



# SRDA MEALS ON WHEELS MENU July. 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2-Jul</b>	<b>3-Jul</b>	<b>4-Jul</b>	<b>5-Jul</b>	<b>6-Jul</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: 737 Protein: 38g Carbs: 82g Fat: 28g Fiber: 9.5g Sodium: 771mg	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: 858 Protein: 48g Carbs: 100g Fat: 29g Fiber: 14.9g Sodium: 824mg	Beefy Rice Casserole (19) Caribbean Vegetables (12) Asparagus (1) Creamy Tomato Soup (6) /Crackers (4) Carrot Raisin Salad (12) /Apple (21) Milk (12) Calories: 686 Protein: 31g Carbs: 82g Fat: 26g Fiber: 10.2g Sodium: 514mg	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: 752 Protein: 49g Carbs: 107g Fat: 24g Fiber: 10.8g Sodium: 861mg	Ham & Cheese Quiche (22) Brussel Sprouts (6) Minestrone Soup (9) /Crackers (4) Italian Vegetable Toss (9) Cranberry Apple Crumble (29) Milk (12) Calories: 939 Protein: 48g Carbs: 93g Fat: 42g Fiber: 11.6g Sodium: 1,088mg
<b>9-Jul</b>	<b>10-Jul</b>	<b>11-Jul</b>	<b>12-Jul</b>	<b>13-Jul</b>
Chicken Fried Rice (19) Oriental Vegetable (4) Oriental Green Beans (5) Egg Drop Soup (3) /Crackers (4) Fresh Orange (15) Milk (12) Calories: 539 Protein: 49g Carbs: 61g Fat: 12g Fiber: 9.9g Sodium: 514mg	Pinto Beans & Ham (18) Sugar Snap Peas (4) Calabacitas (6) Dinner Roll (12)/Margarine (1) Italian Pasta Salad (13) Milk (12) /Strawberry Applesauce (11) Calories: 585 Protein: 30g Carbs: 78g Fat: 18g Fiber: 12.4g Sodium: 869mg	Roasted Turkey w/Gravy (2) Cornbread Dressing (33) Scandinavian Mixed Vegetables (10) Broccoli Salad (9) Strawberry/Blueberry Crisp (26) Milk (12) Calories: 716 Protein: 39g Carbs: 93g Fat: 22g Fiber: 9.6g Sodium: 1,123mg	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: 571 Protein: 44g Carbs: 67g Fat: 15g Fiber: 9.8g Sodium: 341mg	Tuna Salad Sandwich (4) Seasoned Peas & Onions (9) Rancho Fiesta Vegetables (10) Ambrosia (26) 2 Sl. Bread (22) Milk (12) Calories: 581 Protein: 33g Carbs: 87g Fat: 12g Fiber: 14g Sodium: 1,040mg
<b>16-Jul</b>	<b>17-Jul</b>	<b>Jul 18</b>	<b>19-Jul</b>	<b>20-Jul</b>
Chicken Rice Casserole (18) Winter Mix Vegetables (4) Peas & Carrots (7) Chicken Noodle Soup (6) /Crackers (4) Banana (25) Milk (12) Calories: 686 Protein: 53g Carbs: 79g Fat: 19g Fiber: 10g Sodium: 678mg	Roast Pork Loin w/Apple Chutney (7) Mashed Potatoes (16) Scandinavian Mixed Vegetable (4) Carrot & Sweet Potato Soup (15) Apple Crisp (28) /Crackers (4) Milk (12) Calories: 706 Protein: 38g Carbs: 95g Fat: 20g Fiber: 9.9g Sodium: 375mg	Tilapia w/Vegetable Sauce (2) Baked Sweet Potato (33) Broccoli & Cheese (7) Grape-Fruit Cup (18) Confetti Cottage Cheese (4) /Raisin Nut Cup (2) Milk (12) /Dinner Roll w/Margarine (12) Calories: 867 Protein: 49g Carbs: 110g Fat: 28g Fiber: 10.3g Sodium: 942mg	Italian Chicken Orzo (11) Seasoned Asparagus (1) Italian Mixed vegetables Chicken Barley Soup (10) /Breadstick Blueberry-Fruit Cup (12) Milk (12) /Margarine Calories: 737 Protein: 56g Carbs: 93g Fat: 25g Fiber: 10.6g Sodium: 967mg	Pork Cacciatore (6) Penne Pasta (21) Caribbean Vegetables (5) Garden Vegetable Soup (8) /Crackers (4) Banana Chocolate Bar (37) Milk (12) Calories: 675 Protein: 36g Carbs: 93g Fat: 18g Fiber: 10.3g Sodium: 729mg
<b>23-Jul</b>	<b>24-Jul</b>	<b>25-Jul</b>	<b>26-Jul</b>	<b>27-Jul</b>
Green Pepper Steak (3) Parslied Potatoes (13) Honey Glazed Carrots (17) Beef Vegetable Soup (8) /Crackers (4) Vegetable Pasta Salad (12) Milk (12) /Chilled Apricots (12) Calories: 861 Protein: 37g Carbs: 84g Fat: 41g Fiber: 10.4g Sodium: 478mg	Roasted Turkey w/Gravy (2) Roasted Rosemary Potatoes (15) California Normandy Vegetables (3) Creamy Tomato Soup (6) /Crackers (4) Peach Crisp (29) /Fresh Orange (15) Milk (12) Calories: 652 Protein: 35g Carbs: 89g Fat: 19g Fiber: 9.6g Sodium: 826mg	Meatloaf w/Brown Gravy (9) Cheesy Mashed Potatoes (15) Scandinavian Mixed Vegetables (10) Beef Barley Soup (10) Ambrosia (26) Milk (12) /Dinner Roll w/Margarine (12) Calories: 871 Protein: 44g Carbs: 97g Fat: 37g Fiber: 9.9g Sodium: 730mg	Chicken Alfredo (18) Roasted Brussel Sprouts (7) Zucchini & Tomatoes (4) Lentil Soup (18) /Crackers (4) Fruit Cocktail (13) Milk (12) Calories: 705 Protein: 49g Carbs: 77g Fat: 24g Fiber: 10.5g Sodium: 633mg	Corn Tamale Pie (32) Seasoned Black Beans (17) Capri Mixed Vegetables (4) Southwest Macaroni Salad (13) Grape-Fruit Cup (18) Milk (12) Calories: 829 Protein: 40g Carbs: 97g Fat: 30g Fiber: 11.6g Sodium: 1,036mg
<b>30-Jul</b>	<b>31-Jul</b>	<b>1-Aug</b>	<b>2-Aug</b>	<b>3-Aug</b>
Chicken Chow Mein (28) Steamed Brown Rice (18) Oriental Vegetables (4) Garden Vegetable Soup (12) /Crackers (4) Fresh Bananas (25) Milk (12) Calories: 824 Protein: 54g Carbs: 107g Fat: 22g Fiber: 11.5g Sodium: 807mg	Spaghetti & Meat Sauce (23) Italian Mixed Vegetables (6) Seasoned Yellow Squash (3) Minestrone Soup (9) /Crackers (4) Pineapple Tidbits (15) Milk (12) Calories: 719 Protein: 38g Carbs: 100g Fat: 27g Fiber: 9.8g Sodium: 857mg	Pulled Pork Sandwich (7) Rancho Fiesta Vegetable Mix Claremont Salad (3) 4 oz Yogurt w/Granola (20) Apple-Fruit Cup (14) /Hamburger Bun (26) Milk (12) Calories: 731 Protein: 51g Carbs: 94g Fat: 16g Fiber: 12.4g Sodium: 643mg	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: 820 Protein: 41g Carbs: 105g Fat: 32g Fiber: 17.2g Sodium: 1,038mg	BBQ Chicken w/BBQ Sauce (8) Ranch Beans (18) Carrots (6) Broccoli Salad (9) Vanilla Pudding (26) /Orange (15) Milk (12) Calories: 642 Protein: 45g Carbs: 96g Fat: 9.7g Fiber: 12.4g Sodium: 815mg

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

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