



S R D A MEALS ON WHEELS MENU September, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Sep	4-Sep	5-Sep	6-Sep	7-Sep
Chicken Noodle Casserole (16) Orange Glazed Carrots (12) Broccoli Walnut Parmesan (4) Tomato & Rice Soup (15) Strawberries & Pineapple (13) Milk (12) Calories: 748 Protein: 47g Carbs: 89g Fat: 24g Fiber: 10.2g Sodium: 1,082mg	Tuna Salad Sandwich (7) Capri Mixed vegetables (4) Asparagus (1) <small>Garden Vegetable Soup (12) /Crackers (4)</small> Orange w/Whipped Topping (22) Milk (12) /2 Sli. Bread (22) Calories: 599 Protein: 32g Carbs: 92g Fat: 13g Fiber: 9.6g Sodium: 1,160mg	Chicken Enchiladas (49) Seasoned Black Beans (17) Seasoned Mixed Vegetables (10) <small>Green Chili Soup (9) /Crackers (4)</small> Diced Peaches (13) Milk (12) Calories: 875 Protein: 57g Carbs: 116g Fat: 20g Fiber: 15.2g Sodium: 1,070mg	Roast Beef w/Beef Gravy (2) Mashed Potatoes (16) Cheesy Cauliflower (3) Dinner Roll /Margarine (13) Peas & Carrot Salad (7) Apple (21) /Milk (12) Calories: 697 Protein: 51g Carbs: 80g Fat: 20g Fiber: 10.9g Sodium: 765mg	Frittata (4) Sweet Potatoes (25) Zucchini & Tomatoes (4) Lentil Soup (18) /Crackers (4) Orange (15) Milk (12) Calories: 652 Protein: 35g Carbs: 84g Fat: 21g Fiber: 9.9g Sodium: 610mg
10-Sep	11-Sep	12-Sep	13-Sep	14-Sep
Herb Baked Chicken (1) Rice Pilaf (17) Seasoned Succotash (15) <small>Carrot & Swt Potato Soup (15) /Crackers (4)</small> Confetti Cottage Cheese Crunchy (5) Banana (25) /Milk (12) Calories: 714 Protein: 49g Carbs: 95g Fat: 16g Fiber: 9.8g Sodium: 610mg	Swedish Meatballs (11) Parslied Pasta (16) Roasted Brussel Sprouts (6) <small>Beef Mushroom Barley Soup (10)</small> Waldorf Salad (10)/Crackers (4) Milk (12) Calories: 807 Protein: 44g Carbs: 73g Fat: 40g Fiber: 11.6g Sodium: 952mg	Cheese Tortellini (21) Seasoned Spinach (3) Winter Mixed Vegetables (4) <small>Breadstick (39)/ Tomato Cucumber Salad (3)</small> Peach Fruit-Cup (15) Milk (12) Calories: 516 Protein: 27g Carbs: 98g Fat: 10g Fiber: 10g Sodium: 1,058mg	Sweet & Sour Pork (18) Fried Rice (18) Oriental Vegetables (5) <small>Black Bean Soup (23) /Crackers (4)</small> Fruit Cocktail (13) Milk (12) Calories: 725 Protein: 54g Carbs: 90g Fat: 22g Fiber: 17.9g Sodium: 602mg	Chicken Fajita (1) Seasoned Pinto Beans (10) Oregon Mixed Vegetables (5) Tortilla (15)/Grape-Fruit Cup (18) Yogurt w/Granola(20) Milk (12) Calories: 580 Protein: 38g Carbs: 81g Fat: 12g Fiber: 10g Sodium: 451mg
17-Sep	18-Sep	19-Sep	20-Sep	21-Sep
Meatloaf w/Mushroom Gravy (10) Steam Rice (18) Steamed Broccoli (4) Split Pea Soup (19) /Crackers (4) Strawberry & Peaches (10) Milk (12) Calories: 652 Protein: 36g Carbs: 76g Fat: 22g Fiber: 12.4mg Sodium: 499mg	BBQ Beef Sandwich (7) Seasoned Succotash (15) Oregon Mixed Vegetables (5) <small>Tomato & Rice Soup (15) /Crackers (4)</small> Diced Pears (16) Milk (12)/ Hamburger Bun (26) Calories: 714 Protein: 45g Carbs: 103g Fat: 15g Fiber: 12.3g Sodium: 713mg	Chicken Tarragon (6) Penne Pasta (18) Caribbean Vegetables (5) Italian Chicken Noodle Soup (7) Heavenly Hash (26) Milk (12) /Breadstick (39) Calories: 773 Protein: 56g Carbs: 115g Fat: 18g Fiber: 9.5g Sodium: 796mg	Salisbury Steak (3) Scalloped Potatoes (13) Peas & Carrots (7) Dinner Roll (13) /Margarine (1) <small>Lentil Soup (18) /Grape-Fruit Cup (18)</small> Milk (12) Calories: 883 Protein: 45g Carbs: 86g Fat: 41g Fiber: 9.9g Sodium: 677mg	Grilled Chicken Patty (1) Mexican Corn (17) Broccoli Salad (9) Peach Crisp (29) Lettuce Garnish (1) /Mayonnaise (1) Milk (12) /Hamburger Bun (26) Calories: 704 Protein: 50g Carbs: 97g Fat: 14g Fiber: 10.9g Sodium: 680mg
24-Sep	25-Sep	26-Sep	27-Sep	28-Sep
Spaghetti & Meat Sauce (15) Italian Mix Vegetables (5) Winter Mix Vegetables (4) <small>Minestrone Soup (10)/Breadstick (3)</small> Fresh Bananas (25) Milk (12) Calories: 754 Protein: 36g Carbs: 111g Fat: 27g Fiber: 10.1mg Sodium: 887mg	Macaroni & Cheese (24) Green Beans Almondine (5) Brussel Sprouts (5) <small>Creamy Tomato Soup (6) /Crackers (4)</small> <small>Kidney Bean Salad (20) /Fresh Grapes (13)</small> Milk (12) Calories: 703 Protein: 32g Carbs: 93g Fat: 24g Fiber: 12.6mg Sodium: 1,028mg	Sweet & Sour Chicken (17) Fried Rice (15) Lima Beans & Carrots (11) <small>Cream of Broccoli Soup (6) /Crackers (4)</small> Fresh Apple (21) Milk (12) Calories: 661 Protein: 45g Carbs: 93g Fat: 13g Fiber: 9.8g Sodium: 683mg	Herb Fish w/Lemon Juice (4) Sweet & Red Potatoes (22) Peas & Mushrooms (9) <small>Washington Chowder (12) /Cracker</small> <small>Diced Pears (16) /Raisin Nut Cup (21)</small> Milk (12) Calories: 767 Protein: 43g Carbs: 108g Fat: 20g Fiber: 12.1mg Sodium: 444mg	Egg Salad Sandwich (7) Rancho Fiesta (10) Southwest Vegetables (3) Potato Salad (14) /2 Sl. Bread (22) Strawberry Applesauce (11) Milk (12) Calories: 541 Protein: 26g Carbs: 81g Fat: 13g Fiber: 14.8mg Sodium: 997mg

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	<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.