



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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>3-Jul</b>	<b>4-Jul</b>	<b>5-Jul</b>	<b>6-Jul</b>	<b>7-Jul</b>
Chicken Fried Rice (17) Oriental Vegetables (5) Oriental Green Beans (5) Egg Drop Soup (3) /Crackers (4) Oranges (15) Milk (13) Calories: 616 Protein: 44g Carbs: 74g Fat: 16g Fiber: 10.7g Sodium: 600mg	Pinto Beans & Ham (20) Sugar Snap Peas (4) Calabacitas (6) Italian Pasta Salad (18) Cornbread (21) /Strawberry Applesauce(11) Margarine (1) /Milk (13) Calories: 712 Protein: 35g Carbs: 96g Fat: 22g Fiber: 13.2g Sodium: 977mg	Tuna Salad Sandwich (5) Seasoned Peas & Onions (11) Southwest Vegetables (4) Diced Peaches (13) Sliced Bread 2ea. (22) Milk (13) Calories: 466 Protein: 32g Carbs: 70g Fat: 8g Fiber: 11.5g Sodium: 831mg	Roast Beef w/Beef Gravy (2) Lyonnaise Potatoes (22) Cape Cod Mixed Vegetables (8) Beef Mushroom Barley Soup (10) Apple (21) /Crackers (4) Milk (13) Calories: 752 Protein: 54g Carbs: 93g Fat: 17g Fiber: 11.1g Sodium: 448mg	Roasted Turkey w/Turkey Gravy (2) Cornbread Dressing (27) Scandinavian Mixed Vegetables (12) Broccoli Salad (9) Strawberry-Blueberry Crisp (55) Milk (13) Calories: 896 Protein: 47g Carbs: 120g Fat: 26g Fiber: 11.1g Sodium: 1,200mg
<b>10-Jul</b>	<b>11-Jul</b>	<b>12-Jul</b>	<b>13-Jul</b>	<b>14-Jul</b>
Chicken Rice Casserole (20) Peas & Carrots (7) Winter Mixed Vegetables (6) Chicken Noodle Soup (13) Mandarin Oranges (22) Crackers (4) /Milk (13) Calories: 800 Protein: 55g Carbs: 97g Fat: 23g Fiber: 10g Sodium: 782mg	Green Pepper Steak (6) Cheesy Mashed Potatoes (28) Honey Glazed Carrots (17) Beef Vegetable Soup (8) Apricots (12) Crackers (4) /Milk (13) Calories: 965 Protein: 41g Carbs: 100g Fat: 43g Fiber: 10.2g Sodium: 719mg	Italian Chicken Orzo (24) Seasoned Asparagus (1) Corn O'Brien (11) Chicken Barley Soup (12) Blueberry-Fruit Cup (13) Crackers (4) /Milk (13) Calories: 704 Protein: 50g Carbs: 83g Fat: 20g Fiber: 11.2g Sodium: 715mg	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 Chocolate Bar (39) Crackers (4) /Milk (13) Calories: 767 Protein: 40g Carbs: 107g Fat: 20g Fiber: 11g Sodium: 794mg
<b>17-Jul</b>	<b>18-Jul</b>	<b>19-Jul</b>	<b>20-Jul</b>	<b>21-Jul</b>
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	Meatloaf w/Brown Gravy (9) Parslied Potatoes (15) Scandinavian Mixed Vegetables (12) Dinner Roll w/Margarine (13) Ambrosia (26) Milk (13) Calories: 1,073 Protein: 58g Carbs: 113g Fat: 43g Fiber: 10.2g Sodium: 764mg	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	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	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
<b>24-Jul</b>	<b>25-Jul</b>	<b>26-Jul</b>	<b>27-Jul</b>	<b>28-Jul</b>
Chicken Chow Mein (29) Steamed Rice (13) Oriental Vegetables (5) Cream of Asparagus (1) Banana (25) /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	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
<b>31-Jul</b>	<b>1-Aug</b>	<b>2-Aug</b>	<b>3-Aug</b>	<b>4-Aug</b>
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	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	Dijon Chicken (9) Sweet & Red Potatoes (20) Italian Mixed Vegetables (6) Garden Vegetable Soup (10) Peach Crisp (29) /Raisin Nut Cup (12) Milk (13) /Crackers (4) Calories: 981 Protein: 53g Carbs: 114g Fat: 35g Fiber: 10g Sodium: 753mg	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 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

**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>
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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.