



# SRDA MEALS ON WHEELS MENU May, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1-May</b>	<b>2-May</b>	<b>3-May</b>	<b>4-May</b>
	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	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	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	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
<b>7-May</b>	<b>8-May</b>	<b>9-May</b>	<b>May 10</b>	<b>11-May</b>
Chicken Chow Mein (28) Streamed Brown Rice (18) Oriental Vegetables (4) Cream of Garden Soup (12) /Crackers Fresh Bananas (25) Milk (12) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Spaghetti & Meat Sauce (23) Italian Mixed Vegetables (6) Seasoned Yellow Squash (3) Minestrone Soup (9) /Cracker Pineapple Tidbits (15) Milk (12) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Pulled Pork Sandwich (7) Oregon Mixed Vegetables (5) Claremont Salad (3) Yogurt w/Granola (20) Apple-Fruit Cup (14) /Hamburger Bun (26) Milk (12) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Beef Soft Taco (2) Spanish Rice (23) Creamed Spinach (6) Black Bean Soup (23) /Crackers Lettuce Garnish (1) /Tortilla (15) Mandarin Orange (22) /Milk (12) Calories: Protein: Carbs: Fat: Fiber: Sodium:	BBQ Chicken w/BBQ Sauce (8) Ranch Beans (18) Carrots (6) Broccoli Salad (9) Vanilla Pudding (26) /Orange (15) Milk (12) Calories: Protein: Carbs: Fat: Fiber: Sodium:
<b>14-May</b>	<b>15-May</b>	<b>16-May</b>	<b>17-May</b>	<b>18-May</b>
Pueblo Beef Stew (16) Sweet Potatoes Seasoned Mixed Vegetables (10) Zucchini & Tomatoes (4) Fresh Apples (21) Milk (12) /Chocolate Ice Cream (18) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Cheese Tortellini W/Sauce (23) Sugar Snap Peas (4) Lima Beans & Carrots (11) Turkey Rice Soup Breadstick (9) Cinnamon Applesauce (11) Milk (12) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Dijon Chicken (9) Sweet & Red Potatoes (26) Italian Mixed Vegetables (6) Garden Vegetable Soup (12) /Crack Peach Crisp (29) /Raisin Nut Cup (21) Milk (12) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Pork Diablo (6) Scalloped Potatoes (13) Broccoli & Cheese (7) Lentil Soup (18) /Crackers (4) Waldorf Salad (10) /Tortilla (15) Milk (12) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Beef Lasagna (41) Corn O'Brien (11) Creole Green Beans (6) Lentil Soup (18) /Crackers (4) Strawberries & Pineapple (13) Milk (12) Calories: Protein: Carbs: Fat: Fiber: Sodium:
<b>21-May</b>	<b>22-May</b>	<b>23-May</b>	<b>24-May</b>	<b>25-May</b>
Shepard's Pie (11) Cape Cod Mixed Vegetables (7) Harvard Beets (12) Beef Noodle Soup (8) /Crackers (4) Fresh Bananas (25) Milk (12) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Beefy Rice Casserole (19) Caribbean Vegetables (12) Asparagus (1) Creamy Tomato Soup (6) /Crackers Carrot Raisin Salad (12) /Apple (21) Milk (12) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Slopper w/Green Chili (11) Ranch Beans (18) Peas & Mushrooms (9) Sweet & Sour Coleslaw (9) Peach-Fruit Cup (15) Milk (12) /Hamburger Bun (26) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Beef Tips w/Mushroom Gravy (8) Penne Pasta (21) Succotash in Garlic Butter (9) Beef Vegetable Soup (8) /Breadstick (39) Strawberries & Peaches (10) Milk (12) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Ham & Cheese Quiche (22) Brussels Sprouts (6) Minestrone Soup (9) /Crackers (4) Italian Vegetable Toss (9) Cranberry Apple Crumble (29) Milk (12) Calories: Protein: Carbs: Fat: Fiber: Sodium:
<b>28-May</b>	<b>29-May</b>	<b>30-May</b>	<b>31-May</b>	<b>1-Jun</b>
Chicken Fried Rice (15) Oriental Vegetable (4) Oriental Green Beans (5) Egg Drop Soup (3) /Crackers (4) Fresh Orange (15) Milk (12) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Roasted Turkey w/Gravy (2) Cornbread Dressing (33) Scandinavian Mixed Vegetables (10) Broccoli Salad (9) Strawberry/Blueberry Crisp (26) Milk (12) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Pinto Beans & Ham (18) Sugar Snap Peas (4) Calabacitas (6) Cornbread (40) /Margarine (1) Italian Pasta Salad (13) /Applesauce (11) Milk (12) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Roast Beef w/Beef Gravy (2) Lyonnaise Potatoes (10) Winter Mix Vegetables (4) Beef Mushroom Barley Soup (10) Fresh Apple (21) /Crackers (4) Milk (12) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Tuna Salad Sandwich (4) Seasoned Peas & Onions (9) Rancho Fiesta Vegetables (10) Ambrosia (26) 2 Sl. Bread (22) Milk (12) Calories: Protein: Carbs: Fat: Fiber: Sodium:

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

**MENUS ARE** Please remember SRDA **DON'T FORGET TO CALL AND CANCEL YOUR MEAL WHEN YOU WON'T BE HOME!!!!**  
in your planned giving. **719-543-0100**

**SUBJECT TO  
CHANGE**

Your legacy lives on, our mission continues at Meals on Wheels.

**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!!!**

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.