



S R D A
MEALS ON WHEELS MENU
 April. 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Apr	4-Apr	5-Apr	6-Apr	7-Apr
Beef Tips W/Mushroom Gravy Parslied Pasta Steamed Broccoli Lentil Soup /Crackers Banana Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Honey Mustard Chicken Au Gratin Potatoes Carrots Minestrone Soup /Crackers Pineapple Cabbage Slaw Milk (13)/Cranberry Apple Crumble Calories: Protein: Carbs: Fat: Fiber: Sodium:	Pork Chow Mein Steamed Rice Oriental Vegetables Egg Drop Soup /Crackers Pineapple Tid Bits /Peas & Carrot Salad Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Turkey Tetrzzini Baked Sweet Potato Roasted Brussel Sprouts Cinnamon Applesauce Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Vegetable Lasagna Zucchini & Tomatoes Cheesy Cauliflower Black Bean Soup /Crackers Coconut Fruit Salad Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:
10-Apr	11-Apr	12-Apr	13-Apr	14-Apr
Beef Tomato Mac Oregon Mixed Vegetables Seasoned Spinach Washington Chowder /Crackers Peach-Fruit Cup Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Chicken Sukiyaki Mandarin Stir Fry Broccoli Walnut Parmesan Chicken Gumbo Soup /Cracker Apple-Fruit Cup Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Chili Relleno Casserole Seasoned Pinto Beans Capri Mixed Vegetables Pear Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Penne & Meat Sauce Italian Mixed vegetables Zucchini & Tomatoes Garlic Bread Peach Crisp Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Citus & Herb Fish Rice Pilaf Seasoned Mixed Vegetables Garden Vegetable Soup /Cracker Cabbage Apple Slaw /Orange Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:
17-Apr	18-Apr	19-Apr	20-Apr	21-Apr
Chicken Enchiladas Seasoned Black Beans Orange Glazed Carrots Apple-Fruit Cup Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Meatloaf w/Mushroom Gravy Garlic Mashed Potatoes Green Beans Almondine Beef Vegetable Soup /Crackers Cranberry Pear Salad Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Baked Glazed Ham Scalloped Potatoes Seasoned Yellow Squash Split Pea Soup /Crackers Grape-Fruit Cup Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Chicken Parmesan Herbed Pasta Linguini Brussel Sprouts Chicken Barley Soup /Bread Stick Strawberry Applesauce Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Vegetable Primavera Harvard Beets Sugar Snap Peas Cream of Broccoli /Crackers Carrot Raisin Salad /Blueberry-Fruit Cup Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:
24-Apr	25-Apr	26-Apr	27-Apr	28-Apr
Italian Chicken Orzo Cheesy Cauliflower Scandinavian Mixed Vegetables Chicken Noodle Soup /Crackers Banana Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Salisbury Streak Parslied Potatoes Peas & Carrots Pumpkin Muffin Orange Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Chicken Fajita /Tortilla Seasoned Mixed Beans Stewed Tomatoes Carrot & Swt. Potato Soup Mandarin Oranges /Crackers Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Pork Green Chili /Tortilla Mexican Corn Calabacitas Pea Salad Diced Peached Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Pueblo Fish w/Salsa Cilantro Rice Italian Mixed Vegetables Confetti Cottage Cheese Apple /Breadstick Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:

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.