



S R D A
MEALS ON WHEELS MENU
 December. 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1-Dec Beef Tips w/Mushroom Gravy (8) Cheesy Mashed Potatoes (15) Seasoned Mixed Vegetables (8) Creamy Coleslaw (10) Banana Chocolate Bar (37) Milk (12) /Dinner Roll w/Margarine (12) Calories: 963 Protein: 66g Carbs: 105g Fat: 30g Fiber: 9.9g Sodium: 920mg
4-Dec Shepard's Pie (11) Roasted Herb Cauliflower (3) Scandinavian Mixed Vegetables (10) Beef Barley Soup (10) /Crackers (4) Banana (25) Milk (12) Calories: 702 Protein: 40g Carbs: 77g Fat: 29g Fiber: 12.5g Sodium: 595mg	5-Dec Chili Con Carne (22) Spanish Rice (23) Seasoned Yellow Squash (3) Cornbread (33) /Margarine Cup (1) Chilled Apricots (12) Milk (12) Calories: 818 Protein: 33g Carbs: 107g Fat: 28g Fiber: 12.7g Sodium: 711mg	6-Dec Tuna Noodle Casserole (24) Seasoned Corn (15) Harvard Beets (12) Italian Vegetable Toss (11) Oranges w/Whipped Topping (22) Milk (12) Calories: 683 Protein: 35g Carbs: 99g Fat: 18g Fiber: 11.1g Sodium: 836mg	7-Dec Ham & Potato Casserole (35) Seasoned Asparagus (1) Capri Mixed Vegetables (4) Carrot & Sweet Potato Soup (15) Peach Crisp (29) /Crackers (4) Milk (12) Calories: 697 Protein: 28g Carbs: 102g Fat: 20g Fiber: 9.5g Sodium: 588mg	8-Dec Beef & Bean Burrito (35) Calabacitas (6) /Green Chili (9) Cape Cod Mixed Vegetables (7) Beef Noodle Soup (8) /Crackers (4) Grape-Fruit Cup (18) Milk (12) Calories: 766 Protein: 36g Carbs: 102g Fat: 23g Fiber: 9.7g Sodium: 959mg
11-Dec Sweet & Sour Chicken (17) Fried Rice (15) Oregon Mixed Vegetables (5) Creamy Tomato Soup (6) /Crackers (4) Confetti Cottage Cheese (5) Milk (12) /Apple (21) Calories: 694 Protein: 54g Carbs: 89g Fat: 15g Fiber: 9.8g Sodium: 736mg	12-Dec Roast Pork Loin (1) Garlic Mashed Potatoes (13) Seasoned Mixed Vegetables (10) Apple Chutney (7) Blueberry Fruit Cup /Broccoli Salad (9) Milk (12) /Roll w/Margarine (12) Calories: 691 Protein: 49g Carbs: 77g Fat: 20g Fiber: 8.8g Sodium: 547mg	13-Dec Green Pepper Steak w/Mushroom Gravy (7) Baked Sweet Potato (33) Cheesy Cauliflower (3) Chicken Barley Soup (10) Vanilla Pudding (26) /Strawberries & Peaches (10) Milk (12) / Breadstick w/Margarine (14) Calories: 1,085 Protein: 47g Carbs: 120g Fat: 45g Fiber: 10.3g Sodium: 1,047mg	14-Dec Turkey Rice & Cheese Casserole (26) Roasted Brussel Sprouts (7) Orange Glazed Carrots (13) Garlic Bread (16) Strawberry Applesauce (11) Milk (12) Calories: 680 Protein: 30g Carbs: 87g Fat: 25g Fiber: 11.5g Sodium: 1,069mg	15-Dec Sloppy Joe Sandwich (5) Seasoned Spinach (4) Prince Edward Vegetable Mix (4) Beef Vegetable Soup (8) /Crackers (4) Mandarin Oranges (22) Milk (12)/ Hamburger Bun (26) Calories: 839 Protein: 45g Carbs: 87g Fat: 34g Fiber: 11.3g Sodium: 889mg
18-Dec Chicken Noodle Casserole (20) Winter Mixed Vegetables (4) Italian Mixed Vegetables (6) Pea Salad (8) Peach Fruit Cup (15) Milk (12) Calories: 591 Protein: 43g Carbs: 67g Fat: 17g Fiber: 9.7g Sodium: 705mg	19-Dec Cuban Roast Pork (1) Roasted Rosemary Potatoes (20) Cabbage w/ Carrots (4) Tomato Cucumber Salad (3) Fresh Pear (28) Milk (12) /Yogurt 4oz (11) Calories: 641 Protein: 44g Carbs: 82g Fat: 16g Fiber: 10g Sodium: 261mg	20-Dec Citrus Herb Fish (4) Vegetable Couscous (19) Harvard Beets (12) Washington Chowder (12) Apricots (12) /Broccoli Salad (9) Milk (12) /Dinner Roll w/Margarine (12) Calories: 763 Protein: 42g Carbs: 96g Fat: 24g Fiber: 10g Sodium: 905mg	21-Dec BBQ Chicken (8) Seasoned Pinto Beans (10) Garden Vegetable Soup (8) /Crackers (4) Hot Fruit Compote (22) Sweet & Sour Coleslaw (6) Milk (12) /Hamburger Bun (26) Calories: 683 Protein: 49g Carbs: 99g Fat: 9g Fiber: 12.5g Sodium: 736mg	CHRISTMAS MEAL Dec 22 Baked Ham (10) Sweet Potatoes (25) Green Bean Almondine (5) Cranberry Pear Salad (25) Orange (15) /Cookie (16) Milk (12) /Dinner Roll w/Margarine (12) Calories: 764 Protein: 34g Carbs: 123g Fat: 18g Fiber: 10.7g Sodium: 886mg
25-Dec Chili Mac (24) Cheesy Cauliflower (3) Cape Cod Mixed Vegetables (7) Cinnamon Applesauce (11) Butterscotch Pudding (17) Milk (12)/ Raisin Nut Cup (12) Calories: 780 Protein: 37g Carbs: 90g Fat: 30g Fiber: 9.9g Sodium: 785mg	26-Dec Beef Pot Pie (21) Zucchini & Tomatoes (4) Caribbean Vegetables (5) Navy Bean Soup (23) /Crackers (4) Grapes (13) Milk (12) Calories: 768 Protein: 36g Carbs: 86g Fat: 31g Fiber: 11g Sodium: 551mg	27-Dec Chicken Cacciatore (4) Fettuccini (17) Steamed Broccoli (4) Chicken Gumbo Soup (11) /Breadstick (39) Carrot Raisin Salad (12) Milk (12)/Blueberry Fruit Cup (12) Calories: 737 Protein: 63g Carbs: 114g Fat: 13g Fiber: 10.5g Sodium: 1,119mg	28-Dec Meatloaf w/Mushroom Gravy (9) Seasoned Asparagus (1) Peas & Onions (9) Cream of Mushroom Soup (6) Strawberry & Pineapple (13)/Raisin Nut Cup (12) Milk (12)/Dinner Roll w/Margarine (12) Calories: 927 Protein: 51g Carbs: 77g Fat: 47g Fiber: 9.6g Sodium: 675mg	29-Dec Fish W/ Mango Basil Sauce (3) Fall Harvest Couscous (25) Broccoli Walnut Parmesan (5) Lentil Soup (18) /Crackers (4) Diced Peaches (13) Milk (12) Calories: 673 Protein: 49g Carbs: 83g Fat: 18g Fiber: 10.2g Sodium: 606mg

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.