



**S R D A**  
**MEALS ON WHEELS MENU**  
 January. 2018



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1-Jan</b>	<b>2-Jan</b>	<b>3-Jan</b>	<b>4-Jan</b>	<b>5-Jan</b>
Pueblo Beef Stew (16) Cilantro Rice (14) Calabacitas (6) Lima Beans & Carrots (10) Banana (25) Milk (12) Calories: 662 Protein: 44g Carbs: 88g Fat: 16g Fiber: 10.8g Sodium: 508mg	Roasted Turkey w/Turkey Gravy (2) Mashed Potatoes (16) /Brussel Sprouts (6) Green Beans Almondine (5) Carrot & Swt Potato Soup (15) Cranberry Pear Salad (25) Milk (12) /Crackers (4) Calories: 653 Protein: 37g Carbs: 88g Fat: 20g Fiber: 12g Sodium: 994mg	Chicken Tahitian (13) Sweet & Red Potatoes (26) Mixed Vegetables (10) Minestrone Soup (9) /Breadstick (39) Spiced Plums (13) Milk (12) Calories: 737 Protein: 59g Carbs: 119g Fat: 11g Fiber: 9.8g Sodium: 972mg	Beef Chow Mein (27) Brown Rice (13) Capri Mixed Vegetables (4) Cabbage Apple Slaw (9) Apple (21) Milk (12) Calories: 700 Protein: 45g Carbs: 92g Fat: 19g Fiber: 10.1g Sodium: 663mg	Pork Sukiyaki (25) Carrots (7) Sugar Snap Peas (4) Egg Drop Soup (3) /Crackers (4) Confetti Cottage Cheese w/Almonds (5) Cherry/Blueberry Crisp (32) /Milk (12) Calories: 811 Protein: 52g Carbs: 94g Fat: 25g Fiber: 10.3g Sodium: 579g
<b>8-Jan</b>	<b>9-Jan</b>	<b>10-Jan</b>	<b>11-Jan</b>	<b>12-Jan</b>
Beef Hungarian Goulash (8) Parslied Pasta (16) Oregon Mixed Vegetables (5) Garden Vegetable Soup (12) /Crackers (4) Orange (15) Milk (12) Calories: 725 Protein: 54g Carbs: 74g Fat: 25g Fiber: 10.2g Sodium: 704mg	Ham & Cheese Quiche (22) Seasoned Cabbage (4) Split Pea Soup (19) Crackers (4) Apple Fruit-Cup (14) Milk (12) Calories: 754 Protein: 44g Carbs: 77g Fat: 30g Fiber: 9.9g Sodium: 964mg	Turkey Green Chili (11) Mexican Corn (17) Scandinavian Mixed Vegetables (10) Waldorf Salad (10) Raisin Nut Cup (12) /Tortilla (15) Milk (12) Calories: 641 Protein: 40g Carbs: 90g Fat: 17g Fiber: 10g Sodium: 1,127mg	Dijon Chicken (9) Fall Harvest Couscous (25) Roasted Brussel Sprouts (7) Chicken Barley Soup (10) /Crackers (4) Peach Fruit Cup (15) Milk (12) Calories: 758 Protein: 52g Carbs: 84g Fat: 25g Fiber: 10.4g Sodium: 535mg	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
<b>15-Jan</b>	<b>16-Jan</b>	<b>17-Jan</b>	<b>18-Jan</b>	<b>19-Jan</b>
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	Chili Con Carne (22) Spanish Rice (23) Seasoned Yellow Squash (3) Cornbread (33) /Margarine Cup (1) Chilled Apricots (12) Milk (12) Calories: 849 Protein: 34g Carbs: 114g Fat: 28g Fiber: 13g Sodium: 721mg	Tuna Noodle Casserole (24) Seasoned Corn (15) Harvard Beets (12) Italian Vegetable Toss (11) Oranges w/Whipped Topping (22) Milk (12) Calories: 667 Protein: 34g Carbs: 96g Fat: 18g Fiber: 10.1g Sodium: 809mg	Ham & Potato Casserole (24) Seasoned Asparagus (1) Capri Mixed Vegetables (4) Carrot & Swt Potato Soup (15) Peach Crisp (29) /Crackers (4) Milk (12) Calories: 655 Protein: 28g Carbs: 92g Fat: 20g Fiber: 9.5g Sodium: 597mg	Beef & Bean Burrito (35) Calabacitas (6) /Green Chili (10) Cape Cod Mixed Vegetables (7) Beef Noodle Soup (8) /Crackers (4) Grape-Fruit Cup (18) Milk (12) Calories: 759 Protein: 35g Carbs: 102g Fat: 22g Fiber: 9.7g Sodium: 956mg
<b>22-Jan</b>	<b>23-Jan</b>	<b>24-Jan</b>	<b>25-Jan</b>	<b>26-Jan</b>
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	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: 665 Protein: 49g Carbs: 77g Fat: 17g Fiber: 8.8g Sodium: 516mg	Green Pepper Steak (4) Baked Sweet Potato (33) Cheesy Cauliflower (3) Chicken Barley Soup (10) Vanilla Pudding (26) /Strawberries & Peaches (14) Milk (12) / Breadstick w/Margarine (14) Calories: 1,038 Protein: 46g Carbs: 116g Fat: 42g Fiber: 9.7g Sodium: 961mg	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	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

<b>29-Jan</b>	<b>30-Jan</b>	<b>31-Jan</b>	<b>1-Feb</b>	<b>2-Feb</b>
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	Cuban Roast Pork (1) Roasted Rosemary Potatoes (20) Cabbage w/ Carrots (4) Tomato Cucumber Salad (3) Fresh Pear (28) Milk (12) /Yogurt 4oz w/Granola (22) Calories: 657 Protein: 39g Carbs: 94g Fat: 15g Fiber: 11.8g Sodium: 283mg	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: 760 Protein: 42g Carbs: 95g Fat: 24g Fiber: 9.9g Sodium: 890mg	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	Roast Beef w/Brown Gravy (3) Lyonnaise Potatoes (10) Peas & Mushrooms (9) Cream of Broccoli Soup (6) Strawberry/Blueberry Crisp (26) Milk (12) /Dinner Roll w/Margarine (12) Calories: 740 Protein: 53g Carbs: 82g Fat: 23g Fiber: 9.6g Sodium: 583mg
<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.				