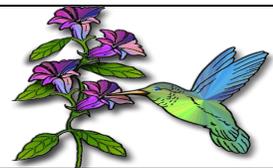




# SRDA MEALS ON WHEELS MENU May. 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-May	2-May	3-May
		Slopper w/Green Chili (10) Ranch Beans (21) Bermuda Mixed Vegetables (5) Creamy Coleslaw (10) Apple Fruit Cup (10) /Garnish (1) Milk (12) /Hamburger Bun (26) Calories: 910 Protein: 48g Carbs: 97g Fat: 36g Fiber: 13.9g Sodium: 833mg	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) Pasta Alfredo (21) Seasoned Asparagus (1) Tomato Cucumber Salad (3) Apple (21) /Lemon Juice Pkt (1) Milk (12) /Tartar Sauce Pkt (1) Calories: 652 Protein: 30g Carbs: 74g Fat: 28g Fiber: 10.1g Sodium: 647mg
6-May	7-May	8-May	9-May	10-May
Chili Con Carne (22) Streamed Brown Rice (18) Cape Cod Mixed Vegetable (7) Fresh Bananas (25) Milk (12) Calories: 722 Protein: 534g Carbs: 91g Fat: 24g Fiber: 13.2g Sodium: 413mg	Spaghetti & Meat Sauce (17) Italian Mixed Vegetables (5) Seasoned Yellow Squash (3) Minestrone Soup (10) /Crackers Strawberries & Peaches (10) Milk (12) Calories: 640 Protein: 31g Carbs: 73g Fat: 24g Fiber: 9.3g Sodium: 573mg	Pulled Pork Sandwich (8) Rancho Fiesta Vegetables (5) Claremont Salad (3) Yogurt w/Granola (20) Apple-Fruit Cup (10) /Hamburger Bun (26) Milk (12) Calories: 757 Protein: 46g Carbs: 91g Fat: 22g Fiber: 13g Sodium: 670mg	Beef Soft Taco (2) Spanish Rice (19) Creamed Spinach (6) Black Bean Soup (13) /Crackers Lettuce Garnish (1) /Tortilla (15) Mandarin Orange (15) /Milk (12) Calories: 801 Protein: 37g Carbs: 90g Fat: 31g Fiber: 11g Sodium: 1,156mg	BBQ Chicken w/BBQ Sauce (9) Ranch Beans (21) Carrots (6) Tomato Cucumber Salad (3) Vanilla Pudding (21) /Orange (15) Milk (12) Calories: 650 Protein: 44g Carbs: 90g Fat: 13g Fiber: 11.7g Sodium: 710mg
13-May	14-May	15-May	16-May	17-May
Pueblo Beef Stew (16) Sweet Potatoes (38) Seasoned Mixed Vegetables (9) Zucchini & Tomatoes (4) Fresh Apples (21) Milk (12) /Chocolate Ice Cream (18) Calories: 881 Protein: 42g Carbs: 120g Fat: 27g Fiber: 13.3g Sodium: 614mg	Cheese Tortellini W/Sauce (19) Sugar Snap Peas (4) Lima Beans & Carrots (11) Turkey Rice Soup (9) / Breadstick (14) Overnight Oats, Oatmeal (43) Milk (12) Calories: 730 Protein: 31g Carbs: 114g Fat: 16g Fiber: 11.5g Sodium: 788mg	Dijon Chicken (9) Sweet & Red Potatoes (22) Italian Mixed Vegetables (5) Garden Vegetable Soup (13) /Crackers Peach Crisp (29) /Raisin Nut Cup (21) Milk (12) Calories: 914 Protein: 42g Carbs: 118g Fat: 32g Fiber: 10g Sodium: 509mg	Pork Diablo (7) Scalloped Potatoes (14) Broccoli & Cheese (4) Lentil Soup (19) Waldorf Salad (10) /Tortilla (15) Milk (12) Calories: 737 Protein: 54g Carbs: 84g Fat: 22g Fiber: 10.3g Sodium: 746mg	Beef Lasagna (30) Corn O'Brien (11) Creole Green Beans (6) Beef Barley Mushroom Soup (11) Strawberries & Pineapple (13) Milk (12) /Crackers (4) Calories: 879 Protein: 50g Carbs: 102g Fat: 30g Fiber: 10.5g Sodium: 811mg
20-May	21-May	22-May	23-May	24-May
Shepard's Pie (12) Cape Cod Mixed Vegetables (7) Harvard Beets (12) Beef Noodle Soup (9) /Crackers (4) Fresh Bananas (25) Milk (12) Calories: 746 Protein: 39g Carbs: 84g Fat: 28g Fiber: 10.1g Sodium: 773mg	Sukiyaki Chicken (16) Caribbean Vegetables (5) Asparagus (1) Creamy Tomato Soup (7) /Crackers Carrot Raisin Salad (10) /Apple (21) Milk (12) Calories: 599 Protein: 43g Carbs: 80g Fat: 12g Fiber: 10.1g Sodium: 467mg	Slopper w/Green Chili (10) Ranch Beans (21) Peas & Mushrooms (9) Sweet & Sour Coleslaw (9) Fruit Cocktail (13) /Lettuce, Tom. Garnish Milk (12) /Hamburger Bun (26) Calories: 911 Protein: 50g Carbs: 104g Fat: 33g Fiber: 15g Sodium: 876mg	Beef Tips w/Mushroom Gravy (7) Penne Pasta (16) Succotash in Garlic Butter (9) Beef Vegetable Soup (9) /Breadstick (14) Mandarin Oranges (15) Milk (12) Calories: 738 Protein: 50g Carbs: 84g Fat: 23g Fiber: 10.4g Sodium: 590mg	Ham & Cheese Quiche (22) Brussel Sprouts (5) Minestrone Soup (10) /Crackers Italian Vegetable Toss (10) Cranberry Apple Crumble (29) Milk (12) Calories: 925 Protein: 48g Carbs: 94g Fat: 40g Fiber: 11.7g Sodium: 1,089mg
27-May	28-May	29-May	30-May	31-May
Chicken Fried Rice (15) Oriental Vegetables (5) Oriental Green Beans (5) Egg Drop Soup (3) /Crackers (4) Fresh Orange (15) Milk (12) Calories: 545 Protein: 49g Carbs: 62g Fat: 12g Fiber: 10.1g Sodium: 515mg	Roasted Turkey w/Gravy (2) Cornbread Dressing (33) Scandinavian Mixed Vegetables (10) Broccoli Salad (9) Strawberry/Blueberry Crisp (26) Milk (12) Calories: 719 Protein: 40g Carbs: 94g Fat: 22g Fiber: 9.7g Sodium: 1,124mg	Pinto Beans & Ham (19) Sugar Snap Peas (4) Calabacitas (6) Dinner Roll (12) /Margarine (1) Italian Pasta Salad (13) Milk (12) /Chilled Diced Pears (16) Calories: 613 Protein: 30g Carbs: 85g Fat: 18g Fiber: 13.3g Sodium: 886mg	Roast Beef w/Beef Gravy (4) Lyonnaise Potatoes (11) Winter Mix Vegetables (4) Beef Mushroom Barley Soup (11) Fresh Apple (21) /Crackers (4) Milk (12) Calories: 589 Protein: 44g Carbs: 71g Fat: 15g Fiber: 10.4g Sodium: 344mg	Tuna Salad Sandwich (7) Seasoned Peas & Onions (9) Rancho Fiesta Vegetables (10) Ambrosia (24) 2 Sl. Bread (22) Milk (12) Calories: 577 Protein: 33g Carbs: 85g Fat: 12g Fiber: 14.5g Sodium: 1,043mg

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

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Please remember SRDA  
in your planned giving.

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.

**MENUS ARE  
SUBJECT TO  
CHANGE**

Your legacy lives on, our  
mission continues at  
Meals on Wheels.

**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.