



S R D A
MEALS ON WHEELS MENU
 August, 2019



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1-Aug		2-Aug	
						Beef Soft Taco (2) Spanish Rice (19) Creamed Spinach (6) Black Bean Soup (13) /Crackers (4) Tortilla (15) /Diced Peaches (13) 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) Seasoned Green Beans (5) Vanilla Pudding (21) /Peaches (13) Milk (11) Calories: 669 Protein: 44g Carbs: 89g Fat: 16g Fiber: 11.7g Sodium: 717mg	
5-Aug		6-Aug		7-Aug		8-Aug		9-Aug	
Salisbury Steak (8) Scalloped Potatoes (14) Peas & Carrots (7) Dinner Roll (12) /Margarine (1) Lentil Soup (19) /Grape-Fruit Cup (15) Milk (11) Calories: 917 Protein: 45g Carbs: 89g Fat: 43g Fiber: 11.4g Sodium: 723mg		Chicken Tarragon (6) Penne Pasta (16) Garden Vegetables (5) Italian Chicken Noodle Soup (8) Fresh Apple (21) Milk (11) /Breadstick (14) Calories: 710 Protein: 51g Carbs: 82g Fat: 20g Fiber: 11g Sodium: 505mg		BBQ Beef Sandwich (8) Seasoned Succotash (12) Oregon Mixed Vegetables (5) Tomato & Rice Soup (13) /Crackers (4) Chilled Diced Pears (16) Milk (11) / Hamburger Bun (26) Calories: 717 Protein: 45g Carbs: 99g Fat: 17g Fiber: 12.4g Sodium: 771mg		Meatloaf w/Mushroom Gravy (11) Steamed Brown Rice (18) Orange Glazed Carrots (12) Split Pea Soup (20) /Crackers (4) Strawberries & Peaches (10) Milk (11) Calories: 823 Protein: 40g Carbs: 90g Fat: 34g Fiber: 13.2g Sodium: 553mg		Grilled Chicken Patty (1) Mexican Corn (18) Broccoli Salad (9) Lettuce Garnish (1) /Mayonnaise (1) Peach Crisp (29) Milk (11) /Hamburger Bun (26) Calories: 728 Protein: 50g Carbs: 98g Fat: 16g Fiber: 11.1g Sodium: 702mg	
12-Aug		13-Aug		14-Aug		15-Aug		16-Aug	
Sweet & Sour Chicken (19) Fried Rice (15) Lima Beans & Carrots (11) Cream of Broccoli Soup (7) /Crackers Bananas (25) Milk (11) Calories: 694 Protein: 46g Carbs: 96g Fat: 16g Fiber: 10.2g Sodium: 955mg		Spaghetti & Meat Sauce (17) Italian Mix Vegetables (5) Winter Mix Vegetables (4) Minestrone Soup (10) /Breadstick (14) Ambrosia (24) /Parmesan Cheese (1) Milk (11) Calories: 760 Protein: 32g Carbs: 88g Fat: 31g Fiber: 10.4mg Sodium: 687mg		Macaroni & Cheese (27) Green Beans Almondine (5) Brussel Sprouts (5) Creamy Tomato Soup (7) /Crackers Kidney Bean Salad (19) Milk (11) /Fresh Grapes (13) Calories: 742 Protein: 33g Carbs: 95g Fat: 27g Fiber: 12.8mg Sodium: 1,062mg		Herb Fish w/Lemon Juice (4) Sweet & Red Potatoes (22) Peas & Mushrooms (9) Washington Chowder (13) /Cracker Fresh Apple (21) /Raisin Nut Cup (2) Milk (11) Calories: 683 Protein: 30g Carbs: 74g Fat: 32g Fiber: 11mg Sodium: 853mg		Egg Salad Sandwich (6) Rancho Fiesta (10) Southwest Vegetables (3) Italian Vegetable Toss (10) Strawberries & Applesauce (11) Milk (11) /2 Sli Bread (22) Calories: 567 Protein: 27g Carbs: 75g Fat: 18g Fiber: 16.2mg Sodium: 895mg	
19-Aug		20-Aug		21-Jul		22-Jul		23-Jul	
Chicken Tahitian (12) Seasoned Broccoli (3) Cilantro Rice (17) Navy Bean Soup (24) /Crackers (4) Blueberry-Fruit Cup (12) Milk (11) Calories: 670 Protein: 43g Carbs: 86g Fat: 17g Fiber: 10.8g Sodium: 591mg		Polish Sausage w/Mustard (5) Mashed Potatoes (16) Steamed Carrots (6) Black Bean Lentil Soup (24) /Crackers (4) Strawberries & Peaches (10) Milk (11) Calories: 855 Protein: 32g Carbs: 79g Fat: 47g Fiber: 10.7g Sodium: 1,387mg		Pulled Pork Sandwich (8) Corn O'Brien (11) Scandinavian Mixed Vegetables (10) Creamy Coleslaw (10) Pineapple Tid Bits (15) Milk (11) /Hamburger Bun (26) Calories: 703 Protein: 39g Carbs: 93g Fat: 20g Fiber: 11.2g Sodium: 728mg		Chili Relleno Casserole (10) Pinto Beans (11) Calabacitas (5) Cinnamon Applesauce (9) Banana Chocolate Bar (37) Milk (11) Calories: 723 Protein: 36g Carbs: 86g Fat: 27g Fiber: 9.9g Sodium: 653mg		Chicken Salad Sandwich (5) Vegetable Cous Cous (16) Harvard Beets (12) Fresh Orange (15) 2 Sli Bread (22) Milk (11) Calories: 603 Protein: 36g Carbs: 83g Fat: 16g Fiber: 11.5g Sodium: 835mg	
26-Aug		27-Aug		28-Aug		29-Aug		30-Aug	
Manicotti w/ Sauce (17) Honey Glazed Carrots (16) Steamed Broccoli (3) Chicken Gumbo Soup (11) /Crackers (4) Apricots (14) Milk (11) Calories: 561 Protein: 24g Carbs: 79g Fat: 18g Fiber: 9.5g Sodium: 863mg		Beef Taco Salad w/Salsa (16) Seasoned Mixed Beans (20) Stewed Tomatoes (9) Berry Crisp (26) Lettuce Tomato Garnish (1) Milk (11) Calories: 756 Protein: 37g Carbs: 85g Fat: 32g Fiber: 16g Sodium: 770mg		Chicken Scallopini (4) Rice Pilaf (17) Roasted Brussel Sprouts (6) Vegetable Florentine Soup (13) /Crackers (4) Cranberry Pear Salad (25) Milk (11) /Raisin Nut Cup (21) Calories: 752 Protein: 25g Carbs: 105g Fat: 28g Fiber: 10.8g Sodium: 586mg		Beef Pot Pie (22) Parslied Potatoes (13) Seasoned Asparagus (1) Split Pea Soup (20) /Crackers (4) Apple Fruit-Cup (10) Milk (11) Calories: 791 Protein: 37g Carbs: 84g Fat: 34g Fiber: 13.5g Sodium: 452mg		Baked Fish w/Dill (5) Scalloped Potatoes (14) Scandinavian Mixed Vegetables (10) Chicken Barley Soup (11) /Crackers (4) Broccoli Salad (9) /Pineapple Tid Bits (15) Milk (11) Calories: 684 Protein: 49g Carbs: 81g Fat: 18g Fiber: 9.9g Sodium: 575mg	
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.		DON'T FORGET TO CALL AND CANCEL YOUR MEAL WHEN YOU WON'T BE HOME!!!! 719-543-0100 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.									