



S R D A
MEALS ON WHEELS MENU
 September. 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
Chicken Noodle Casserole (17) Orange Glazed Carrots (12) Broccoli Walnut Parmesan (4) Tomato & Rice Soup (13) /Crackers (4) Strawberries & Pineapple (13) Milk (11) /Sweet & Sour Coleslaw (9) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Tuna Salad Sandwich (7) Capri Mixed vegetables (4) Asparagus (1) Garden Veg. Soup (13) /Crackers (4) Mandarin Oranges w/Topping (1) Milk (11) /2 Sli. Bread (22) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Chicken Enchiladas (48) Seasoned Black Beans (17) Seasoned Mixed Vegetables (9) Green Chili Soup (9) /Crackers (4) Diced Peaches (13) Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Roast Beef w/Beef Gravy (4) Mashed Potatoes (16) Cheesy Cauliflower (3) Dinner Roll /Margarine (12) Peas & Carrot Salad (7) Fresh Apple (21) /Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Frittata (4) Sweet Potatoes (25) Zucchini & Tomatoes (4) Lentil Soup (19) /Crackers (4) Fresh Orange (15) Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:
9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
Swedish Meatballs (13) Parslied Pasta (16) Roasted Brussel Sprouts (6) Beef Mushroom Barley Soup (11) Waldorf Salad (10) /Crackers (4) Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Herb Baked Chicken (1) Rice Pilaf (17) Seasoned Succotash (12) Carrot & Swt Potato Soup (15) /Crackers (4) Crunchy Confetti Cottage Cheese (4) Milk (11) / Fresh Banana (25) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Cheese Tortellini (19) Seasoned Spinach (3) Winter Mixed Vegetables (4) Tomato Cucumber Salad (3) /Breadstick (14) Strawberries & Peaches (10) Milk (11) /Raisin Nut Cup (21) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Sweet & Sour Pork (19) Steamed Brown Rice (18) Oriental Vegetables (5) Black Bean Soup (13) /Crackers (4) Fruit Cocktail (13) Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Chicken Fajita (2) Seasoned Pinto Beans (11) Oregon Mixed Vegetables (5) Spiced Plums (19) /Tortilla (15) Yogurt w/Oranges (16) Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
Salisbury Steak (8) Scalloped Potatoes (14) Peas & Carrots (7) Lentil Soup (19) Dinner Roll w/Margarine (12) Milk (11) / Grape-Fruit Cup (15) Calories: Protein: Carbs: Fat: Fiber: Sodium:	BBQ Beef Sandwich (8) Roasted Cauliflower (3) Com 'Brien (11) Tomato & Rice Soup (13) /Crackers (4) Diced Pears (16) Milk (11) / Hamburger Bun (26) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Chicken Tarragon (6) Penne Pasta (16) Garden Vegetables (5) Italian Chicken Noodle Soup (8) Fresh Apple (21) Milk (11) /Breadstick (14) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Meatloaf w/Mushroom Gravy (12) Steam Brown Rice (18) Orange Glazed Carrots (12) Split Pea Soup (20) /Crackers (4) Strawberry & Peaches (10) Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Grilled Chicken Patty (1) Mexican Corn (18) Broccoli Salad (9) Peach Crisp (29) Lettuce Garnish (1) /Mayonnaise (1) Milk (11) /Hamburger Bun (26) Calories: Protein: Carbs: Fat: Fiber: Sodium:
23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
Spaghetti & Meat Sauce (15) Italian Mix Vegetables (5) Winter Mix Vegetables (4) Minstrone Soup (10) /Breadstick (1) Ambrosia (21) /Parm. Cheese (1) Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Macaroni & Cheese (27) Green Beans Almondine (5) Brussel Sprouts (5) Creamy Tomato Soup (6) /Crackers (4) Kidney Bean Salad (20) Milk (11) /Fresh Grapes (13) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Sweet & Sour Chicken (19) Fried Rice (15) Lima Beans & Carrots (11) Cream of Broccoli Soup (7) /Crackers (4) Fresh Banana (25) Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Citrus & Herb Fish (4) Sweet & Red Potatoes (22) Peas & Mushrooms (9) Washington Chowder (12) /Crackers (4) Fresh Apple (21) /Raisin Nut Cup (21) Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Egg Salad Sandwich (7) Rancho Fiesta (10) Southwest Vegetables (3) Italian Veg. Toss (3) /2 Sli. Bread (22) Strawberry Applesauce (11) Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:
30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
Chicken Tahitian (12) Cilantro Rice (17) Steamed Broccoli (3) Navy Bean Soup (24) /Crackers (4) Blueberry-Fruit Cup (12) Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Pulled Pork Sandwich (8) Scandinavian Mixed Vegetables (10) Com 'Brien (11) Creamy Coleslaw (10) Pineapple Tid Bits (15) Milk (11) /Hamburger Bun (26) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Polish Sausage (5) Mashed Potatoes (16) Carrots (6) Black Bean Lentil Soup (24) /Crackers (4) Strawberries & Peaches (10) Milk (11) / Mustard Pkt. (1) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Chili Relleno Casserole (10) Seasoned Pinto Beans (11) Calabacita's (5) Cinnamon Applesauce (9) Banana Chocolate Bar (37) Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Chicken Salad Sandwich (5) Harvard Beets (12) Vegetable Couscous (16) Fresh Orange (15) 2 Sli. Bread (22) Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:
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.				