



**S R D A**  
**MEALS ON WHEELS MENU**  
 April, 2019



| <b>MONDAY</b>  | <b>TUESDAY</b>  | <b>WEDNESDAY</b>   | <b>THURSDAY</b>  | <b>FRIDAY</b>   |
|--|---|--|--|---|
| <b>1-Apr</b>   | <b>2-Apr</b>  | <b>3-Apr</b>   | <b>4-Apr</b>   | <b>5-Apr</b>  |
| Beef Tips w/Mushroom Gravy (8)<br>Parslied Pasta (16)<br>Steamed Broccoli (4)<br>Beef Noodle Soup /Crackers (4)<br>Banana (25)<br>Milk (12)<br>Calories:<br>Protein:<br>Carbs:<br>Fat:<br>Fiber:<br>Sodium:  | Honey Mustard Chicken (9)<br>Au Gratin Potatoes (21)<br>Carrots (7) /Minestrone Soup (9)<br>Pineapple Cabbage Slaw (10)<br>Cranberry Apple Crumble (29)<br>Milk (12) /Crackers (4)<br>Calories: 802<br>Protein: 46g<br>Carbs: 104g<br>Fat: 23g<br>Fiber: 10.8g<br>Sodium: 793mg                               | Sloppy Joe<br>Oriental Vegetables<br>Beef Vegetable Soup /Crackers<br>Pea & Carrot Salad<br>Strawberries & Pineapple<br>Milk (12)<br>Calories:<br>Protein:<br>Carbs:<br>Fat:<br>Fiber:<br>Sodium:  | Turkey Tetrazzini (31)<br>Baked Sweet Potato (33)<br>Roasted Brussel Sprouts (7)<br>Confetti Cottage Cheese Crunch (5)<br>Fresh Apple (21)<br>Milk (12)<br>Calories: 824<br>Protein: 41g<br>Carbs: 110g<br>Fat: 26g<br>Fiber: 11.4g<br>Sodium: 1,026mg                             | Chili Rellenos (10)<br>Zucchini & Tomatoes (4)<br>Cheesy Cauliflower (3)<br>Black Bean Soup (13) /Crackers (4)<br>Coconut Fruit Salad (19)<br>Milk (12)<br>Calories:<br>Protein:<br>Carbs:<br>Fat:<br>Fiber:<br>Sodium:   |
| <b>8-Apr</b>   | <b>9-Apr</b>  | <b>10-Apr</b>  | <b>11-Apr</b>  | <b>12-Apr</b>   |
| Beef-Tomato Mac (31)<br>Oregon Mixed Vegetables (5)<br>Seasoned Spinach (4)<br>Washington Chowder (12) /Crackers (4)<br>Strawberries & Peaches<br>Milk (12)<br>Calories: 679<br>Protein: 33g<br>Carbs: 85g<br>Fat: 23g<br>Fiber: 10g<br>Sodium: 617mg  | Chicken Parmesan<br>Herbed Pasta<br>Brussel Sprouts<br>Chicken Barley Soup /Breadstick<br>Strawberries w/Applesauce<br>Milk (12)<br>Calories: 908<br>Protein: 40g<br>Carbs: 115g<br>Fat: 32g<br>Fiber: 9.5g<br>Sodium: 710mg  | Corn Tamale Pie (27)<br>Seasoned Pinto Beans (10)<br>Capr Mixed Vegetables ( )<br>Mandarin Oranges (22)<br>Banana Chocolate Bar (37)<br>Milk (12)<br>Calories: 908<br>Protein: 40g<br>Carbs: 115g<br>Fat: 32g<br>Fiber: 9.5g<br>Sodium: 710mg                            | Penne & Meat Sauce (37)<br>Italian Mixed Vegetables (6)<br>Yellow Squash (3)<br>Carrot Raisin Salad<br>Apricots (12) /Garlic Bread (11)<br>Milk (12)<br>Calories: 691<br>Protein: 32g<br>Carbs: 83g<br>Fat: 27g<br>Fiber: 11.2g<br>Sodium: 633mg                                   | Citrus & Herb Fish (4)<br>Rice Pilaf (17)<br>Seasoned Mixed Vegetables (10)<br>Garden Vegetable Soup (8) /Crackers (4)<br>Cabbage Apple Slaw (9) /Orange (15)<br>Milk (12)<br>Calories: 634<br>Protein: 40g<br>Carbs: 82g<br>Fat: 15g<br>Fiber: 9.7g<br>Sodium: 526mg               |
| <b>15-Apr</b>  | <b>16-Apr</b>   | <b>17-Apr</b>  | <b>18-Apr</b>  | <b>19-Apr</b>   |
| Chicken Enchiladas (48)<br>Seasoned Black Beans (17)<br>Orange Glazed Carrots (12)<br>Grape-Fruit Cup (18)<br>4 oz Yogurt w/Granola ( )<br>Milk (12)<br>Calories: 1,017<br>Protein: 66g<br>Carbs: 130g<br>Fat: 28g<br>Fiber: 15.3g<br>Sodium: 1,072mg  | Meatloaf w/Mushroom Gravy (10)<br>Garlic Mashed Potatoes (13)<br>Green Bean Almondine (5)<br>Beef Vegetable Soup (9)<br>Cranberry Pear Salad (25)<br>Raisin Nut Cup (21) /Milk (12)<br>Calories: 932<br>Protein: 43g<br>Carbs: 102g<br>Fat: 41g<br>Fiber: 10.7g<br>Sodium: 502mg                              | Macaroni & Cheese (27)<br>Winter Mix Vegetables (4)<br>Seasoned Asparagus (1)<br>Navy Bean Soup (24) /Crackers (4)<br>Pineapple Tid Bits (15)<br>Milk (12)<br>Calories: 673<br>Protein: 31g<br>Carbs: 90g<br>Fat: 22g<br>Fiber: 10.8g<br>Sodium: 641mg                   | Hamburger (1)<br>Broccoli Walnut Parmesan (4)<br>Calabacitas (6)<br>Chicken Gumbo Soup (11) /Crackers (4)<br>Lettuce Garnish (3) /Hamburger Bun (2)<br>Apple Fruit-Cup (12) /Milk (12)<br>Calories: 873<br>Protein: 50g<br>Carbs: 81g<br>Fat: 39g<br>Fiber: 10.6g<br>Sodium: 988mg | Vegetable Pasta Primavera (30)<br>Chuckwagon Corn (15)<br>Sugar Snap Peas (4)<br>Cream of Broccoli (7) /Crackers (4)<br>Carrot Raisin Salad (10)<br>Blueberry Fruit-Cup (12) /Milk (12)<br>Calories: 607<br>Protein: 24g<br>Carbs: 97g<br>Fat: 14g<br>Fiber: 10.4g<br>Sodium: 500mg |
| <b>22-Apr</b>  | <b>23-Apr</b>   | <b>24-Apr</b>  | <b>25-Apr</b>  | <b>26-Apr</b>   |
| Italian Chicken Orzo (11)<br>Cheesy Cauliflower (3)<br>Italian Mixed Vegetables (5)<br>Chicken Noodle Soup (7) /Crackers (4)<br>Banana (25)<br>Milk (12)<br>Calories: 679<br>Protein: 47g<br>Carbs: 70g<br>Fat: 24g<br>Fiber: 10g<br>Sodium: 721mg   | Salisbury Steak (5)<br>Parslied Potatoes (13)<br>Peas & Carrots (7)<br>Peach Crisp (29)<br>Orange (15)<br>Milk (12)<br>Calories: 806<br>Protein: 36g<br>Carbs: 83g<br>Fat: 38g<br>Fiber: 10.7g<br>Sodium: 385mg   | Chicken Fajita (2) /Torilla (15)<br>Seasoned Mixed Beans (20)<br>Stewed Tomatoes (9)<br>Carrot & Sweet Potato Soup (15) /Crackers (4)<br>Mandarin Oranges (22)<br>Milk (12)<br>Calories: 688<br>Protein: 45g<br>Carbs: 102g<br>Fat: 15g<br>Fiber: 15.6g<br>Sodium: 784mg | Pork Green Chili (7)<br>Mexican Corn (18)<br>Seasoned Yellow Squash (3)<br>Tortilla (15) /Raisin Nut Cup (21)<br>Coconut/Nut Fruit Salad (19) )<br>Pea Salad (8) /Milk (12)<br>Calories: 805<br>Protein: 39g<br>Carbs: 105g<br>Fat: 29g<br>Fiber: 10.4g<br>Sodium: 768mg           | Fish w/Pueblo Salsa (2)<br>Cilantro Rice (17)<br>Caribbean Mixed Vegetables (5)<br>Confetti Cottage Cheese (5)<br>Breadstick (39) /Apple (21)<br>Milk (12)<br>Calories: 641<br>Protein: 47g<br>Carbs: 104g<br>Fat: 11g<br>Fiber: 9.6g<br>Sodium: 960mg                              |
| <b>29-Apr</b>  | <b>30-Apr</b>   | <b>1-May</b>   | <b>2-May</b>   | <b>3-May</b>  |
| Pinto Beans & Ham (19)<br>Sweet & Red Potatoes (22)<br>Seasoned Green Beans (5)<br>Tomato Florentine (4) /Crackers (4)<br>Banana (25)<br>Milk (12)<br>Calories: 566<br>Protein: 27g<br>Carbs: 94g<br>Fat: 11g<br>Fiber: 13.9g<br>Sodium: 562mg   | Beef & Bean Burrito (35) w/Green Chili (10)<br>Steamed Rice (18)<br>Seasoned Mixed Vegetables (10)<br>Beef Vegetable Soup (9) /Crackers (4)<br>Carrot Raisin Salad (10)<br>Blueberry Fruit-Cup (12) /Milk (12)<br>Calories: 876<br>Protein: 33g<br>Carbs: 123g<br>Fat: 27g<br>Fiber: 11.6g<br>Sodium: 1,005mg | Slopper w/Green Chili (1)<br>Ranch Beans (18)<br>Bermuda Mixed Vegetables<br>Creamy Coleslaw (10)<br>Apple Fruit Cup (14) /Garnish (1)<br>Milk (12) /Hamburger Bun (26)<br>Calories: 746<br>Protein: 47g<br>Carbs: 98g<br>Fat: 18g<br>Fiber: 11g<br>Sodium: 685mg        | Open Faced Hot Turkey w/Gravy (2)<br>Peas & Onions (9)<br>Garden Vegetable Mix (5)<br>Pasta Salad (12) /1 Sl Bread (11)<br>Strawberries & Peaches (10)<br>Milk (12)<br>Calories: 539<br>Protein: 37g<br>Carbs: 63g<br>Fat: 17g<br>Fiber: 10.2g<br>Sodium: 1,002mg                  | Potato Crusted Fish (13)<br>Pasta Alfredo (21)<br>Seasoned Asparagus (1)<br>Tomato Cucumber Salad (3)<br>Apple (21) /Lemon Juice Pkt (1)<br>Milk (12) /Tartar Sauce Pkt (1)<br>Calories: 652<br>Protein: 30g<br>Carbs: 74g<br>Fat: 28g<br>Fiber: 10.1g<br>Sodium: 647mg             |
| <b>IMPORTANT INFORMATION: Numbers in parentheses next to each meal item indicate the number of carbohydrates in grams for that item.</b>   |   |  |  |   |
| <b>MENUS ARE SUBJECT TO CHANGE</b>   |   | <b>In order to prevent waste, we are on a Reservation System .</b><br><b>To Cancel your meal for the day, Please call the day before or the morning of, before 9:00 A.M.</b><br><b>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</b><br><b>719-543-0100</b>                   |  |   |
| <b>For Important Nutrition Information, Please Turn Menu Over</b>  |   |  |  |   |
| 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. |   |  |  |   |