



S R D A
MEALS ON WHEELS MENU
 September. 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1-Sep Baked Fish W/Dill (1) Scalloped Potatoes (21) Sugar Snap Peas (4) Chicken Barley Soup (10) Broccoli Salad (9) /Apricots (12) Milk (13) Calories: 738 Protein: 51g Carbs: 83g Fat: 22g Fiber: 9.5g Sodium: 559mg
4-Sep Chicken Noodle Casserole (28) Orange Glazed Carrots (13) Broccoli Walnut Parmesan (5) Tomato & Rice Soup (15) Strawberries & Pineapple (13) Milk (13) Calories: 762 Protein: 49g Carbs: 90g Fat: 25g Fiber: 10.2g Sodium: 1,116mg	5-Sep Tuna Salad Sandwich (4) Capri Mixed vegetables (4) Stewed Tomatoes (9) <small>Garden Vegetable Soup (12) /Crackers (4)</small> Orange w/Whipped Topping (22) Milk (13) /2 Sli. Bread (22) Calories: 612 Protein: 32g Carbs: 94g Fat: 13g Fiber: 9.9g Sodium: 1,190mg	6-Sep Chicken Enchiladas (48) Seasoned Black Beans (17) Seasoned Mixed Vegetables (10) Green Chili Soup (10) /Crackers (4) Diced Peaches (13) Milk (13) Calories: 886 Protein: 61g Carbs: 118g Fat: 19g Fiber: 15g Sodium: 1,070mg	7-Sep Roast Beef w/Beef Gravy (2) Mashed Potatoes (12) Cheesy Cauliflower (3) Dinner Roll /Margarine (13) Peas & Carrot Salad (18) Apple (21) /Milk (13) Calories: 676 Protein: 52g Carbs: 76g Fat: 19g Fiber: 10.1g Sodium: 1,036mg	8-Sep Frittata (4) Sweet Potatoes (25) Zucchini & Tomatoes (4) Lentil Soup (18) /Crackers (4) Orange (15) Milk (13) Calories: 622 Protein: 32g Carbs: 86g Fat: 18g Fiber: 10.1g Sodium: 615mg
11-Sep Herb Baked Chicken (1) Rice Pilaf (15) Seasoned Succotash (15) <small>Carrot & Swt Potato Soup (15) /Crackers (4)</small> <small>Confetti Cottage Cheese Crunchy (5)</small> Banana (25) /Milk (13) Calories: 728 Protein: 51g Carbs: 96g Fat: 17g Fiber: 9.8g Sodium: 644mg	12-Sep Chicken Fajita (3) Seasoned Pinto Beans (10) Oregon Mixed Vegetables (5) Tortilla (15)/Chilled Apricots (12) Yogurt w/Granola (20) Milk (13) Calories: 645 Protein: 50g Carbs: 81g Fat: 14g Fiber: 10.7g Sodium: 548mg	13-Sep Cheese Tortellini (26) Seasoned Spinach (4) Winter Mixed Vegetables (5) Breadstick (39) Peach Fruit-Cup (15) Milk (13) Calories: 556 Protein: 29g Carbs: 104g Fat: 11g Fiber: 10.6g Sodium: 1,125mg	14-Sep Sweet & Sour Chicken (17) Brown Fried Rice (13) Oriental Vegetables (5) Black Bean Soup (22) /Crackers (4) Fruit Cocktail (13) Milk (13) Calories: 740 Protein: 55g Carbs: 91g Fat: 22g Fiber: 17.9g Sodium: 636mg	15-Sep Swedish Meatballs (11) Parslied Pasta (16) Roasted Brussel Sprouts (7) Beef Mushroom Barley Soup (10) Waldorf Salad (10)/Crackers (4) Milk (13) Calories: 822 Protein: 46g Carbs: 74g Fat: 41g Fiber: 11.6g Sodium: 987mg
18-Sep 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: 737 Protein: 40g Carbs: 85g Fat: 26g Fiber: 11.6mg Sodium: 495mg	19-Sep Pulled Pork Sandwich (7) Ranch Beans (18) Scandinavian Mixed Vegetables (10) <small>Tropical Spinach Salad w/Italian Dressing (5)</small> Pineapple Tid Bits (21) Milk (13)/ Hamburger Bun (26) Calories: 803 Protein: 51g Carbs: 102g Fat: 22g Fiber: 12.9g Sodium: 1,081mg	20-Sep Chicken Tarragon (6) Penne Pasta (21) Caribbean Vegetables (5) Italian Chicken Noodle Soup (8) Strawberry & Peaches (10) Milk (13) /Breadstick (39) Calories: 734 Protein: 58g Carbs: 104g Fat: 18.g Fiber: 10.4g Sodium: 819mg	21-Sep Salisbury Steak (3) Au Gratin Potatoes (26) Peas & Carrots (7) Dinner Roll (13) /Margarine (1) Lentil Soup (18) /Apple Fruit Cup (14) Milk (13) Calories: 879 Protein: 46g Carbs: 85g Fat: 40g Fiber: 9.6g Sodium: 690mg	22-Sep Grilled Chicken Patty (1) Sweet & Sour Coleslaw (6) Mexican Corn (17) <small>Lettuce Garnish (1) /Peach Crisp (29)</small> Hamburger Bun (26) /Mayonnaise (1) Milk (13) Calories: 703 Protein: 49g Carbs: 96g Fat: 14g Fiber: 9.8g Sodium: 569mg
25-Sep Sweet & Sour Chicken (17) Fried Rice (15) Lima Beans & Carrots (10) <small>Crm Of Broccoli Soup (6) /Crackers (4)</small> Bananas (25) Milk (13) Calories: 766 Protein: 64g Carbs: 94g Fat: 16g Fiber: 9.5g Sodium: 688mg	26-Sep Macaroni & Cheese (29) Green Bean Almondine (5) Brussel Sprouts (6) Tomato & Cucumber Salad (3) Pear (28) Milk (13) Calories: 728 Protein: 30g Carbs: 87g Fat: 31g Fiber: 13.5g Sodium: 622mg	27-Sep Spaghetti & MeatSauce (23) Italian Mixed Vegetables (6) Seasoned Yellow Squash (3) Minestrone Soup (10) /Breadstick (39) Ambrosia (26) Milk (13) Calories: 827 Protein: 39g Carbs: 122g Fat: 29g Fiber: 10g Sodium: 997mg	28-Sep Citrus & Herb Fish (4) Sweet & Red Potatoes (26) Peas & Mushrooms (6) <small>Washington Chowder (16) /Crackers (4)</small> Apple (21) /Lemon Packet (1) Milk (13) /Raisin Nut Cup (12) Calories: 757 Protein: 43g Carbs: 104g Fat: 20g Fiber: 11.8g Sodium: 509mg	29-Sep Egg Salad Sandwich (7) Rancho Fiesta Vegetables (10) Southwest Vegetables (3) Vanilla Pudding (26) /2 Sli Bread (22) Peaches (13) Milk (13) Calories: 676 Protein: 33g Carbs: 97g Fat: 17g Fiber: 12.7g Sodium: 1,009mg

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.