



S R D A
MEALS ON WHEELS MENU
 January. 2019



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| | 1-Jan | 2-Jan | 3-Jan | 4-Jan |
| | 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 (9) Cherry/Blueberry Crisp (32) /Milk (12) Calories: 791 Protein: 50g Carbs: 93g Fat: 24g Fiber: 10g Sodium: 567g |
| 7-Jan | 8-Jan | 9-Jan | 10-Jan | 11-Jan |
| Beef Hungarian Goulash (10) Parslied Pasta (16) Oregon Mixed Vegetables (5) Garden Vegetable Soup (12) /Crackers (4) Banana (25) Milk (12) Calories: 670 Protein: 39g Carbs: 87g Fat: 20g Fiber: 10.2g Sodium: 670mg | Ham & Cheese Quiche (22) Seasoned Cabbage (4) Split Pea Soup (19) Crackers (4) Apple Fruit-Cup (12) Milk (12) Calories: 750 Protein: 44g Carbs: 75g Fat: 30g Fiber: 10g Sodium: 964mg | 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 | Dijon Chicken (9) Fall Harvest Couscous (25) Roasted Brussel Sprouts (7) Chicken Barley Soup (10) /Crackers (4) Peach Fruit Cup (15) Milk (12) Calories: 783 Protein: 46g Carbs: 83g Fat: 31g Fiber: 9.9g Sodium: 545mg | 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: 854 Protein: 45g Carbs: 108g Fat: 26g Fiber: 10.1g Sodium: 902mg |
| 14-Jan | 15-Jan | 16-Jan | 17-Jan | 18-Jan |
| 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 | 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 | 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 | 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 |
| 21-Jan | 22-Jan | 23-Jan | 24-Jan | 25-Jan |
| Sweet & Sour Chicken (17) Fried Rice (15) Oregon Mixed Vegetables (5) Creamy Tomato Soup (6) /Crackers (4) Raisin Nut Cup (21) Milk (12) /Apple (21) Calories: 746 Protein: 45g Carbs: 103g Fat: 20g Fiber: 10.9g Sodium: 591mg | Beef Pot Pie (21) Zucchini & Tomatoes (4) California Normandy Vegetable Mix (3) Navy Bean Soup (23) /Crackers (4) Fresh Grapes (13) Milk (12) Calories: 763 Protein: 37g Carbs: 85g Fat: 31g Fiber: 11.3g Sodium: 555mg | Green Pepper Steak (3) Baked Sweet Potato (33) Cheesy Cauliflower (3) Chicken Barley Soup (10) Vanilla Pudding (26) /Strawberries & Peaches (10) Milk (12) / Breadstick (39) Calories: 1,028 Protein: 46g Carbs: 116g Fat: 41g Fiber: 9.9g Sodium: 1,069mg | 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 | 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 |
| 28-Jan | 29-Jan | 30-Jan | 31-Jan | 1-Feb |
| 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: 784 Protein: 41g Carbs: 90g Fat: 28g Fiber: 12g Sodium: 901mg | Spaghetti & Meat Sauce (23) Italian Mixed Vegetables (6) Seasoned Yellow Squash (3) Minestrone Soup (9) /Cracker Pineapple Tidbits (15) Milk (12) /Banana Chocolate Bar (37) Calories: 780 Protein: 33g Carbs: 105g Fat: 26g Fiber: 9.8g Sodium: 606mg | 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 | BBQ Chicken (8) Sesaoned 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) Lyonnaise Potatoes (10) Peas & Mushrooms (9) Cream of Broccoli Soup (6) /Crackers (4) Strawberry/Blueberry Crisp (26) Milk (12) /Dinner Roll w/Margarine (12) Calories: 707 Protein: 46g Carbs: 83g Fat: 22g Fiber: 9.8g Sodium: 569mg |

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

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| MENUS ARE SUBJECT TO CHANGE | Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels. | In order to prevent waste, we are on a Reservation System . To cancel or make a reservation, Please call the day before or the morning of, before 9:00 A.M. YOU MUST BE HOME TO RECEIVE YOUR MEAL!!! <u>719-543-0100</u> For Important Nutrion Information, Please Turn Menu Over |
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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.