



SRDA MEALS ON WHEELS MENU July. 2019



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Jul	2-Jul	3-Jul	4-Jul	5-Jul
Shepard's Pie (23) Cape Cod Mixed Vegetables (7) Harvard Beets (12) Beef Noodle Soup (9) /Crackers (4) Fresh Bananas (25) Milk (11) Calories: 799 Protein: 41g Carbs: 97g Fat: 27g Fiber: 11.2g Sodium: 697mg	Slopper w/Green Chili (10) Ranch Beans (21) Peas & Mushrooms (9) Sweet & Sour Coleslaw (9) Fruit Cocktail (13) /Lettuce Garnish (1) Milk (11) /Hamburger Bun (26) Calories: 911 Protein: 50g Carbs: 104g Fat: 33g Fiber: 15g Sodium: 876mg	Chicken Sukiyaki (16) Carribean Vegetables (5) Seasoned Asparagus (1) Creamy Tomato Soup (7) /Cracker (4) Carrot Raisin Salad (10) Fresh Apple (21) /Milk (11) Calories: 599 Protein: 43g Carbs: 80g Fat: 12g Fiber: 10.1g Sodium: 467mg	Beef Tips w/Mushroom Gravy (7) Penne Pasta (16) Succotash in Garlic Butter (9) Beef Vegetable Soup (9) /Breadstick (14) Mandarin Oranges (15) Milk (11) Calories: 738 Protein: 50g Carbs: 84g Fat: 23g Fiber: 10.4g Sodium: 590mg	Ham & Cheese Quiche (22) Brussel Sprouts (5) Minestrone Soup (10) /Crackers (4) Italian Vegetable Toss (10) Cranberry Apple Crumble (29) Milk (11) Calories: 925 Protein: 48g Carbs: 94g Fat: 40g Fiber: 11.7g Sodium: 1,089mg
8-Jul	9-Jul	10-Jul	11-Jul	12-Jul
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	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: 719 Protein: 40g Carbs: 94g Fat: 22g Fiber: 9.7g Sodium: 1,124mg	Roasted Turkey w/Gravy (2) Cornbread Dressing (33) Scandinavian Mixed Vegetables (10) Broccoli Salad (9) Strawberry/Blueberry Crisp (26) Milk (12) 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
15-Jul	16-Jul	17-Jul	18-Jul	19-Jul
Chicken & Rice (19) Winter Mix Vegetables (4) Peas & Carrots (7) Chicken Noodle Soup (7) /Crackers (4) Banana (25) Milk (11) Calories: 734 Protein: 48g Carbs: 81g Fat: 25g Fiber: 9.8g Sodium: 711mg	Roast Pork Loin w/Apple Chutney (9) Mashed Potatoes (16) Scandinavian Mixed Vegetables (10) Carrot & Sweet Potato Soup (15) /Crackers (4) Apple Crisp (26) Milk (11) Calories: 735 Protein: 38g Carbs: 96g Fat: 23g Fiber: 10.6g Sodium: 383mg	Potato Crusted Fish (13) Baked Sweet Potato (38) Broccoli & Cheese (4) Grape-Fruit Cup (15) Confetti Cottage Cheese (5) Milk (11) /Dinner Roll w/Margarine (12) Calories: 839 Protein: 36g Carbs: 101g Fat: 33g Fiber: 9.6g Sodium: 1,098mg	Italian Chicken Orzo (11) Seasoned Asparagus (1) Italian Mixed Vegetables (5) Chicken Barley Soup (11) /Breadstick (14) Blueberry-Fruit Cup (12) Milk (11) /Margarine (1) Calories: 737 Protein: 47g Carbs: 67g Fat: 31g Fiber: 9.8g Sodium: 720mg	Pork Cacciatore (7) Penne Pasta (16) Caribbean Vegetables (5) Garden Vegetable Soup (9) /Crackers (4) Banana Chocolate Bar (37) Milk (11) Calories: 758 Protein: 44g Carbs: 91g Fat: 24g Fiber: 10.1g Sodium: 751mg
22-Jul	23-Jul	24-Jul	25-Jul	26-Jul
Chicken Alfredo (18) Roasted Brussel Sprouts (7) Zucchini & Tomatoes (4) Lentil Soup (18) /Crackers (4) Fruit Cocktail (13) Milk (12) Calories: 705 Protein: 49g Carbs: 77g Fat: 24g Fiber: 10.5g Sodium: 633mg	Meatloaf w/Brown Gravy (9) Cheesy Mashed Potatoes (15) Oregon Mixed Vegetables (10) Beef Barley Soup (10) Ambrosia (26) Milk (12) /Dinner Roll w/Margarine (12) Calories: 871 Protein: 44g Carbs: 97g Fat: 37g Fiber: 9.9g Sodium: 730mg	Roasted Turkey w/Gravy (2) Roasted Rosemary Potatoes (15) California Normandy Vegetables (3) Creamy Tomato Soup (6) /Crackers (4) Peach Crisp (29) /Fresh Orange (15) Milk (12) Calories: 652 Protein: 35g Carbs: 89g Fat: 19g Fiber: 9.6g Sodium: 826mg	Green Pepper Steak (3) Parslied Potatoes (13) Honey Glazed Carrots (17) Beef Vegetable Soup (8) /Crackers (4) Vegetable Pasta Salad (12) Milk (12) /Chilled Apricots (12) Calories: 861 Protein: 37g Carbs: 84g Fat: 41g Fiber: 10.4g Sodium: 478mg	Corn Tamale Pie (32) Seasoned Black Beans (17) Capri Mixed Vegetables (4) Southwest Macaroni Salad (13) Grape-Fruit Cup (18) Milk (12) Calories: 829 Protein: 40g Carbs: 97g Fat: 30g Fiber: 11.6g Sodium: 1,036mg
29-Jul	30-Jul	31-Jul	1-Aug	2-Aug
Chili Con Carne (22) Streamed Brown Rice (18) Cape Cod Mixed Vegetable (7) Crackers (4) Fresh Bananas (25) Milk (11) Calories: 741 Protein: 34g Carbs: 90g Fat: 27g Fiber: 13.2g Sodium: 420mg	Spaghetti & Meat Sauce (17) Italian Mixed Vegetables (5) Seasoned Yellow Squash (3) Minestrone Soup (10) /Crackers (4) Strawberries & Peaches (10) /Breadstick (14) Milk (11) Calories: 684 Protein: 31g Carbs: 77g Fat: 27g Fiber: 9.5g Sodium: 601mg	Pulled Pork Sandwich (8) Rancho Fiesta Vegetables (10) Claremont Salad (3) 4 oz Yogurt w/Granola (20) Apple-Fruit Cup (10) /Hamburger Bun (26) Milk (11) Calories: 776 Protein: 46g Carbs: 90g Fat: 24g Fiber: 13g Sodium: 677mg	Beef Soft Taco (2) Spanish Rice (19) Creamed Spinach (6) Black Bean Soup (13) /Crackers (4) Lettuce Garnish (1) /Tortilla (15) Mandarin Orange (15) /Milk (11) Calories: 820 Protein: 37g Carbs: 89g Fat: 34g Fiber: 11g Sodium: 1,163mg	BBQ Chicken w/BBQ Sauce (9) Ranch Beans (21) Carrots (6) Tomato Cucumber Salad (3) Vanilla Pudding (21) /Orange (15) Milk (11) Calories: 669 Protein: 44g Carbs: 89g Fat: 16g Fiber: 11.7g Sodium: 717mg

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

MFNIIS ARE Please remember SRDA in your planned giving. **DON'T FORGET TO CALL AND CANCEL YOUR MEAL WHEN YOU WON'T BE HOME!!!!**
719-543-0100

**MEALS ARE
SUBJECT TO
CHANGE**

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

**CALL AS SOON AS POSSIBLE!!!!!!
AT THE LATEST, PLEASE CALL BY 9AM ON THE DATE BEING CANCELLED!!!!!!
YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!**

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.