



**SRDA
MEALS ON WHEELS MENU
February, 2019**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1-Feb Roast Beef w/Brown Gravy (3) Lyonnise Potatoes (10) Peas & Mushrooms (9) Cream of Broccoli Soup (8)/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
4-Feb	5-Feb	6-Feb	7-Feb	8-Feb
Pinto Beans & Ham (19) Sweet & Red Potatoes (22) Seasoned Green Beans (5) Tomato Florentine (4) /Crackers (4) Applesauce (11) Milk (12) Calories: 508 Protein: 26g Carbs: 79g Fat: 10g Fiber: 12g Sodium: 563mg	Beef Chop Suey (8) Steamed Brown Rice (18) Mixed Vegetables (10) Beef Vegetable Soup (9) Carrot Raisin Salad (10) Blueberry Fruit-Cup /Milk (12) Calories: 752 Protein: 44g Carbs: 76g Fat: 30g Fiber: 10.1g Sodium: 964mg	Slopper w/Green Chili (10) Ranch Beans (21) Bermuda Mixed Vegetables (5) Creamy Coleslaw (10) Apple Fruit Cup (14)/ Garnish (1) Milk (12) /Hamburger Bun (26) Calories: 914 Protein: 48g Carbs: 98g Fat: 36g Fiber: 13.4g Sodium: 830mg	Open Faced Hot Turkey w/Gravy (2) Peas & Onions (9) Garden Vegetable Mix (5) Pasta Salad (12) /1 Sl Bread (11) Strawberries & Peaches (10) Milk (12) Calories: 539 Protein: 37g Carbs: 63g Fat: 17g Fiber: 10.2g Sodium: 1,002mg	Potato Crusted Fish (13) Vegetarian Alfredo (21) Seasoned Asparagus (1) Tomato Cucumber Salad (3) Apple (21) Milk (12) /Condiments (1) Calories: 638 Protein: 27g Carbs: 73g Fat: 28g Fiber: 9.6g Sodium: 722mg
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb
Chicken Sesame (16) Fried Rice (15) Lima Beans & Carrots (11) Split Pea Soup (20) /Crackers (4) Mandarin Oranges (22) Milk (12) Calories: 837 Protein: 73g Carbs: 103g Fat: 16g Fiber: 12g Sodium: 933mg	Brunswick Stew (16) Mashed Potatoes (16) Scandinavian Mixed Vegetables (10) Chilled Apricots (12) Raisin Nut Cup (21) /Crackers (4) Milk (12) Calories: 725 Protein: 41g Carbs: 93g Fat: 22g Fiber: 11.1g Sodium: 457mg	Macaroni & Cheese (24) Sugar Snap Peas (4) Winter Mix vegetables (4) Navy Bean Soup (24) /Crackers (4) Pineapple (15) Milk (12) Calories: 670 Protein: 30g Carbs: 89g Fat: 22g Fiber: 10.9g Sodium: 637mg	Chinese Lemon Chicken (13) Baked Sweet Potatoes (38) ✕ Mandarin Stir Fry (5) Minestrone Soup (10)/ Crackers (4) Vanilla Pudding (21) Diced Pears (16) /Milk (12) Calories: 975 Protein: 43g Carbs: 141g Fat: 26g Fiber: 11.2g Sodium: 827mg	Fish w/Tartar Sauce & Lemon (2) Vegetable Couscous (16) Stewed Tomatoes (9) Seafood Gumbo (10)/ Crackers (4) Cherry Crisp (35) /Orange (15) Milk (12) Calories: 756 Protein: 45g Carbs: 106g Fat: 19g Fiber: 10.5g Sodium: 726mg
18-Feb	19-Feb	20-Feb	21-Feb	22-Feb
Beef Tips w/Mushroom Gravy (8) Parslied Pasta (16) Steamed Broccoli (4) Lentil Soup (19) /Crackers (4) Banana (25) Milk (12) Calories: 727 Protein: 47g Carbs: 91g Fat: 22g Fiber: 11.8g Sodium: 506mg	Honey Mustard Chicken (9) Au Gratin Potatoes (23) Carrots (6) /Minestrone Soup (10) Pineapple Cabbage Slaw (12) Cranberry Apple Crumble (29) Milk (12) /Crackers (4) Calories: 823 Protein: 46g Carbs: 107g Fat: 24g Fiber: 10.9g Sodium: 863mg	Pork Chow Mein (26) Brown Rice (18) Oriental Vegetables (5) Egg Drop Soup (3) Crackers (4) Strawberries & Pineapple (13) Peas & Carrot Salad (7) /Milk (12) Calories: 738 Protein: 45g Carbs: 88g Fat: 25g Fiber: 10.3g Sodium: 851mg	Turkey Tetrizzini (26) Baked Sweet Potato (38) ✕ Roasted Brussel Sprouts (6) Fresh Apple (21) Confetti Cottage Cheese Crunch (5) Milk (12) Calories: 824 Protein: 41g Carbs: 110g Fat: 26g Fiber: 11.4g Sodium: 1,026mg	Chili Rellenos (10) Zucchini & Tomatoes (4) Cheesy Cauliflower (3) Black Bean Soup (13) /Crackers (4) Coconut Fruit Salad (19) Milk (12) Calories: 672 Protein: 36g Carbs: 69g Fat: 29g Fiber: 9.6g Sodium: 943mg
25-Feb	26-Feb	27-Feb	28-Feb	1-Mar
Beef-Tomato Mac (25) Oregon Mixed Vegetables (5) Seasoned Spinach (3) Washington Chowder (13) /Crackers (4) Peach Fruit-Cup (15) Milk (12) Calories: 682 Protein: 34g Carbs: 79g Fat: 26g Fiber: 9.9g Sodium: 622mg	Chicken Parmesan (8) Herbed Pasta (19) Brussel Sprouts (5) Chicken Barley Soup (11) /Breadstick (39) Starwberry Applesauce (11) Milk (12) Calories: 748 Protein: 58g Carbs: 107g Fat: 18g Fiber: 10.2g Sodium: 945mg	Corn Tamale Pie (32) Seasoned Pinto Beans (11) Capri Vegetable Mix (4) Mandarin Oranges (22) Banana Chocolate Bar (37) Milk (12) Calories: 901 Protein: 39g Carbs: 120g Fat: 29g Fiber: 10.1g Sodium: 742mg	Penne & Meat Sauce (22) Italian Mixed Vegetables (5) Yellow Squash (3) Carrot Raisin Salad (10) /Garlic Bread (1) Apricots (12) Milk (12) Calories: 713 Protein: 32g Carbs: 79g Fat: 30g Fiber: 10g Sodium: 585mg	Citrus & Herb Fish (4) Rice Pilaf (17) Seasoned Mixed Vegetables (10) Garden Vegetable Soup (9) /Crackers (4) Cabbage Apple Slaw (11) /Orange (15) Milk (12) Calories: 669 Protein: 40g Carbs: 85g Fat: 18g Fiber: 10.3g Sodium: 569mg

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.

In order to prevent waste, we are on a Reservation System .
To Cancel your meal for the day, Please call the day before or the morning of, before 9:00 A.M.
YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!
719-543-0100

For Important Nutrition Information, Please Turn Menu Over

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.