



S R D A
MEALS ON WHEELS MENU
 November, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1-Nov	2-Nov
			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
5-Nov	6-Nov	7-Nov	8-Nov	9-Nov
Chicken Noodle Casserole (16) Winter Mixed Vegetables (4) Italian Mixed Vegetables (5) Pea Salad (8) Peach Fruit Cup (15) Milk (12) Calories: 591 Protein: 43g Carbs: 67g Fat: 17g Fiber: 9.7g Sodium: 705mg	Cuban Roast Pork (2) Roasted Rosemary Potatoes (15) Cabbage w/ Carrots (4) Tomato Cucumber Salad (3) Blk Beans Lentil Soup (23) /Diced Peaches (13) Milk (12) /Yogurt w/Granola (22) Calories: 771 Protein: 63g Carbs: 86g Fat: 20g Fiber: 10.9g Sodium: 308mg	Citrus Herb Fish (4) Vegetable Couscous (19) Harvard Beets (12) Washington Chowder (12) Apricots (12) /Broccoli Salad (9) Milk (12) /Dinner Roll w/Margarine (12) Calories: 760 Protein: 42g Carbs: 95g Fat: 24g Fiber: 9.9g Sodium: 890mg	BBQ Chicken (8) Seasoned Pinto Beans (10) Garden Vegetable Soup (8) /Crackers (4) Hot Fruit Compote (22) Sweet & Sour Coleslaw (9) Milk (12) /Hamburger Bun (26) Calories: 683 Protein: 49g Carbs: 99g Fat: 9g Fiber: 12.5g Sodium: 736mg	Roast Beef w/Brown Gravy (3) Lyonnise Potatoes (10) Peas & Mushrooms (9) Cream of Broccoli Soup (6) /Crackers (4) Strawberry/Blueberry Crisp (26) Milk (12) /Dinner Roll w/Margarine (12) Calories: 740 Protein: 53g Carbs: 82g Fat: 23g Fiber: 9.6g Sodium: 583mg
12-Nov	13-Nov	14-Nov	15-Nov	16-Nov
Chili Mac (24) Cheesy Cauliflower (3) Cape Cod Mixed Vegetables (7) Cinnamon Applesauce (9) Butterscotch Pudding (17) Milk (12) /Raisin Nut Cup (21) Calories: 675 Protein: 34g Carbs: 77g Fat: 25g Fiber: 8.5g Sodium: 782mg	Beef Pot Pie (21) Zucchini & Tomatoes (4) California Normandy (3) Navy Bean Soup (23) /Crackers (4) Grapes (13) Milk (12) Calories: 768 Protein: 36g Carbs: 86g Fat: 31g Fiber: 11g Sodium: 551mg	Chicken Cacciatore (6) Fettuccini (17) Creole Green Beans (6) Chicken Gumbo Soup (11) /Breadstick (39) Carrot Raisin Salad (10) Milk (12) /Blueberry Fruit Cup (12) Calories: 737 Protein: 63g Carbs: 114g Fat: 13g Fiber: 10.5g Sodium: 1,119mg	Meatloaf w/Mushroom Gravy (10) Seasoned Asparagus (1) Peas & Onions (9) Cream of Mushroom Soup (6) Apple (21) Milk (12) /Dinner Roll w/Margarine (12) Calories: 969 Protein: 52g Carbs: 77g Fat: 48g Fiber: 10.2g Sodium: 676mg	Fish W/ Mango Basil Sauce (3) Fall Harvest Couscous (25) Broccoli Walnut Parmesan (4) Lentil Soup (18) /Crackers (4) Diced Peaches (13) Milk (12) Calories: 673 Protein: 49g Carbs: 83g Fat: 18g Fiber: 10.2g Sodium: 606mg
19-Nov	20-Nov	21-Nov	22-Nov	23-Nov
Pueblo Beef Stew (15) Cilantro Rice (17) Calabacitas (6) Lima Beans & Carrots (11) Banana (25) Milk (12) Calories: 662 Protein: 44g Carbs: 88g Fat: 16g Fiber: 10.8g Sodium: 508mg	Roasted Turkey w/Turkey Gravy (2) Mashed Potatoes (16) Green Bean Almondine (5) Carrot & Sweet Potato Soup (15) /Crackers Cran Mandarin Fruit Compote (35) Milk (12) /Pumpkin Pie (49) Calories: 998 Protein: 43g Carbs: 138g Fat: 34g Fiber: 14.5g Sodium: 1,333mg	Chicken Tahitian (13) Sweet & Red Potatoes (26) Rancho Mix Vegetables (10) Minestrone Soup (9) /Breadstick (39) Spiced Plums (13) Milk (12) Calories: 786 Protein: 61g Carbs: 125g Fat: 12g Fiber: 12.7g Sodium: 1,068mg	Beef Chow Mein (28) Brown Rice (18) Capri Mixed Vegetables (4) Pineapple Cabbage Slaw (12) Apple (21) Milk (12) Calories: 700 Protein: 45g Carbs: 92g Fat: 19g Fiber: 10.5g Sodium: 663mg	Pork Sukiyaki (25) Carrots (6) Sugar Snap Peas (4) Egg Drop Soup (3) /Crackers (4) Confetti Cottage Cheese w/Almonds (5) Cherry/Blueberry Crisp (32) /Milk (12) Calories: 811 Protein: 52g Carbs: 94g Fat: 25g Fiber: 10.3g Sodium: 579g
26-Nov	27-Nov	28-Nov	Nov 29	30-Nov
Beef Hungarian Goulash (10) Parslied Pasta (16) Oregon Mixed Vegetables (5) Garden Vegetable Soup (12) /Crackers (4) Banana (25) Milk (12) Calories: 725 Protein: 54g Carbs: 74g Fat: 25g Fiber: 10.2g Sodium: 704mg	Turkey Green Chili (11) Mexican Corn (17) Scandinavian Mixed Vegetables (10) Waldorf Salad (10) Raisin Nut Cup (21) /Tortilla (15) Milk (12) Calories: 684 Protein: 41g Carbs: 99g Fat: 18g Fiber: 10.5g Sodium: 1,129mg	Ham & Cheese Quiche (22) Seasoned Cabbage (4) Split Pea Soup (19) Crackers (4) Apple Fruit-Cup (12) Milk (12) Calories: 902 Protein: 47g Carbs: 84g Fat: 42g Fiber: 10.7g Sodium: 1,119mg	Dijon Chicken (9) Fall Harvest Couscous (25) Roasted Brussel Sprouts (7) Chicken Barley Soup (10) /Crackers (4) Peach Fruit Cup (15) Milk (12) Calories: 758 Protein: 52g Carbs: 84g Fat: 25g Fiber: 10.4g Sodium: 535mg	Beef Tips w/Mushroom Gravy (9) Cheesy Mashed Potatoes (15) Seasoned Mixed Vegetables (8) Creamy Coleslaw (9) Banana Chocolate Bar (37) Milk (12) /Dinner Roll w/Margarine (12) Calories: 963 Protein: 66g Carbs: 105g Fat: 30g Fiber: 9.9g Sodium: 920mg

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!!!
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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.