: 786 Protein: 51g Carbs: 73g Fat: 34g Fiber: 11.3g Sodium: 728mg	Roast Beef w/Au Jus (2) Sweet Baked Potato (21) Oregon Mixed Vegetables (6) Broccoli Salad (9)/Ambrosia (26) Dinner Roll w/Margarine (13) Milk (13) Calories: 751 Protein: 50g Carbs: 93g Fat: 20g Fiber: 9.9g Sodium: 699mg	Brunswick Stew (19) Mashed Potatoes (26) Scandinavian Mixed Vegetables (12) Chilled Apricots (13) Milk (13) Calories: 765 Protein: 51g Carbs: 86g Fat: 23g Fiber: 11.6g Sodium: 608mg	Tilapia w/Veg Sauce (3) Vegetable Couscous (20) Stewed Tomatoes (9) Seafood Gumbo (16) Cherry Crisp (66) Milk (13) Calories: 919 Protein: 51g Carbs: 130g Fat: 23g Fiber: 10g Sodium: 844mg
<b>20-Feb</b>	<b>21-Feb</b>	<b>22-Feb</b>	<b>23-Feb</b>	<b>24-Feb</b>
Beef Tips w/Mushroom Gravy (6) Parslied Pasta (19) Steamed Broccoli (4) Lentil Soup (19) Banana (25) Milk (13) Calories: 819 Protein: 70g Carbs: 89g Fat: 22g Fiber: 10.4g Sodium: 504mg	Honey Mustard Chicken (8) Au Gratin Potatoes (26) Carrots (7) Pineapple Cabbage Slaw (11) Cranberry Apple Crumble (37) Milk (13) Calories: 801 Protein: 46g Carbs: 104g Fat: 24g Fiber: 10.1g Sodium: 727mg	Pork Chow Mein (27) Brown Rice (13) Oriental Vegetables (5) Egg Drop Soup (3) Pineapple Tid Bits (21) Peas & Carrot Salad (8) /Milk (13) Calories: 773 Protein: 49g Carbs: 92g Fat: 25g Fiber: 10.3g Sodium: 877mg	Turkey Tetrizzini (29) Baked Sweet Potato (21) Roasted Brussel Sprouts (7) Cinnamon Applesauce (12) Milk (13) Calories: 638 Protein: 40g Carbs: 85g Fat: 17g Fiber: 9.7g Sodium: 915mg	Vegetable Lasagna (30) Zucchini & Tomatoes (3) Cheesy Cauliflower (3) Black Bean Soup (23) Coconut Fruit Salad (23) Milk (13) Calories: 686 Protein: 38g Carbs: 97g Fat: 23g Fiber: 19.2g Sodium: 786mg
<b>27-Feb</b>	<b>28-Feb</b>	<b>1-Mar</b>	<b>2-Mar</b>	<b>3-Mar</b>
Beef-Tomato Mac (23) Oregon Mixed Vegetables (6) Seasoned Spinach (4) Washington Chowder (16) Peach Fruit-Cup (14) Milk (13) Calories: 721 Protein: 37g Carbs: 78g Fat: 29g Fiber: 9.7g Sodium: 774mg	Chicken Sukiyaki (25) Seasoned Corn (15) Broccoli Walnut Parmesan (5) Chicken Gumbo Soup (11) Apple-Fruit Cup (15) Milk (13) Calories: 708 Protein: 59g Carbs: 87g Fat: 16g Fiber: 9.8g Sodium: 684mg	Chili Relleno Casserole (11) Seasoned Pinto Beans (26) Capri Mixed Vegetables (4) Pear (28) Milk (13) Calories: 659 Protein: 36g Carbs: 84g Fat: 20g Fiber: 15g Sodium: 494mg	Penne & Meat Sauce (28) Italian Mixed Vegetables (6) Garden Salad w/Italian Dressing (7) Garlic Bread (11) Peach Crisp (43) Milk (13) Calories: 968 Protein: 38g Carbs: 111g Fat: 43g Fiber: 10.8g Sodium: 1,152mg	Citrus & Herb Fish (4) Rice Pilaf (15) Seasoned Mixed Vegetables (10) Garden Vegetable Soup (10) Cabbage Apple Slaw (8)/Orange (15) Milk (13) Calories: 614 Protein: 40g Carbs: 77g Fat: 15g Fiber: 9.5g Sodium: 555mg

**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> <b>719-543-0100</b> <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>
------------------------------------	--	--

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.