



SRDA MEALS ON WHEELS MENU October. 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Oct	2-Oct	3-Oct	4-Oct	5-Oct
Chicken Tahitian (13) Seasoned Cabbage (4) Cilantro Rice (17) Navy Bean Soup (23) /Crackers (4) Blueberry-Fruit Cup (12) Milk (12) Calories: 642 Protein: 43g Carbs: 88g Fat: 13g Fiber: 10.1g Sodium: 623mg	Pulled Pork Sandwich (7) Ranch Beans (20) Scandinavian Mixed Vegetables (10) Creamy Coleslaw (9) Pineapple Tid Bits (15) Milk (12) /Hamburger Bun (26) Calories: 707 Protein: 41g Carbs: 101g Fat: 16g Fiber: 13.8g Sodium: 759mg	Polish Sausage (5) Mashed Potatoes (16) Steamed Carrots (6) Black Bean Lentil Soup (23) /Crackers (4) Peach-Fruit Cup (15) /Mustard Packet (1) Milk (12) Calories: 851 Protein: 32g Carbs: 84g Fat: 44g Fiber: 10.8g Sodium: 1,381mg	Chili Relleno Casserole (10) Pinto Beans (10) Calabacitas (6) Cinnamon Applesauce (11) Banana Chocolate Bar (37) Milk (12) Calories: 681 Protein: 33g Carbs: 88g Fat: 23g Fiber: 10.1g Sodium: 658mg	Chicken Salad Sandwich (7) Vegetable Cous Cous (19) Harvard Beets (12) Fresh Orange (15) 2 Sli Bread (22) Milk (12) Calories: 621 Protein: 39g Carbs: 87g Fat: 15g Fiber: 11.4g Sodium: 808mg
8-Oct	9-Oct	10-Oct	11-Oct	12-Oct
Manicotti w/ Sauce (17) Honey Glazed Carrots (17) Steamed Broccoli (4) Chicken Gumbo Soup (11) /Crackers (4) Apricots (12) Milk (12) Calories: 539 Protein: 23g Carbs: 78g Fat: 15g Fiber: 9.2g Sodium: 867mg	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: 716 Protein: 25g Carbs: 105g Fat: 24g Fiber: 10.5g Sodium: 579mg	Beef Taco Salad (12) Seasoned Mixed Beans (19) Stewed Tomatoes (9) Strawberry Blueberry Crisp (26) Lettuce Tomato Garnish (1) Milk (12) Calories: 709 Protein: 36g Carbs: 80g Fat: 30g Fiber: 15.1g Sodium: 671mg	Beef Pot Pie (21) Parslied Potatoes (13) Seasoned Asparagus (1) Split Pea Soup (19) /Crackers (4) Apple Fruit-Cup (14) Milk (12) Calories: 764 Protein: 37g Carbs: 87g Fat: 30g Fiber: 12.7g Sodium: 439mg	Baked Fish w/Dill (5) Scalloped Potatoes (13) Scandinavian Mixed Vegetables (10) Chicken Barley Soup (10) /Crackers (4) Broccoli Salad (9) /Pineapple Tid Bits (15) Milk (12) Calories: 668 Protein: 50g Carbs: 81g Fat: 16g Fiber: 9.8g Sodium: 528mg
15-Oct	16-Oct	17-Oct	18-Oct	19-Oct
Chicken Noodle Casserole (16) Orange Glazed Carrots (12) Broccoli Walnut Parmesan (4) Tomato & Rice Soup (15) Strawberries & Pineapple (13) Milk (12) Calories: 731 Protein: 47g Carbs: 89g Fat: 22g Fiber: 9.8g Sodium: 955mg	Chicken Enchiladas (49) Seasoned Black Beans (17) Seasoned Mixed Vegetables (10) Green Chili Soup (9) /Crackers (4) Diced Peaches (13) Milk (12) Calories: 904 Protein: 57g Carbs: 113g Fat: 25g Fiber: 14.6g Sodium: 1,107mg	Tuna Salad Sandwich (7) Capri Mixed vegetables (4) Asparagus (1) Garden Veg. Soup (12) /Crackers (4) Orange w/Whipped Topping (22) Milk (12) /2 Sli. Bread (22) Calories: 606 Protein: 33g Carbs: 87g Fat: 15g Fiber: 10.1g Sodium: 1,087mg	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: 647 Protein: 43g Carbs: 78g Fat: 19g Fiber: 10.5g Sodium: 733mg	Frittata (4) Sweet Potatoes (25) Zucchini & Tomatoes (4) Lentil Soup (18) /Crackers (4) Orange (15) Milk (12) Calories: 648 Protein: 34g Carbs: 84g Fat: 21g Fiber: 9.7g Sodium: 616mg
22-Oct	23-Oct	24-Oct	25-Oct	26-Oct
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: 714 Protein: 45g Carbs: 103g Fat: 15g Fiber: 12.3g Sodium: 713mg	Cheese Tortellini (21) Seasoned Spinach (3) Winter Mixed Vegetables (4) Breadstick (39) / Tomato Cucumber Salad (3) Peach Fruit-Cup (15) Milk (12) Calories: 558 Protein: 26g Carbs: 100g Fat: 14g Fiber: 10.2g Sodium: 1,035mg	Swedish Meatballs (11) Parslied Pasta (16) Roasted Brussel Sprouts (6) Beef Mushroom Barley Soup (10) Waldorf Salad (10) /Crackers (4) Milk (12) Calories: 802 Protein: 44g Carbs: 73g Fat: 40g Fiber: 11.2g Sodium: 966mg	Sweet & Sour Pork (18) Steamed Rice (18) Oriental Vegetables (5) Black Bean Soup (23) /Crackers (4) Fruit Cocktail (13) Milk (12) Calories: 629 Protein: 35g Carbs: 85g Fat: 17g Fiber: 9.8g Sodium: 731mg	Chicken Fajita (1) Seasoned Pinto Beans (10) Oregon Mixed Vegetables (5) Tortilla (15) /Grape-Fruit Cup (18) Yogurt w/Granola (20) Milk (12) Calories: 675 Protein: 54g Carbs: 83g Fat: 16g Fiber: 9.7g Sodium: 498mg
29-Oct	30-Oct	31-Oct	1-Nov	2-Nov
Meatloaf w/Mushroom Gravy (10) Steam Rice (18) Steamed Broccoli (4) Split Pea Soup (19) /Crackers (4) Strawberry & Peaches (10) Milk (12) Calories: 702 Protein: 38g Carbs: 79g Fat: 26g Fiber: 12mg Sodium: 488mg	Herb Baked Chicken (1) Rice Pilaf (17) Seasoned Succotash (15) Carrot & Swt Potato Soup (15) /Crackers (4) Confetti Cottage Cheese Crunchy (5) Banana (25) /Milk (12) Calories: 726 Protein: 50g Carbs: 98g Fat: 17g Fiber: 9.9g Sodium: 610mg	Chicken Tarragon (6) Penne Pasta (15) Caribbean Vegetables (5) Italian Chicken Noodle Soup (7) Heavenly Hash (26) Milk (12) /Breadstick (39) Calories: 762 Protein: 56g Carbs: 113g Fat: 18g Fiber: 9.1g Sodium: 796mg	Salisbury Steak (3) Scalloped Potatoes (3) Peas & Carrots (7) Dinner Roll (13) /Margarine (1) Lentil Soup (18) /Grape-Fruit Cup (18) 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

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

<p>MENUS ARE SUBJECT TO CHANGE</p>	<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;">719-543-0100</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.