



# SRDA MEALS ON WHEELS MENU October. 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2-Oct</b>	<b>3-Oct</b>	<b>4-Oct</b>	<b>5-Oct</b>	<b>6-Oct</b>
Manicotti W/Spaghetti Sauce (17) Honey Glazed Carrots (17) Steamed Broccoli (4) Chicken Gumbo Soup (11) /Crackers (4) Apricots (12) Milk (13) Calories: 546 Protein: 24g Carbs: 79g Fat: 15g Fiber: 10g Sodium: 873mg	BBQ Beef Sandwich (7) Seasoned Succotash (15) Oregon Mixed Vegetables (6) Tomato & Rice Soup (15) /Crackers (4) Mandarin Oranges (22) Milk (13) /Hamburger Buns (26) Calories: 832 Protein: 61g Carbs: 110g Fat: 18g Fiber: 11.6g Sodium: 749mg	Polish Sausage (5) Mashed Potatoes (16) Cabbage & Carrots (5) Black Bean Soup (23) /Crackers (4) Peach Fruit Cup (15) /Mustard Packet (1) Milk (13) Calories: 824 Protein: 32g Carbs: 82g Fat: 42g Fiber: 9.8g Sodium: 1,354mg	Chili Relleno Casserole (10) Pinto Beans (10) Stewed Tomatoes (9) Cinnamon Applesauce (11) Banana Chocolate Bar (37) Milk (13) Calories: 675 Protein: 33g Carbs: 91g Fat: 21g Fiber: 9.9g Sodium: 782mg	Chicken Salad Sandwich (6) Vegetable Cous Cous (20) Harvard Beets (12) Orange (15) 2 Sli Bread (22) Milk (13) Calories: 638 Protein: 37g Carbs: 89g Fat: 17g Fiber: 11.9g Sodium: 805mg
<b>9-Oct</b>	<b>10-Oct</b>	<b>11-Oct</b>	<b>12-Oct</b>	<b>13-Oct</b>
Chicken Tahitian (13) Seasoned Cabbage (4) Seasoned Corn (15) Navy Bean Soup (23) /Crackers (4) Blueberry-Fruit Cup (12) Milk (13) Calories: 645 Protein: 58g Carbs: 86g Fat: 9g Fiber: 11.1g Sodium: 583mg	Chicken Scallopini (5) Rice Pilaf (15) Roasted Brussel Sprouts (7) Vegetable Florentine Soup (12) /Crackers (4) Cranberry Pear Salad(25) Milk (13) /Raisin Nut Cup (12) Calories: 864 Protein: 54g Carbs: 95g Fat: 32g Fiber: 10.5g Sodium: 674mg	Beef Taco Salad (12) Seasoned Mixed Beans (19) Calabacitas (6) Applesauce (15) Lettuce Tomato Garnish (1) Milk (13) Calories: 615 Protein: 33g Carbs: 65g Fat: 26g Fiber: 14.5g Sodium: 551mg	Beef Pie W/Biscuit (22) Parslied Potatoes (10) Seasoned Asparagus (1) Split Pea Soup (20) /Crackers (4) Apple Fruit-Cup (14) Milk (13) Calories: 791 Protein: 40g Carbs: 85g Fat: 32g Fiber: 12.1g Sodium: 652mg	Baked Fish W/Dill (5) Scalloped Potatoes (14) Scandinavian Mixed Vegetables (10) Chicken Barley Soup (10) Broccoli Salad (9) /Apricots (12) Milk (13) Calories: 672 Protein: 50g Carbs: 80g Fat: 17g Fiber: 10.9g Sodium: 563mg
<b>16-Oct</b>	<b>17-Oct</b>	<b>18-Oct</b>	<b>19-Oct</b>	<b>20-Oct</b>
Chicken Noodle Casserole (28) Orange Glazed Carrots (13) Broccoli Walnut Parmesan (5) Tomato & Rice Soup (15) Strawberries & Pineapple (13) Milk (13) Calories: 748 Protein: 47g Carbs: 89g Fat: 24g Fiber: 10.2g Sodium: 1,082mg	Chicken Enchiladas (49) Seasoned Black Beans (17) Seasoned Mixed Vegetables (10) Green Chili Soup (9) /Crackers (4) Diced Peaches (13) Milk (13) Calories: 875 Protein: 57g Carbs: 116g Fat: 20g Fiber: 15.2g Sodium: 1,070mg	Tuna Salad Sandwich (4) Capri Mixed vegetables (4) Stewed Tomatoes (9) Garden Vegetable Soup (12) /Crackers (4) Orange w/Whipped Topping (22) Milk (13) /2 Sli. Bread (22) Calories: 599 Protein: 32g Carbs: 92g Fat: 13g Fiber: 9.6g Sodium: 1,160mg	Roast Beef w/Beef Gravy (2) Mashed Potatoes (16) Cheesy Cauliflower (3) Dinner Roll /Margarine (13) Peas & Carrot Salad (18) Apple (21) /Milk (13) Calories: 697 Protein: 51g Carbs: 80g Fat: 20g Fiber: 10.9g Sodium: 765mg	Frittata (4) Sweet Potatoes (25) Zucchini & Tomatoes (4) Lentil Soup (18) /Crackers (4) Orange (15) Milk (13) Calories: 652 Protein: 35g Carbs: 84g Fat: 21g Fiber: 9.9g Sodium: 610mg
<b>23-Oct</b>	<b>24-Oct</b>	<b>25-Oct</b>	<b>26-Oct</b>	<b>27-Oct</b>
Herb Baked Chicken (1) Rice Pilaf (15) Seasoned Succotash (15) Carrot & Swt Potato Soup (15) /Crackers (4) Confetti Cottage Cheese Crunchy (5) Banana (25) /Milk (13) Calories: 714 Protein: 49g Carbs: 95g Fat: 16g Fiber: 9.8g Sodium: 610mg	Cheese Tortellini (23) Seasoned Spinach (4) Winter Mixed Vegetables (5) Breadstick (39) Peach Fruit-Cup (15) Milk (13) Calories: 516 Protein: 27g Carbs: 98g Fat: 10g Fiber: 10g Sodium: 1,058mg	Swedish Meatballs (11) Parslied Pasta (16) Roasted Brussel Sprouts (7) Beef Mushroom Barley Soup (10) Waldorf Salad (10)/Crackers (4) Milk (13) Calories: 807 Protein: 44g Carbs: 73g Fat: 40g Fiber: 11.6g Sodium: 952mg	Sweet & Sour Pork (17) Brown Fried Rice (13) Oriental Vegetables (5) Black Bean Soup (22) /Crackers (4) Fruit Cocktail (13) Milk (13) Calories: 725 Protein: 54g Carbs: 90g Fat: 22g Fiber: 17.9g Sodium: 602mg	Chicken Fajita (1) Seasoned Pinto Beans (10) Oregon Mixed Vegetables (5) Tortilla (15)/Chilled Apricots (12) Yogurt w/Oranges (23) Milk (13) Calories: 580 Protein: 38g Carbs: 81g Fat: 12g Fiber: 10g Sodium: 451mg
<b>30-Oct</b>	<b>31-Oct</b>	<b>1-Nov</b>	<b>2-Nov</b>	<b>3-Nov</b>
Beef/Turkey Cabbage Casserole (7) Steam Rice (13) Vegetable Mix, Prince Edward (3) Split Pea Soup (20)/Crackers (4) Mandarin Oranges (22) Milk (13) Calories: 722 Protein: 39g Carbs: 84g Fat: 26g Fiber: 11.6mg Sodium: 461mg	Chicken Tarragon (6) Penne Pasta (21) Caribbean Vegetables (5) Italian Chicken Noodle Soup (7) Strawberry & Peaches (10) Milk (13) /Breadstick (39) Calories: 719 Protein: 57g Carbs: 103g Fat: 18.g Fiber: 10.4g Sodium: 784mg	Pulled Pork Sandwich (7) Ranch Beans (18) Scandinavian Mixed Vegetables (10) Tropical Spinach Salad w/Italian Dressing (10) Pineapple Tid Bits (21) Milk (13)/ Hamburger Bun (26) Calories: 788 Protein: 49g Carbs: 100g Fat: 21g Fiber: 12.9g Sodium: 1,046mg	Salisbury Steak (3) Scalloped Potatoes (14) Peas & Carrots (7) Dinner Roll (13) /Margarine (1) Lentil Soup (18) /Apple Fruit Cup (14) Milk (13) Calories: 864 Protein: 44g Carbs: 84g Fat: 40g Fiber: 9.6g Sodium: 656mg	Grilled Chicken Patty (1) Sweet & Sour Coleslaw (6) Mexican Corn (17) Lettuce Garnish (1) /Mayonnaise (1) Strawberry/Blueberry Crisp (26) Milk (13) /Hamburger Bun (26) Calories: 672 Protein: 48g Carbs: 92g Fat: 13g Fiber: 10.1g Sodium: 533mg

**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.