



S R D A
MEALS ON WHEELS MENU
 December. 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Dec	4-Dec	5-Dec	6-Dec	7-Dec
Shepard's Pie (12) Roasted Herb Cauliflower (3) Scandinavian Mixed Vegetables (10) Beef Barley Soup (10) /Crackers (4) Banana (25) Milk (12) Calories: 702 Protein: 39g Carbs: 78g Fat: 29g Fiber: 12.7g Sodium: 595mg	Tuna Noodle Casserole (24) Seasoned Corn (15) Harvard Beets (12) Italian Vegetable Toss (9) Oranges w/Whipped Topping (22) Milk (12) Calories: 667 Protein: 34g Carbs: 96g Fat: 18g Fiber: 10.1g Sodium: 809mg	Chili Con Carne (22) Spanish Rice (18) Seasoned Yellow Squash (3) Cornbread (40) /Margarine Cup (1) Chilled Apricots (12) Milk (12) Calories: 891 Protein: 38g Carbs: 109g Fat: 33g Fiber: 12.7g Sodium: 755mg	Ham & Potato Casserole (24) Seasoned Asparagus (1) Capri Mixed Vegetables (4) Carrot & Sweet Potato Soup (15) Peach Crisp (29) /Crackers (4) Milk (12) Calories: 657 Protein: 28g Carbs: 92g Fat: 20g Fiber: 9.7g Sodium: 597mg	Beef & Bean Burrito (35) Calabacitas (6) /Green Chili (10) Cape Cod Mixed Vegetables (7) Beef Noodle Soup (8) /Crackers (4) Grape-Fruit Cup (18) Milk (12) Calories: 774 Protein: 35g Carbs: 102g Fat: 24g Fiber: 9.7g Sodium: 956mg
10-Dec	11-Dec	12-Dec	13-Dec	14-Dec
Sweet & Sour Chicken (17) Fried Rice (15) Oregon Mixed Vegetables (5) Creamy Tomato Soup (6) /Crackers (4) Confetti Cottage Cheese (5) Milk (12) /Apple (21) Calories: 648 Protein: 46g Carbs: 87g Fat: 14g Fiber: 9.6g Sodium: 738mg	Green Pepper Steak (3) Baked Sweet Potato (33) Cheesy Cauliflower (3) Chicken Barley Soup (10) Vanilla Pudding (26) /Strawberries & Peaches (1) Milk (12) / Breadstick (39) Calories: 1,025 Protein: 46g Carbs: 115g Fat: 41g Fiber: 9.8g Sodium: 1,069mg	Roast Pork Loin (1) / Apple Chutney (7) Garlic Mashed Potatoes (13) Sugar Snap Peas (4) Kidney Bean Salad (20) Blueberry Fruit Cup (12) Milk (12) /Roll w/Margarine (12) Calories: 674 Protein: 41g Carbs: 83g Fat: 20g Fiber: 10.9g Sodium: 853mg	Turkey Rice & Cheese Casserole (26) Roasted Brussel Sprouts (7) Orange Glazed Carrots (13) Garlic Bread (16) Strawberry Applesauce (11) Milk (12) Calories: 680 Protein: 30g Carbs: 86g Fat: 26g Fiber: 10.8g Sodium: 1,063mg	Sloppy Joe Sandwich (5) Seasoned Spinach (4) Prince Edward Vegetable Mix (4) Beef Vegetable Soup (8) /Crackers (4) Mandarin Oranges (22) Milk (12) / Hamburger Bun (26) Calories: 770 Protein: 40g Carbs: 87g Fat: 28g Fiber: 11.3g Sodium: 856mg
17-Dec	18-Dec	19-Dec	20-Dec	21-Dec
Chicken Noodle Casserole (16) Winter Mixed Vegetables (4) Italian Mixed Vegetables (5) Pea Salad (8) Peach Fruit Cup (15) Milk (12) /Breadstick (39) Calories: 693 Protein: 51g Carbs: 102g Fat: 18g Fiber: 11.2g Sodium: 1,115mg	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: 751 Protein: 42g Carbs: 95g Fat: 23g Fiber: 9.9g Sodium: 890mg	Christmas Meal	BBQ Chicken (8) Seasoned Pinto Beans (11) Garden Vegetable Soup (8) /Crackers (4) Hot Fruit Compote (22) Sweet & Sour Coleslaw (9) Milk (12) /Hamburger Bun (26) Calories: 706 Protein: 51g Carbs: 103g Fat: 10g Fiber: 13g Sodium: 870mg	Roast Beef w/Brown Gravy (3) Lyonnais Potatoes (10) Peas & Mushrooms (9) Cream of Broccoli Soup (6) /Crackers (4) Strawberry/Blueberry Crisp (26) Milk (12) /Dinner Roll w/Margarine (12) Calories: 702 Protein: 46g Carbs: 82g Fat: 22g Fiber: 9.6g Sodium: 567mg
24-Dec	25-Dec	26-Dec	27-Dec	28-Dec
Chili Mac (25) Cheesy Cauliflower (3) Cape Cod Mixed Vegetables (7) Cinnamon Applesauce (9) Butterscotch Pudding (17) Milk (12) /Raisin Nut Cup (21) Calories: 831 Protein: 39g Carbs: 97g Fat: 32g Fiber: 10.6g Sodium: 795mg	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: 692 Protein: 45g Carbs: 116g Fat: 14g Fiber: 10.4g Sodium: 1,109mg	Beef Pot Pie (22) Zucchini & Tomatoes (4) California Normandy (3) Navy Bean Soup (23) /Crackers (4) Grapes (13) Milk (12) Calories: 763 Protein: 37g Carbs: 85g Fat: 31g Fiber: 11.3g Sodium: 555mg	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: 763 Protein: 41g Carbs: 74g Fat: 35g Fiber: 10.7g Sodium: 644mg	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: 653 Protein: 47g Carbs: 82g Fat: 17g Fiber: 9.5g Sodium: 555mg
31-Dec	1-Jan	2-Jan	3-Jan	4-Jan
Pueblo Beef Stew (15) Cilantro Rice (17) Calabacitas (6) Lima Beans & Carrots (11) Banana (25) Milk (12) Calories: 651 Protein: 42g Carbs: 89g Fat: 15g Fiber: 11.4g Sodium: 511mg	Chicken Tahitian (13) Sweet & Red Potatoes (22) Rancho Mix Vegetables (10) Minestrone Soup (9) /Breadstick (39) Spiced Plums (13) Milk (12) Calories: 738 Protein: 46g Carbs: 121g Fat: 14g Fiber: 12.4g Sodium: 1,065mg	Cuban Roast Pork (2) Roasted Rosemary Potatoes (15) Cabbage w/ Carrots (4) Black Bean Lentil Soup (23) Tom & Cucumber Salad (3) /Diced Peaches (13) Milk (12) /Yogurt w/Granola (22) Calories: 701 Protein: 44g Carbs: 97g Fat: 17g Fiber: 10.6g Sodium: 429mg	Beef Chow Mein (28) Brown Rice (18) Capri Mixed Vegetables (4) Pineapple Cabbage Slaw (12) Apple (21) Milk (12) Calories: 707 Protein: 39g Carbs: 97g Fat: 20g Fiber: 11g Sodium: 765mg	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: 791 Protein: 50g Carbs: 93g Fat: 24g Fiber: 10g Sodium: 567g

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="font-weight: normal;">719-543-0100</p> <p>CALL AS SOON AS POSSIBLE!!!!</p> <p>AT THE LATEST, PLEASE CALL BY 9AM ON THE DATE BEING CANCELLED!!!!</p> <p>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.