



SRDA MEALS ON WHEELS MENU April, 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2-Apr</p> Chicken Sesame (16) Fried Rice (15) Lima Beans & Carrots (10) Split Pea Soup (19) /Crackers (4) Fresh Orange (15) Milk (12) Calories: 696 Protein: 53g Carbs: 93g Fat: 13g Fiber: 13.3g Sodium: 543mg	<p style="text-align: right;">3-Apr</p> Turkey Tetraxini (31) Baked Sweet Potato (33) Roasted Brussel Sprouts (7) Cinnamon Applesauce (11) Confetti Cottage Cheese Crunch (5) Milk (12) Calories: 770 Protein: 45g Carbs: 101g Fat: 22g Fiber: 9.5g Sodium: 1,151mg	<p style="text-align: right;">4-Apr</p> Honey Mustard Chicken (9) Au Gratin Potatoes (21) Carrots (7) /Minestrone Soup (9) Pineapple Cabbage Slaw (10) Cranberry Apple Crumble (29) Milk (12) /Crackers (4) Calories: 802 Protein: 46g Carbs: 104g Fat: 23g Fiber: 10.8g Sodium: 793mg	<p style="text-align: right;">5-Apr</p> Pork Chow Mein (25) Brown Rice (18) Oriental Vegetables (4) Egg Drop Soup (3) Crackers (4) Strawberries & Pineapple (13) Peas & Carrot Salad (7) /Milk (12) Calories: 782 Protein: 52g Carbs: 90g Fat: 26g Fiber: 10.2g Sodium: 821mg	<p style="text-align: right;">6-Apr</p> Vegetable Lasagna (30) Zucchini & Tomatoes (4) Cheesy Cauliflower (3) Black Bean Soup (23) /Crackers (4) Coconut Fruit Salad (20) Milk (12) Calories: 678 Protein: 36g Carbs: 99g Fat: 22g Fiber: 19.5g Sodium: 856mg
<p style="text-align: right;">9-Apr</p> Beef-Tomato Mac (31) Oregon Mixed Vegetables (5) Seasoned Spinach (4) Washington Chowder (12) /Crackers (4) Peach Fruit-Cup (15) Milk (12) Calories: 679 Protein: 33g Carbs: 85g Fat: 23g Fiber: 10g Sodium: 617mg	<p style="text-align: right;">10-Apr</p> Corn Tamale Pie (27) Seasoned Pinto Beans (10) Capri Mix Vegetable (4) Mandarin Oranges (22) Banana Chocolate Bar (37) Milk (12) Calories: 907 Protein: 40g Carbs: 115g Fat: 32g Fiber: 9.5g Sodium: 710mg	<p style="text-align: right;">11-Apr</p> Chicken Sukiyaki (17) Mandarin Stir Fry (5) Broccoli Walnut Parmesan (5) Chicken Gumbo Soup (11) /Crackers (4) Apple-Fruit Cup (14) Milk (12) Calories: 603 Protein: 44g Carbs: 71g Fat: 16g Fiber: 9.5g Sodium: 648mg	<p style="text-align: right;">12-Apr</p> 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	<p style="text-align: right;">13-Apr</p> Citrus & Herb Fish (4) Rice Pilaf (17) Seasoned Mixed Vegetables (10) Garden Vegetable Soup (8) /Crackers (4) Cabbage Apple Slaw (9) Milk (12) /Fresh Orange (15) Calories: 633 Protein: 40g Carbs: 82g Fat: 15g Fiber: 9.8g Sodium: 481mg
<p style="text-align: right;">16-Apr</p> Chicken Enchiladas (49) Seasoned Black Beans (17) Orange Glazed Carrots (13) Grape-Fruit Cup (18) Yogurt w/Granola (20) Milk (12) Calories: 978 Protein: 66g Carbs: 131g Fat: 23g Fiber: 15.7g Sodium: 1,030mg	<p style="text-align: right;">17-Apr</p> Baked Glazed Ham (10) Scalloped Potatoes (13) Bermuda Mixed Vegetables (5) Split Pea Soup (19) /Crackers (4) Spiced Plums (13) Milk (12) Calories: 555 Protein: 35g Carbs: 79g Fat: 11g Fiber: 10.9g Sodium: 752mg	<p style="text-align: right;">18-Apr</p> Meatloaf w/Mushroom Gravy (9) Garlic Mashed Potatoes (13) Green Bean Almondine (5) Beef Vegetable Soup (8) Cranberry Pear Salad (25) Raisin Nut Cup (13) /Milk (12) Calories: 1,015 Protein: 50g Carbs: 99g Fat: 48g Fiber: 10.4g Sodium: 527mg	<p style="text-align: right;">19-Apr</p> 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	<p style="text-align: right;">20-Apr</p> Vegetable Pasta Primavera (30) Chuckwagon Corn (14) Sugar Snap Peas (4) Cream of Broccoli Soup (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
<p style="text-align: right;">23-Apr</p> Pinto Beans & Ham (18) Sweet & Red Potatoes (26) Capri Mixed Vegetables (4) Tomato Florentine (3) /Crackers (4) Applesauce (11) Milk (12) Calories: 512 Protein: 26g Carbs: 80g Fat: 10g Fiber: 10.2g Sodium: 577mg	<p style="text-align: right;">24-Apr</p> Chicken Fajita (1) Seasoned Mixed Beans (19) Stewed Tomatoes (9) Carrot & Sweet Potato Soup (15) Tortilla /Crackers (4) Mandarin Oranges (22) /Milk (12) Calories: 658 Protein: 41g Carbs: 100g Fat: 14g Fiber: 15g Sodium: 760mg	<p style="text-align: right;">25-Apr</p> Salisbury Steak (3) Parslied Potatoes (10) Peas & Carrots (7) Peach Crisp (29) Fresh Orange (15) Milk (12) Calories: 773 Protein: 35g Carbs: 78g Fat: 36g Fiber: 10g Sodium: 348mg	<p style="text-align: right;">26-Apr</p> Pork Green Chili (7) Mexican Corn (17) Seasoned Asparagus (1) Tortilla (15) /Raisin Nut Cup (13) Coconut Crunch Fruit Salad (21) Pea Salad (8) /Milk (12) Calories: 783 Protein: 38g Carbs: 105g Fat: 27g Fiber: 10.4g Sodium: 700mg	<p style="text-align: right;">27-Apr</p> Fish w/Pueblo Salsa (2) Cilantro Rice (17) Scandinavian Mixed Vegetables (10) Confetti Cottage Cheese Crunch (5) Breadstick (39) /Apple (21) Milk (12) Calories: 652 Protein: 51g Carbs: 109g Fat: 10g Fiber: 11.2g Sodium: 967mg
<p style="text-align: right;">30-Apr</p> Italian Chicken Orzo (15) Cheesy Cauliflower (3) Italian Mixed Vegetables (6) Chicken Noodle Soup (8) Crackers (4) Banana (25) /Milk (12) Calories: 664 Protein: 48g Carbs: 76g Fat: 20g Fiber: 11.3g Sodium: 729mg	<p style="text-align: right;">1-May</p> Beef Chop Suey (8) Steamed Brown Rice (18) Seasoned Mixed Vegetables (10) Beef Vegetable Soup (8) /Crackers (4) Carrot Raisin Salad (12) Milk (12) Diced Pears (17) Calories: 724 Protein: 48g Carbs: 90g Fat: 18g Fiber: 9.8g Sodium: 788mg	<p style="text-align: right;">2-May</p> Slopper w/Green Chili (10) Ranch Beans (18) Carrots (7) Sweet & Sour Coleslaw (6) Apple-Fruit Cup (14) Milk (12) /Hamburger Bun (26) Calories: 841 Protein: 45g Carbs: 94g Fat: 32g Fiber: 13.7g Sodium: 676mg	<p style="text-align: right;">3-May</p> Open Faced Hot Turkey w/Gravy (2) Peas & Onions (9) Prince Edward Veg Mix (4) Vegetable Pasta Salad (12) Strawberries & Peaches (10) Milk (12) /1 Sl Bread (11) Calories: 526 Protein: 37g Carbs: 62g Fat: 16g Fiber: 10.2g Sodium: 994mg	<p style="text-align: right;">4-May</p> Chinese Lemon Chicken (8) Baked Sweet Potatoes (33) Mandarin Stir Fry (5) Minestrone Soup (9) Vanilla Pudding (26) Peach-Fruit Cup (15) /Milk (12) Calories: 888 Protein: 58g Carbs: 115g Fat: 21g Fiber: 10.2g Sodium: 717mg

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

<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 style="text-align: center;"><u>719-543-0100</u></p> <p style="text-align: center;">CALL AS SOON AS POSSIBLE!!!!!!</p> <p style="text-align: center;">AT THE LATEST, PLEASE CALL BY 9AM ON THE DATE BEING CANCELLED!!!!!!</p> <p style="text-align: center;">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.