



S R D A
MEALS ON WHEELS MENU
 June. 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1-Jun	2-Jun
			Tilapia w/Vegetable Sauce (2) Baked Sweet Potatoes (25) Broccoli & Cheese (8) Grape-Fruit Cup (18) /Dinner Roll (13) Confetti Cottage Cheese (3) Margarine (1) /Milk (13) Calories: 746 Protein: 47g Carbs: 86g Fat: 26g Fiber: 10.6g Sodium: 934mg	Pork Cacciatore (5) Penne Pasta (19) Caribbean Vegetables (5) Garden Vegetable Soup (10) Banana Chocloate Bar (39) Crackers (4) /Milk (13) Calories: 767 Protein: 40g Carbs: 107g Fat: 20g Fiber: 11g Sodium: 794mg
5-Jun	6-Jun	7-Jun	8-Jun	9-Jun
Chicken Alfredo (16) Roasted Brussel Sprouts (7) Zucchini & Tomatoes (3) Lentil Soup (19)/Crackers (4) Fruit Cocktail (13) Milk (13) Calories: 712 Protein: 56g Carbs: 78g Fat: 22g Fiber: 11g Sodium: 580mg	Orange Glazed Pork (22) Rice Pilaf (15) Cabbage & Carrots (5) Creamy Tomato Soup (9) Pear (28)/Crackers (4) Milk (13) Calories: 710 Protein: 47g Carbs: 99g Fat: 15g Fiber: 9.7g Sodium: 404mg	Meatloaf w/Brown Gravy (9) Parslied Potatoes (15) Scandinavian Mixed Vegetables (12) Dinner Roll w/Margarine (13) Heavenly Hash (26) Milk (13) Calories: 1,073 Protein: 58g Carbs: 113g Fat: 43g Fiber: 10.2g Sodium: 764mg	BBQ Chicken (8) Ranch Beans (18) Sweet & Sour Coleslaw (6) Seasoned Green Beans (4) Vanilla Pudding (26)/Orange (15) Milk (13) Calories: 624 Protein: 46g Carbs: 93g Fat: 8g Fiber: 10.8g Sodium: 657mg	Corn Tamale Pie (18) Seasoned Black Beans (17) Capri Mixed Vegetables (4) Southwest Macaroni Salad (20) Grape-Fruit Cup (18) Milk (13) Calories: 894 Protein: 47g Carbs: 92g Fat: 37g Fiber: 11.5g Sodium: 971mg
12-Jun	13-Jun	14-Jun	15-Jun	16-Jun
Chicken Chow Mein (29) Steamed Rice (13) Oriental Vegetables (5) Cream of Asparagus (1) Orange (15) /Cracker (4) Milk (13) Calories: 805 Protein: 55g Carbs: 97g Fat: 23g Fiber: 11.3g Sodium: 793mg	Pulled Pork Sandwich (7) Oregon Mixed Vegetables (6) Claremont Salad (4) Peach Fruit Cup (15) Yogurt w/Granola (20) /Bun (26) Milk (13) Calories: 800 Protein: 63g Carbs: 93g Fat: 20g Fiber: 10.8g Sodium: 619mg	Spaghetti & Meat Sauce (30) Italian Mixed Vegetables (6) Seasoned Yellow Squash (3) Breadstick (39) Minestrone Soup (10) Pineapple Tid Bits (15) /Milk (13) Calories: 796 Protein: 40g Carbs: 119g Fat: 26g Fiber: 9.9g Sodium: 978mg	Beef Soft Taco (2) /Tortilla (15) Spanish Rice (23) Creamed Spinach (8) Navy Bean Soup (24) /Crackers (4) Grapes (13) /Lettuce Garnish (1) Milk (13) Calories: 1,016 Protein: 49g Carbs: 116g Fat: 38g Fiber: 11.3g Sodium: 1,161mg	Roast Pork Loin w/Apple Chutney (7) Mashed Potatoes (26) Prince Edwards Mixed Vegetables (3) Carrot & Sweet Potato Soup (17) Coconut Fruit Salad (24) Crackers (4) /Milk (13) Calories: 896 Protein: 50g Carbs: 107g Fat: 30g Fiber: 10.3g Sodium: 506mg
19-Jun	20-Jun	21-Jun	22-Jun	23-Jun
Pueblo Beef Stew (12) Cilantro Rice (14) Seasoned Mixed Vegetables (10) Zucchini & Tomatoes (3) Apple (21) /Chocolate Ice Cream (18) Milk (13) Calories: 833 Protein: 57g Carbs: 94g Fat: 26g Fiber: 10.9g Sodium: 555mg	Dijon Chicken (9) Sweet & Red Potatoes (20) Italian Mixed Vegetables (6) Broccoli Cheese Soup (8) Peach Crisp (29) /Raisin Nut Cup (12) Milk (13) /Crackers (4) Calories: 981 Protein: 53g Carbs: 114g Fat: 35g Fiber: 10g Sodium: 753mg	Cheese Tortellini w/Sauce (29) Sugar Snap Peas (4) Lima Beans & Carrots (11) Turkey Rice Soup (11) Cinnamon Applesauce (11) Milk (13) /Breadstick (39) Calories: 663 Protein: 35g Carbs: 120g Fat: 13g Fiber: 11g Sodium: 1,142mg	Beefy Rice Casserole (27) Seasoned Green Beans (4) Carrot Raisin Salad (12) Creamy Tomato Soup (9) /Crackers (4) Pear (28) Milk (13) Calories: 776 Protein: 33g Carbs: 109g Fat: 24g Fiber: 12g Sodium: 572mg	Beef Lasagna (41) Corn O'Brien (11) Creole Green Beans (6) Split Pea Soup (20) /Crackers (4) Plums (13) Milk (13) Calories: 1,120 Protein: 62g Carbs: 121g Fat: 43g Fiber: 14.6g Sodium: 993mg
26-Jun	27-Jun	28-Jun	29-Jun	30-Jun
Shepard's Pie (16) Harvard Beets (12) Seasoned Yellow Squash (3) Beef Noodle Soup (8) Banana (25) /Crackers (4) Milk (13) Calories: 848 Protein: 42g Carbs: 95g Fat: 34g Fiber: 10.4g Sodium: 1,020mg	Slopper w/Green Chili (12) Ranch Beans (18) Peas & Mushrooms (8) Sweet & Sour Coleslaw (6) Apple-Fruit Cup (15) Hamburger Bun (26) /Milk (13) Calories: 947 Protein: 55g Carbs: 100g Fat: 36g Fiber: 13.8g Sodium: 825mg	Pork Diablo (7) Scalloped Potatoes (21) Broccoli & Cheese (8) Lentil Soup (19) /Crackers (4) Waldorf Salad (10) Milk (13) Calories: 874 Protein: 55g Carbs: 95g Fat: 31g Fiber: 10.4g Sodium: 725mg	Beef Tips w/Mushroom Gravy (6) Penne Pasta (19) Garlic Butter Succotash (9) Beef Vegetable Soup (8) Strawberries & Peaches (10) Breadstick (39) /Milk (13) Calories: 864 Protein: 71g Carbs: 107g Fat: 26g Fiber: 10.6g Sodium: 902mg	Ham & Cheese Quiche (30) Italian Vegetable Toss (10) Brussel Sprouts (6) Minestrone Soup (10) Cranberry Apple Crumble (29) Crackers (4) /Milk (13) Calories: 1,056 Protein: 46g Carbs: 115g Fat: 46g Fiber: 13.2g Sodium: 1,175mg

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!!!
------------------------------------	--	--

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.