



S R D A
MEALS ON WHEELS MENU
 August. 2018



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1-Aug		2-Aug		3-Aug	
				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) /Fresh Orange (15) Milk (12) Calories: 642 Protein: 45g Carbs: 96g Fat: 9.7g Fiber: 12.4g Sodium: 815mg	
				8-Aug		9-Aug		10-Aug	
				BBQ Beef Sandwich (7) Seasoned Succotash (15) Oregon Mixed Vegetables (5) Tomato & Rice Soup (15) /Crackers (4) Diced Pears (16) Milk (12) / Hamburger Bun (26) Calories: 832 Protein: 61g Carbs: 110g Fat: 18g Fiber: 11.6g Sodium: 749mg		Salisbury Steak (3) Scalloped Potatoes (14) Peas & Carrots (7) Dinner Roll (13) /Margarine (1) Lentil Soup (18) /Grape-Fruit Cup (18) Milk (12) Calories: 864 Protein: 44g Carbs: 84g Fat: 40g Fiber: 9.6g Sodium: 656mg		Grilled Chicken Patty (1) Mexican Corn (17) Broccoli Salad Lettuce Garnish (1) /Mayonnaise (1) Peach Crisp Milk (12) /Hamburger Bun (26) Calories: 672 Protein: 48g Carbs: 92g Fat: 13g Fiber: 10.1g Sodium: 533mg	
				15-Aug		16-Aug		17-Aug	
				Macaroni & Cheese (24) Green Beans Almondine (5) Brussel Sprouts (5) Creamy Tomato Soup (6) /Crackers Kidney Bean Salad (20) /Fresh Grapes Milk (12) Calories: 722 Protein: 39g Carbs: 84g Fat: 26g Fiber: 11.6mg Sodium: 461mg		Herb Fish w/Lemon Juice (4) Sweet & Red Potatoes (22) Peas & Mushrooms (9) Washington Chowder (12) /Cracker Fresh Apple (21) /Raisin Nut Cup (2) Milk (12) Calories: 722 Protein: 39g Carbs: 84g Fat: 26g Fiber: 11.6mg Sodium: 461mg		Egg Salad Sandwich (7) Rancho Fiesta (10) Southwest Vegetables (3) Potato Salad(14)/2 Sl. Bread (22) Strawberries & A1 Applesauce (11) Milk (12) Calories: 722 Protein: 39g Carbs: 84g Fat: 26g Fiber: 11.6mg Sodium: 461mg	
				22-Jul		23-Jul		24-Jul	
				Pulled Pork Sandwich (7) Ranch Beans (20) Scandinavian Mixed Vegetables (10) Creamy Coleslaw (9) Pineapple Tid Bits (15) Milk (12) /Hamburger Bun (26) Calories: 788 Protein: 49g Carbs: 100g Fat: 21g Fiber: 12.9g Sodium:		Chili Relleno Casserole (10) Pinto Beans (10) Calabacitas (6) Cinnamon Applesauce (11) Banana Chocolate Bar (37) Milk (12) Calories: 675 Protein: 33g Carbs: 91g Fat: 21g Fiber: 9.9g Sodium: 782mg		Chicken Salad Sandwich (7) Vegetable Cous Cous (19) Harvard Beets (12) Fresh Orange (15) 2 Sli Bread (22) Milk (12) Calories: 638 Protein: 37g Carbs: 89g Fat: 17g Fiber: 11.9g Sodium: 805mg	
				29-Aug		30-Aug		31-Aug	
				Chicken Scallopini (5) Rice Pilaf (17) Roasted Brussel Sprouts (6) Vegetable Florentine Soup (12) /Crackers (4) Cranberry Pear Salad (25) Milk (13) /Raisin Nut Cup (21) Calories: 864 Protein: 54g Carbs: 95g Fat: 32g Fiber: 10.5g Sodium: 674mg		Beef Pot Pie (21) Parslied Potatoes (13) Seasoned Asparagus (1) Split Pea Soup (19) /Crackers (4) Apple Fruit-Cup (14) Milk (12) Calories: 791 Protein: 40g Carbs: 85g Fat: 32g Fiber: 12.1g Sodium: 652mg		Baked Fish w/Dill (5) Scalloped Potatoes (13) Scandinavian Mixed Vegetables (10) Chkn Barley Soup (10) /Crackers (4) Broccoli Salad (9) /Apricots (12) Milk (12) Calories: 672 Protein: 50g Carbs: 80g Fat: 17g Fiber: 10.9g Sodium: 563mg	
IMPORTANT INFORMATION: Numbers in parentheses next to each meal item indicate the number of carbohydrates in grams for that item.									
MENUS ARE SUBJECT TO CHANGE		Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.		DON'T FORGET TO CALL AND CANCEL YOUR MEAL WHEN YOU WON'T BE HOME!!!! 719-543-0100 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.									