



S R D A
MEALS ON WHEELS MENU
March. 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-Mar	2-Mar	3-Mar
		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
6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
Chicken Enchiladas (48) Seasoned Black Beans (17) Orange Glazed Carrots (13) Peach-Fruit Cup (15) Milk (13) Calories: 836 Protein: 57g Carbs: 108g Fat: 20g Fiber: 14g Sodium: 965mg	Meatloaf W/Mushroom Gravy (9) Garlic Mashed Potatoes (27) Green Bean Almondine (5) Beef Vegetable Soup (8)/Crackers (14) Cranberry Pear Salad (28) Milk (13) Calories: 1,017 Protein: 50g Carbs: 106g Fat: 44g Fiber: 10.7g Sodium: 570mg	Baked Glazed Ham (11) Scalloped Potatoes (21) Meadow Blend Vegetables (4) Split Pea Soup (20)/Crackers (14) Grape-Fruit Cup (18) Milk (13) Calories: 718 Protein: 40g Carbs: 104g Fat: 16g Fiber: 11.7g Sodium: 821mg	Chicken Parmesan (8) Herbed Pasta Linguini (18) Brussel Sprouts (6) Chicken Barley Soup (12)/Breadstick (14) Strawberry Applesauce (11) Milk (13) Calories: 723 Protein: 56g Carbs: 84g Fat: 18g Fiber: 10.3g Sodium: 696mg	Pasta Vegetable Primavera (30) Havard Beets (13) Seasoned Yellow Squash (3) Cream of Broccoli Soup (6)/Crackers (14) Carrot Raisin Salad(12) Blueberry Fruit-Cup (13)/Milk (13) Calories: 652 Protein: 24g Carbs: 108g Fat: 15g Fiber: 10.4g Sodium: 820mg
13-Mar	14-Mar	15-Mar	16-Mar	17-Mar
Italian Chicken Orzo (22) Cheesy Cauliflower (3) Scandinavian Mixed Vegetables (12) Chicken Noodle Soup (13)/Crackers (14) Bananas (25) Milk (13) Calories: 871 Protein: 62g Carbs: 104g Fat: 23g Fiber: 12.8g Sodium: 914mg	Salisbury Steak (3) Parslied Potatoes (24) Peas & Carrots (7) Pumpkin Muffin (21) Orange (15) Milk (13) Calories: 878 Protein: 38g Carbs: 85g Fat: 44g Fiber: 10.1g Sodium: 483mg	Chicken Fajita/Tortilla (20) Seasoned Mixed Beans (22) Stewed Tomatoes (9) Carrot & Swt. Potato Soup(17)/Crackers(14) Mandarin Oranges (22) Milk (13) Calories: 813 Protein: 49g Carbs: 120g Fat: 18g Fiber: 19.1g Sodium: 884mg	Pork Green Chili (19)/Tortilla(15) Mexican Corn (17) Calabacitas (6) Pea Salad (8) Diced Peaches (13) Milk (13) Calories: 668 Protein: 41g Carbs: 94g Fat: 16g Fiber: 9.6g Sodium: 763mg	Fish w/Pueblo Salsa (2) Cilantro Rice (14) Italian Mixed Vegetables (6) Confetti Cottage Cheese (3) Apple (21)/Breadstick (14) Milk (13) Calories: 575 Protein: 42g Carbs: 76g Fat: 12g Fiber: 9.7g Sodium: 527mg
20-Mar	21-Mar	22-Mar	23-Mar	24-Mar
Pinto Beans & Ham (20) Sweet & Red Potatoes (20) Seasoned Green Beans (4) Tomato Florentine Soup(3)/Crackers(14) Applesauce (11) Milk (13) Calories: 572 Protein: 31g Carbs: 88g Fat: 11g Fiber: 13g Sodium: 714mg	Beef Chop Suey (8) Steamed Rice (13) Seasoned Mixed Vegetables (10) Vegetable Egg Roll (22) Pear (28) Milk (13) Calories: 744 Protein: 48g Carbs: 96g Fat: 19g Fiber: 12.9g Sodium: 1,120mg	Chinese Lemon Chicken (8) Roasted Rosemary Potatoes (21) Mandarin Stir Fry (5) Minestrone Soup(10)/Crackers(14) Vanilla Pudding(17) /Peach-Fruit Cup(15) Milk (13) Calories: 856 Protein: 62g Carbs: 107g Fat: 19g Fiber: 10.4g Sodium: 614mg	Open Faced Hot Turkey /Gravy (2) Peas & Onions(11)/sli bread(11) Prince Edward Mixed Vegetables (3) Vegetable Pasta Salad (12) Strawberries & Peaches (10) Milk (13) Calories: 607 Protein: 39g Carbs: 65g Fat: 23g Fiber: 10.8g Sodium: 1,023mg	Macaroni & Cheese (29) Sugar Snap Peas (4) Winter Mix Vegetables (6) Navy Bean Soup(24) /Crackers(14) Spiced Plums (13) Milk (13) Calories: 831 Protein: 36g Carbs: 105g Fat: 30g Fiber: 12.4g Sodium: 843mg
27-Mar	28-Mar	29-Mar	30-Mar	31-Mar
Chicken Sesame (16) Fried Rice (15) Lima Beans & Carrots (11) Chicken Barley Soup (12) Orange (15)/ Crackers (14) Milk (13) Calories: 821 Protein: 67g Carbs: 98g Fat: 18g Fiber: 10.5g Sodium: 681mg	Roast Beef w/Au Jus (4) Baked Sweet Potatoes (21) Oregon Mixed Vegetables (6) Dinner Roll /Margarine (13) Broccoli Salad(9) /Ambrosia (26) Milk (13) Calories: 756 Protein: 50g Carbs: 94g Fat: 20g Fiber: 9.9g Sodium: 696mg	Beef & Turkey Cabbage Casserole (7) Pasta Vegetarian Alfredo (20) Seasoned Asparagus (1) Beef Noodle Soup (8) Apple (21) /Crackers (14) Milk (13) Calories: 848 Protein: 51g Carbs: 87g Fat: 34g Fiber: 11.7g Sodium: 725mg	Brunswick Stew (15) Mashed Potatoes (26) Scandinavian Mixed Vegetables (12) Crackers (14) Apricots (13) Milk (13) Calories: 831 Protein: 52g Carbs: 96g Fat: 25g Fiber: 11g Sodium: 678mg	Tilapia w/Vegetable Sauce (3) Vegetable CousCous (20) Stewed Tomatoes (9) Seafood Gumbo (16) Cherry Crisp (66) /Crackers (14) Milk (13) Calories: 999 Protein: 52g Carbs: 144g Fat: 25g Fiber: 10.5g Sodium: 914mg

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

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