



**SRDA
MEALS ON WHEELS MENU
March, 2018**



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| | | | 1-Mar | 2-Mar |
| | | | Penne & Meat Sauce (37) Italian Mixed Vegetables (6) Yellow Squash (3) Garlic Bread (11) Apricots (12) Milk (12) Calories: 691 Protein: 32g Carbs: 83g Fat: 27g Fiber: 11.2g Sodium: 633mg | Citrus & Herb Fish (4) Rice Pilaf (17) Seasoned Mixed Vegetables (10) Garden Vegetable Soup (8) /Crackers (4) Cabbage Apple Slaw (9)/Orange (15) Milk (12) Calories: 634 Protein: 40g Carbs: 82g Fat: 15g Fiber: 9.7g Sodium: 526mg |
| 5-Mar | 6-Mar | 7-Mar | 8-Mar | 9-Mar |
| Chicken Enchiladas (49) Seasoned Black Beans (17) Orange Glazed Carrots (13) Apple Fruit-Cup (14) Yogurt w/Granola (20) Milk (12) Calories: 951 Protein: 65g Carbs: 127g Fat: 22g Fiber: 15.2g Sodium: 1,029mg | Meatloaf w/Mushroom Gravy (5) Garlic Mashed Potatoes (13) Green Bean Almondine (5) Beef Vegetable Soup (8) Cranberry Pear Salad (25) Raisin Nut Cup (13) /Milk (12) Calories: 994 Protein: 50g Carbs: 91g Fat: 49g Fiber: 10.2g Sodium: 527mg | Baked Glazed Ham (10) Scalloped Potatoes (13) Bermuda Mixed Vegetables (5) Split Pea Soup (19) /Crackers (4) Grape-Fruit Cup (18) Milk (12) Calories: 593 Protein: 36g Carbs: 84g Fat: 13g Fiber: 11.4g Sodium: 757mg | Chicken Parmesan (8) Herbed Pasta (18) Brussel Sprouts (6) Chicken Barley Soup (10) Strawberry Applesauce (11) Milk (12) /Breadstick (39) Calories: 752 Protein: 58g Carbs: 107g Fat: 18g Fiber: 10.5g Sodium: 946mg | Vegetable Pasta Primavera (30) Chuckwagon Corn (14) Sugar Snap Peas (4) Cream of Broccoli (6) /Crackers (4) Carrot Raisin Salad (12) Milk (12) /Blueberry Fruit-Cup (12) Calories: 607 Protein: 24g Carbs: 98g Fat: 14g Fiber: 10.2g Sodium: 498mg |
| 12-Mar | 13-Mar | 14-Mar | 15-Mar | 16-Mar |
| Italian Chicken Orzo (15) Cheesy Cauliflower (3) Scandinavian Mixed Vegetables (10) Chicken Noodle Soup (8) Crackers (4) Banana (25) /Milk (12) Calories: Protein: Carbs: Fat: Fiber: Sodium: | Salisbury Steak (3) Parslied Potatoes (10) Peas & Carrots (7) Peach Crisp (29) Orange (15) Milk (12) Calories: 768 Protein: 35g Carbs: 78g Fat: 36g Fiber: 10g Sodium: 312mg | Corned Beef (1) Roasted Rosemary Potatoes (15) Seasoned Cabbage (4) Split Pea Soup (19) Sugar Cookie (19) Grapes (13) /Milk (12) Calories: 782 Protein: 39g Carbs: 84g Fat: 32g Fiber: 10.2g Sodium: 1,434mg | Pork Green Chili (7) Mexican Corn (17) Seasoned Asparagus (1) Tortilla (15) Diced Peaches (13) Pea Salad (8) /Milk (12) Calories: 568 Protein: 34 Carbs: 75g Fat: 16g Fiber: 8.7g Sodium: 677mg | Fish w/Pueblo Salsa (2) Cilantro Rice (17) Italian Mixed Vegetables (6) Confetti Cottage Cheese Crunch (5) Breadstick (39) /Apple (21) Milk (12) Calories: 645 Protein: 49 Carbs: 105g Fat: 12g Fiber: 10g Sodium: 937mg |
| 19-Mar | 20-Mar | 21-Mar | 22-Mar | 23-Mar |
| Pinto Beans & Ham (18) Sweet & Red Potatoes (26) Seasoned Green Beans (4) Tomato Florentine (3) /Crackers (4) Applesauce (11) Milk (12) Calories: 512 Protein: 26g Carbs: 80g Fat: 10g Fiber: 11.5g Sodium: 557mg | Slopper w/Green Chili (1) Ranch Beans (18) Peas & Mushrooms (9) Sweet & Sour Coleslaw (6) Apple-Fruit Cup (14) Milk (12) /Hamburger Bun (26) Calories: 842 Protein: 47g Carbs: 97g Fat: 29g Fiber: 13.7g Sodium: 690mg | Beef Chop Suey (8) Steamed Brown Rice (18) Mixed Vegetables (10) Carrot Raisin Salad (12) Diced Pears (17) Milk (12) Calories: 724 Protein: 48g Carbs: 90g Fat: 18g Fiber: 9.8g Sodium: 788mg | Open Faced Hot Turkey w/Gravy (2) Peas & Onions (9) Prince Edward Veg Mix (4) Pasta Salad (13)/1 Sl Bread (11) Strawberries & Peaches (10) Milk (12) Calories: 527 Protein: 37g Carbs: 62g Fat: 16g Fiber: 10.2g Sodium: 994mg | Macaroni & Cheese (29) Sugar Snap Peas (4) Winter Mix vegetables (4) Navy Bean Soup (23) /Crackers (4) Pineapple Tid Bits (15) Milk (12) Calories: 740 Protein: 33g Carbs: 94g Fat: 26g Fiber: 10.9g Sodium: 733mg |
| 26-Mar | 27-Mar | 28-Mar | 29-Mar | 30-Mar |
| Beef Tips w/Mushroom Gravy (8) Parslied Pasta (16) Steamed Broccoli (4) Lentil Soup (18) /Crackers (4) Banana (25) Milk (12) Calories: 845 Protein: 69g Carbs: 91g Fat: 25g Fiber: 12.1g Sodium: 552mg | Chinese Lemon Chicken (8) Roasted Rosemary Potatoes (20) Mandarin Stir Fry (5) Minestrone Soup (9) Vanilla Pudding (26) Peach-Fruit Cup (15)/Milk (12) Calories: 790 Protein: 59g Carbs: 98g Fat: 17g Fiber: 9.6g Sodium: 599mg | Beef & Turkey Cabbage Casserole (7) Vegetarian Alfredo (20) Seasoned Asparagus (1) Tomato Cucumber Salad (3) Apple (21) Milk (12) Calories: 689 Protein: 37g Carbs: 66g Fat: 32g Fiber: 10.7g Sodium: 477mg | Brunswick Stew (14) Mashed Potatoes (16) Scandinavian Mixed Vegetables (10) Chilled Apricots (12) Raisin Nut Cup (13) /Crackers (4) Milk (12) Calories: 781 Protein: 56g Carbs: 83g Fat: 25g Fiber: 10.3g Sodium: 538mg | Tilapia w/Veg Sauce (2) Vegetable Couscous (19) Stewed Tomatoes (9) Seafood Gumbo (9) /Crackers (4) Cherry Crisp (35) /Orange (15) Milk (12) Calories: 776 Protein: 45g Carbs: 107g Fat: 20g Fiber: 10.3g Sodium: 772mg |

IMPORTANT INFORMATION: Numbers in parentheses next to each meal item indicate the number of carbohydrates in grams for that item.

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| <p>MENUS ARE SUBJECT TO CHANGE</p> | <p>Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.</p> | <p>DON'T FORGET TO CALL AND CANCEL YOUR MEAL WHEN YOU WON'T BE HOME!!!!</p> <p>719-543-0100</p> <p>CALL AS SOON AS POSSIBLE!!!!</p> <p>AT THE LATEST, PLEASE CALL BY 9AM ON THE DATE BEING CANCELLED!!!!</p> <p>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</p> |
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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.