



S R D A
MEALS ON WHEELS MENU
 May. 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-May	2-May	3-May	4-May	5-May
Chicken Chow Mein Steamed Rice Oriental Vegetables Cream of Asparagus/Crackers Orange Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Spaghetti & Meat Sauce Italian Mixed Vegetables Seasoned Yellow Squash Breadstick Minestrone Soup Pineapple Tid Bits /Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Pulled Pork Sandwich /Bun Oregon Mixed Vegetables Claremont Salad Peach Fruit Cup Yogurt w/Granola Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Beef Soft Taco /Tortilla Spanish Rice Creamed Spinach Navy Bean Soup /Crackers Grapes /Lettuce Garnish Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Roast Pork Loin w/Apple Chutney Mashed Potatoes Prince Edwards Mixed Vegetables Carrot & Sweet Potato Soup /Crackers Coconut Fruit Salad Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:
8-May	9-May	10-May	11-May	12-May
Pueblo Beef Stew Cilantro Rice Seasoned Mixed Vegetables Zucchini & Tomatoes Apple /Chocolate Ice Cream Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Cheese Tortellini w/Sauce Sugar Snap Peas Lima Beans & Carrots Turkey Rice Soup/Breadstick Cinnamon Applesauce Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Dijon Chicken Sweet & Red Potatoes Italian Mixed Vegetables Broccoli Cheese Soup /Crackers Peach Crisp /Raisin Nut Cup Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Beefy Rice Casserole Seasoned Green Beans Carrot Raisin Salad Creamy Tomato Soup /Crackers Pear Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Beef Lasagna Corn O'Brien Creole Green Beans Split Pea Soup /Crackers Plums Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:
15-May	16-May	17-May	18-May	May 19
Shepard's Pie Harvard Beets Seasoned Yellow Squash Beef Noodle Soup /Crackers Banana Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Pork Diablo Scalloped Potatoes Broccoli & Cheese Lentil Soup /Crackers Waldorf Salad Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Slopper w/Green Chili Ranch Beans Peas & Mushrooms Sweet & Sour Coleslaw Apple-Fruit Cup /Hamburger Bun Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Beef Tips w/Mushroom Gravy Penne Pasta Garlic Butter Succotash Beef Vegetable Soup /Breadstick Strawberries & Peaches Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Ham & Cheese Quiche Italian Vegetable Toss Brussel Sprouts Minestrone Soup /Crackers Cranberry Apple Crumble Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:
22-May	23-May	24-May	25-May	26-May
Chicken Fried Rice Oriental Vegetables Oriental Green Beans Egg Drop Soup /Crackers Oranges Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Tuna Salad Sandwich Seasoned Peas & Onions Southwest Vegetables Diced Peaches Sliced Bread 2ea. Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Pinto Beans & Ham Sugar Snap Peas Calabacitas Italian Pasta Salad Cornbread /Strawberry Applesauce Margarine /Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Roast Beef w/Beef Gravy Lyonnaise Potatoes Cape Cod Mixed Vegetables Beef Mushroom Soup /Crackers Apple Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Roasted Turkey w/Turkey Gravy Cornbread Dressing Scandinavian Mixed Vegetable Broccoli Salad Strawberry Blueberry Crisp Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:
29-May	30-May	31-May	1-Jun	2-Jun
Chicken Rice Casserole Peas & Carrots Winter Mixed Vegetables Chicken Noodle Soup /Crackers Mandarin Oranges Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Italian Chicken Orzo Seasoned Asparagus Southwest Vegetables Chicken Barley Soup /Crackers Blueberry-Fruit Cup Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Green Pepper Steak Cheesy Mashed Potatoes Honey Glazed Carrots Beef Vegetable Soup /Crackers Apricots Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Tilapia w/Vegetable Sauce Baked Sweet Potatoes Broccoli & Cheese Grape-Fruit Cup /Dinner Roll Confetti Cottage Cheese Margarine /Milk (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Pork Cacciatore Penne Pasta Caribbean Vegetables Garden Vegetable Soup /Crackers Banana Chocloate Bar 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.