



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1-Nov</b>	<b>2-Nov</b>	<b>3-Nov</b>
		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
<b>6-Nov</b>	<b>7-Nov</b>	<b>8-Nov</b>	<b>Nov 9</b>	<b>Nov 10</b>
Chicken Noodle Casserole Winter Mixed Vegetables Italian Mixed Vegetables Pea Salad Peach Fruit Cup Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	Cuban Roast Pork Roasted Rosemary Potatoes Cabbage w/ Carrots Tomato Cucumber Salad Fresh Pear Milk /Yogurt w/Granola Calories: Protein: Carbs: Fat: Fiber: Sodium:	Citrus Herb Fish Vegetable Couscous Harvard Beets Washington Chowder Chilled Apricots /Broccoli Salad Milk /Dinner Roll w/Margarine Calories: Protein: Carbs: Fat: Fiber: Sodium:	BBQ Chicken Sesaoned Pinto Beans Garden Vegetable Soup /Crackers Hot Fruit Compote Sweet & Sour Coleslaw Milk /Hamburger Bun Calories: Protein: Carbs: Fat: Fiber: Sodium:	Roast Beef w/Brown Gravy Lyonnaise Potatoes Peas & Mushrooms Cream of Broccoli Soup /Crackers Strawberry/Blueberry Crisp Milk /Dinner Roll w/Margarine Calories: Protein: Carbs: Fat: Fiber: Sodium:
<b>13-Nov</b>	<b>14-Nov</b>	<b>15-Nov</b>	<b>16-Nov</b>	<b>17-Nov</b>
Chili Mac Cheesy Cauliflower Cape Cod Mixed Vegetables Cinnamon Applesauce Butterscotch Pudding Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	Beef Pie w/Biscuit Zucchini & Tomatoes Caribbean Vegetables Navy Bean Soup /Crackers Grapes Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	Chicken Cacciatore Steamed Broccoli Chicken Gumbo Soup /Breadstick Carrot Raisin Salad Blueberry Fruit Cup Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	Meatloaf w/Mushroom Gravy Seasoned Asparagus Peas & Onions Cream of Mushroom Soup Orange Milk /Dinner Roll w/Margarine Calories: Protein: Carbs: Fat: Fiber: Sodium:	Fish W/ Mango Basil Sauce Fall Harvest Couscous Broccoli Walnut Parmesan Lentil Soup /Crackers Diced Peaches Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:
<b>20-Nov</b>	<b>21-Nov</b>		<b>23-Nov</b>	<b>24-Nov</b>
Pueblo Beef Stew Cilantro Rice Calabacitas Lima Beans & Carrots Banana Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	Chicken Tahitian Sweet & Red Potatoes Seasoned Green Beans Minestrone Soup /Breadstick Spiced Plums Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	Roasted Turkey w/Turkey Gravy Mashed Potatoes Brussel Sprouts Green Beans Almondine Carrot & Sweet Potato Soup /Crackers Cranberry Pear Salad /Pumpkin Pie/Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	Beef Chow Mein Brown Rice Capri Mixed Vegetables Cabbage Apple Slaw Apple Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	Pork Sukiyaki Carrots Bussag Snap Peas Egg Drop Soup /Crackers Confetti Cottage Cheese w/Almonds Cherry/Blueberry Crisp /Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:

27-Nov	28-Nov	29-Nov	30-Nov	1-Dec
Beef Hungarian Goulash Parslied Pasta Oregon Mixed Vegetables Garden Vegetable Soup /Crackers Orange Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	Turkey Green Chili Mexican Corn Scandinavian Mixed Vegetables Waldorf Salad Raisin Nut Cup /Tortilla Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	Ham & Cheese Quiche Seasoned Cabbage Split Pea Soup Crackers Pumpkin Muffin Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	Dijon Chicken Fall Harvest Couscous Roasted Brussel Sprouts Chicken Barley Soup /Crackers Peach Fruit Cup Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	Beef Tips w/Mushroom Gravy Cheesy Mashed Potatoes Mixed Vegetables Creamy Coleslaw Banana Chocolate Bar Milk /Dinner Roll w/Margarine Calories: Protein: Carbs: Fat: Fiber: Sodium:
<b>IMPORTANT INFORMATION: Numbers in parentheses next to each meal item indicate the number of carbohydrates in grams for that item.</b>				
<p align="center"><b>MENUS ARE SUBJECT TO CHANGE</b></p>	Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.	<p align="center"><b>DON'T FORGET TO CALL AND CANCEL YOUR MEAL WHEN YOU WON'T BE HOME!!!!</b></p> <p align="center">719-543-0100</p> <p align="center"><b>CALL AS SOON AS POSSIBLE!!!!</b></p> <p align="center"><b>AT THE LATEST, PLEASE CALL BY 9AM ON THE DATE BEING CANCELLED!!!!</b></p> <p align="center"><b>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</b></p>		
<p>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.</p>				