



## SRDA MEALS ON WHEELS MENU August, 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1-Aug</b>	<b>2-Aug</b>	<b>3-Aug</b>	<b>4-Aug</b>
	Cheese Tortellini w/Sauce (25) Sugar Snap Peas (4) Lima Beans & Carrots (11) Turkey Rice Soup (11) Cinnamon Applesauce (11) Milk (13) /Breadstick (39) Calories: 644 Protein: 34g Carbs: 117g Fat: 13g Fiber: 10.8g Sodium: 1,114mg	Dijon Chicken (9) Sweet & Red Potatoes (20) Italian Mixed Vegetables (6) Garden Vegetable Soup (14) Peach Crisp (29) /Raisin Nut Cup (12) Milk (13) /Crackers (4) Calories: 860 Protein: 49g Carbs: 111g Fat: 26g Fiber: 10.6g Sodium: 508mg	Pork Diablo (7) Scalloped Potatoes (21) Broccoli & Cheese (8) Lentil Soup (19) /Crackers (4) Waldorf Salad (11) Milk (13) Calories: 824 Protein: 55g Carbs: 86g Fat: 30g Fiber: 10.2g Sodium: 663mg	Beef Lasagna (41) Corn O'Brien (11) Creole Green Beans (6) Split Pea Soup (20) /Crackers (4) Plums (13) Milk (13) Calories: 1,067 Protein: 61g Carbs: 112g Fat: 42g Fiber: 14.3g Sodium: 997mg
<b>7-Aug</b>	<b>8-Aug</b>	<b>9-Aug</b>	<b>10-Aug</b>	<b>11-Aug</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: 749 Protein: 41g Carbs: 86g Fat: 27g Fiber: 11.5mg Sodium: 497mg	Chicken Tarragon (6) Penne Pasta (21) Caribbean Vegetables (5) Italian Chicken Noodle Soup (8) Strawberry & Peaches (10) Milk (13) /Breadstick (39) Calories: 742 Protein: 58g Carbs: 104g Fat: 18g Fiber: 9.9g Sodium: 837mg	Pulled Pork Sandwich (7) Ranch Beans (18) Scandinavian Mixed Vegetables (14) Tropical Spinach Salad w/Italian Dressing (6) Pineapple Tid Bits (21) Milk (13) / Hamburger Bun (26) Calories: 875 Protein: 58g Carbs: 106g Fat: 25g Fiber: 13.6g Sodium: 1,107mg	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: 989 Protein: 48g Carbs: 97g Fat: 46g Fiber: 9.5g Sodium: 877mg	Grilled Chicken Patty (1) Sweet & Sour Coleslaw (6) Mexican Corn (17) Lettuce Garnish (1) /Peach Crisp (29) Hamburger Bun (26) /Mayonnaise (1) Milk (13) Calories: 703 Protein: 49g Carbs: 96g Fat: 14g Fiber: 9.8g Sodium: 569mg
<b>14-Aug</b>	<b>15-Aug</b>	<b>16-Aug</b>	<b>17-Aug</b>	<b>18-Aug</b>
Sweet & Sour Chicken (17) Fried Rice (15) Lima Beans & Carrots (10) Cram Of Broccoli Soup (6) /Crackers (4) Bananas (25) Milk (13) Calories: 766 Protein: 64g Carbs: 94g Fat: 16g Fiber: 9.5g Sodium: 688mg	Spaghetti & MeatSauce (27) Italian Mixed Vegetables (6) Seasoned Yellow Squash (3) Minestrone Soup (10) /Breadstick (39) Ambrosia (26) Milk (13) Calories: 848 Protein: 40g Carbs: 126g Fat: 29g Fiber: 10.1g Sodium: 995mg	Macaroni & Cheese (29) Green Bean Almondine (5) Brussel Sprouts (6) Tomato & Cucumber Salad (3) Pear (28) Milk (13) Calories: 727 Protein: 30g Carbs: 87g Fat: 31g Fiber: 13.6g Sodium: 622mg	Citrus & Herb Fish (4) Sweet & Red Potatoes (20) Peas & Mushrooms (6) Washington Chowder (16) /Crackers (4) Apple (21) /Lemon Packet (1) Milk (13) Calories: 621 Protein: 39g Carbs: 87g Fat: 14g Fiber: 9.7g Sodium: 480mg	Egg Salad Sandwich (6) Rancho Fiesta Vegetables (10) Southwest Vegetables (4) Vanilla Pudding (26) /2 Sli Bread (22) Peaches (13) Milk (13) Calories: 682 Protein: 35g Carbs: 97g Fat: 18g Fiber: 12.6g Sodium: 952mg
<b>21-Aug</b>	<b>22-Aug</b>	<b>23-Aug</b>	<b>24-Aug</b>	<b>25-Aug</b>
Manicotti W/Spaghetti Sauce Honey Glazed Carrots (17) Steamed Broccoli (4) Chicken Gumbo Soup (11) /Crackers (4) Apricots (12) Milk (13) Calories: 561 Protein: 25g Carbs: 80g Fat: 16g Fiber: 10g Sodium: 908mg	Polish Sausage (5) Mashed Potatoes (26) Cabbage & Carrots (5) Black Bean Soup (23) /Crackers (4) Peach Fruit Cup (15) /Mustard Packet (1) Milk (13) Calories: 905g Protein: 35g Carbs: 94g Fat: 45g Fiber: 11.2g Sodium: 1,386mg	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: 856 Protein: 63g Carbs: 111g Fat: 20g Fiber: 11.6g Sodium: 783mg	Chili Relleno Casserole (10) Pinto Beans (10) Stewed Tomatoes (9) Cinnamon Applesauce (11) Banana Chocolate Bar (45) Milk (13) Calories: 729 Protein: 35g Carbs: 101g Fat: 21g Fiber: 11.2g Sodium: 810mg	Chicken Salad Sandwich (10) Vegetable Cous Cous (20) Harvard Beets (12) Orange (15) 2 Sli Bread (22) Milk (13) Calories: 734 Protein: 50g Carbs: 93g Fat: 20g Fiber: 12.4g Sodium: 1,005mg
<b>28-Aug</b>	<b>29-Aug</b>	<b>Aug 30</b>	<b>31-Aug</b>	<b>1-Sep</b>
King Ranch Chicken (25) Seasoned Corn (15) Seasoned Cabbage (4) Navy Bean Soup (24) /Crackers (4) Blueberry Fruit-Cup (12) Milk (13) Calories: 779 Protein: 54g Carbs: 100g Fat: 20g Fiber: 12.4g Sodium: 659mg	Beef Taco Salad (13) Seasoned Mixed Beans (19) Calabacitas (6) Lettuce Tomato Garnish (1) Ambrosia (26) Milk (13) Calories: 739 Protein: 38g Carbs: 79g Fat: 33g Fiber: 13.9g Sodium: 582mg	Beef Pie W/Biscuit (22) Parslied Potatoes (24) Seasoned Asparagus (1) Split Pea Soup (20) /Crackers (4) Apple Fruit-Cup (14) Milk (13) Calories: 876 Protein: 43g Carbs: 101g Fat: 34g Fiber: 12.8g Sodium: 682mg	Chicken Scallopini (4) Rice Pilaf (15) Roasted Brussel Sprouts (7) Vegetable Florentine Soup (15) /Crackers (4) Cranberry Pear Salad(25) Milk (13) /Raisin Nut Cup (12) Calories: 989 Protein: 76g Carbs: 97g Fat: 35g Fiber: 10g Sodium: 712mg	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
<b>IMPORTANT INFORMATION: Numbers in parentheses next to each meal item indicate the number of carbohydrates in grams for that item.</b>				
<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>		

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.