



**S R D A**  
**MEALS ON WHEELS MENU**  
 June. 2018  
 Puree Dysphagia



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1-Jun</b> P. Turkey w/Mashed Potatoes (36) P. Peas (17) P. Broccoli (10) Applesauce PC (15) Milk (12)  Calories: 647 Protein: 33g Carbs: 90g Fat: 19g Fiber: 10.2g Sodium: 1,061mg
<b>4-Jun</b>	<b>5-Jun</b>	<b>6-Jun</b>	<b>7-Jun</b>	<b>8-Jun</b>
Chicken w/Mashed Potatoes (36) Cauliflower (3) P. Peas (17) Chicken Noodle Soup (6) /Crackers (4) Banana (25) Milk (12) Calories: 719 Protein: 40g Carbs: 105g Fat: 16g Fiber: 12g Sodium: 977mg	Tilapia w/Vegetable Sauce (2) Baked Sweet Potato (33) P. Broccoli (10) Mashed Potatoes (16) Confetti Cottage Cheese (4) Milk (12) /P. Pineapple (18) Calories: 939 Protein: 48g Carbs: 118g Fat: 25g Fiber: 9.4g Sodium: 1,182mg	P. Pork w/Apple Chutney (10) Mashed Potatoes (16) P. Green Beans (12) Carrot & Sweet Potato Soup (15) /Crackers (4) Apple Crisp (28) Milk (12) Calories: 749 Protein: 29g Carbs: 99g Fat: 28g Fiber: 8.5g Sodium: 1,238mg	P. Turkey w/ Mashed Potatoes (36) P. Carrots (15) P. Corn (23) Chicken Barley Soup (10) /Crackers (4) P. Berries (22) Milk (12) Calories: 866 Protein: 39g Carbs: 123g Fat: 26g Fiber: 9.2g Sodium: 1,092mg	P. Pork (3) Penne Pasta (21) P. Peas (17) Garden Vegetable Soup (8) /Crackers (4) Banana (25) Milk (12) Calories: 643 Protein: 32g Carbs: 92g Fat: 19g Fiber: 10.9g Sodium: 1,249mg
<b>11-Jun</b>	<b>12-Jun</b>	<b>13-Jun</b>	<b>14-Jun</b>	<b>15-Jun</b>
Chicken w/Mashed Potatoes (36) P. Corn (23) P. Carrots (15) Lentil Soup (18) /Crackers (4) P. Peaches (20) Milk (12) Calories: 948 Protein: 38g Carbs: 129g Fat: 25g Fiber: 11.1g Sodium: 1,236mg	P. Pork w/Orange Glaze (11) Roasted Rosemary Potatoes (15) P. Broccoli (10) Creamy Tomato Soup (6) /Crackers (4) Peach Crisp (29) /P. Pineapple (18) Milk (12) Calories: 766 Protein: 29g Carbs: 107g Fat: 25g Fiber: 7.5g Sodium: 1,145mg	P. Beef (3) Mashed Potatoes w/Brown Gravy (20) P. Peas (17) Beef Barley Soup (10) Applesauce PC (15) Milk (12) /Dinner Roll w/Margarine (12) Calories: 742 Protein: 40g Carbs: 90g Fat: 29g Fiber: 10.1g Sodium: 1,383mg	P. Beef (3) Cheesy Mashed Potatoes (15) P. Carrots (15) Beef Vegetable Soup (8) /Crackers (4) P. Green Beans (12) Milk (12) /Chilled Apricots (12) Calories: 759 Protein: 35g Carbs: 83g Fat: 34g Fiber: 8.5g Sodium: 1,537mg	P. Corn Tamale Pie (26) Seasoned Black Beans (17) P. Broccoli (10) P. Peas (17) P. Pineapple (18) Milk (12) Calories: 840 Protein: 39g Carbs: 100g Fat: 35g Fiber: 12.8g Sodium: 1,940mg
<b>18-Jun</b>	<b>19-Jun</b>	<b>20-Jun</b>	<b>21-Jun</b>	<b>22-Jun</b>
P. Chicken w/Mashed Potatoes (36) P. Broccoli (10) Garden Vegetable Soup (12) Crackers (4) Fresh Bananas (25) Milk (12) Calories: 691 Protein: 31g Carbs: 102g Fat: 18g Fiber: 9.9g Sodium: 983mg	Pulled Pork Sandwich (7) P. Peas (17) /Mashed Potatoes (16) P. Green Beans (12) Vanilla Yogurt (15) Applesauce PC (15) Milk (12) Calories: 768 Protein: 45g Carbs: 96g Fat: 24g Fiber: 8.8g Sodium: 1,009mg	Spaghetti & P. Meat Sauce (30) P. Green Beans (12) P. Carrots (15) Minestrone Soup (9) /Breadstick (39) P. Pineapple (18) Milk (12) Calories: 890 Protein: 41g Carbs: 136g Fat: 31g Fiber: 10.9g Sodium: 2,049mg	P. Beef (3) Creamed Spinach (6) Tortilla (15) Black Bean Soup (23) /Crackers (4) P. Pineapple (18) Milk (12) Calories: 602 Protein: 37g Carbs: 81g Fat: 19g Fiber: 15.2g Sodium: 1,299mg	P. Chicken W/BBQ Sauce (11) Ranch Beans (18) P. Broccoli (10) P. Carrots (15) Vanilla Pudding (26) /P. Berries (22) Milk (12) Calories: 802 Protein: 32g Carbs: 115g Fat: 25g Fiber: 9.6g Sodium: 1,458mg
<b>25-Jun</b>	<b>26-Jun</b>	<b>27-Jun</b>	<b>28-Jun</b>	<b>29-Jun</b>
Pueblo Beef Stew (16) Sweet Potatoes (25) P. Peas (17) P. Corn (23) Applesauce PC (15) Milk (12) /Chocolate Ice Cream (18) Calories: 968 Protein: 47g Carbs: 127g Fat: 33g Fiber: 11g Sodium: 1,078mg	P. Chicken (3) Sweet & Red Potatoes (26) P. Green Beans (12) Garden Vegetable Soup (12) /Crackers (4) Peach Crisp (29) Milk (12) Calories: 733 Protein: 31g Carbs: 96g Fat: 24g Fiber: 7.9g Sodium: 1,020mg	Cheese Tortellini W/Sauce (23) P. Peas (17) P. Carrots (15) P. Turkey Rice Soup (15) /Breadstick (39) Cinnamon Applesauce (11) Milk (12) Calories: 777 Protein: 35g Carbs: 133g Fat: 23g Fiber: 11.2g Sodium: 1,594mg	P. Ham (3) Mashed Potatoes (16) P. Broccoli (10) Lentil Soup (18) P. Pears (22) /Tortilla (15) Milk (12) Calories: 683 Protein: 35g Carbs: 97g Fat: 19g Fiber: 9.1g Sodium: 1,465g	P. Beef (3) /Mashed Potatoes (16) P. Green Beans (12) P. Corn (23) Beef Barley Mushroom Soup (10) P. Pineapple (18) Milk (12) /Crackers (4) Calories: 873 Protein: 38g Carbs: 116g Fat: 29g Fiber: 9.3g Sodium: 1,468mg

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

**MEALS ARE  
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.