



**S R D A**  
**MEALS ON WHEELS MENU**  
 October. 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1-Oct</b>	<b>2-Oct</b>	<b>3-Oct</b>	<b>4-Oct</b>
	Pulled Pork Sandwich (7) Corn 'Brien (11) Scandinavian Mixed Vegetables (10) Creamy Coleslaw (9) Pineapple Tid Bits (15) Milk (11) /Hamburger Bun (26) Calories: 707 Protein: 41g Carbs: 101g Fat: 16g Fiber: 13.8g Sodium: 759mg	Polish Sausage (5) Mashed Potatoes (16) Steamed Carrots (6) Black Bean Lentil Soup (23) /Crackers (4) Strawberries & Peaches /Mustard Pckt (1) Milk (11) Calories: 851 Protein: 32g Carbs: 84g Fat: 44g Fiber: 10.8g Sodium: 1,381mg	Chili Relleno Casserole (10) Pinto Beans (10) Calabacitas (6) Cinnamon Applesauce (11) Banana Chocolate Bar (37) Milk (11) Calories: 681 Protein: 33g Carbs: 88g Fat: 23g Fiber: 10.1g Sodium: 658mg	Chicken Salad Sandwich (7) Vegetable Cous Cous (19) Harvard Beets (12) Fresh Orange (15) 2 Sli Bread (22) Milk (11) Calories: 621 Protein: 39g Carbs: 87g Fat: 15g Fiber: 11.4g Sodium: 808mg
<b>7-Oct</b>	<b>8-Oct</b>	<b>9-Oct</b>	<b>10-Oct</b>	<b>11-Oct</b>
Manicotti w/ Sauce (17) Honey Glazed Carrots (17) Steamed Broccoli (4) Chicken Gumbo Soup (11) /Crackers (4) Apricots (12) Milk (11) Calories: 539 Protein: 23g Carbs: 78g Fat: 15g Fiber: 9.2g Sodium: 867mg	Chicken Scallopini (5) Rice Pilaf (17) Roasted Brussel Sprouts (6) Vegetable Florentine Soup (12) /Crackers (4) Cranberry Pear Salad (25) Milk (11) /Raisin Nut Cup (21) Calories: 716 Protein: 25g Carbs: 105g Fat: 24g Fiber: 10.5g Sodium: 579mg	Beef Taco Salad (12) Seasoned Mixed Beans (19) Stewed Tomatoes (9) Strawberry Blueberry Crisp (26) Lettuce Tomato Garnish (1) Milk (11) Calories: 709 Protein: 36g Carbs: 80g Fat: 30g Fiber: 15.1g Sodium: 671mg	Beef Pot Pie (21) Parslied Potatoes (13) Seasoned Asparagus (1) Split Pea Soup (19) /Crackers (4) Apple Fruit-Cup (14) Milk (11) Calories: 764 Protein: 37g Carbs: 87g Fat: 30g Fiber: 12.7g Sodium: 439mg	Baked Fish w/Dill (5) Scalloped Potatoes (13) Scandinavian Mixed Vegetables (10) Chicken Barley Soup (10) /Crackers (4) Broccoli Salad (9) /Pineapple Tid Bits (15) Milk (11) Calories: 668 Protein: 50g Carbs: 81g Fat: 16g Fiber: 9.8g Sodium: 528mg
<b>14-Oct</b>	<b>15-Oct</b>	<b>16-Oct</b>	<b>17-Oct</b>	<b>18-Oct</b>
Chicken Noodle Casserole (16) Orange Glazed Carrots (12) Broccoli Walnut Parmesan (4) Tomato & Rice Soup (15) Strawberries & Pineapple (13) Sweet & Sour Coleslaw /Milk Calories: 731 Protein: 47g Carbs: 89g Fat: 22g Fiber: 9.8g Sodium: 955mg	Chicken Enchilada Casserole (49) Seasoned Black Beans (17) Seasoned Mixed Vegetables (10) Green Chili Soup (9) /Crackers (4) Diced Peaches (13) Milk (11) Calories: 904 Protein: 57g Carbs: 113g Fat: 25g Fiber: 14.6g Sodium: 1,107mg	Tuna Salad Sandwich (7) Capri Mixed vegetables (4) Asparagus (1) Garden Veg. Soup (12) /Crackers (4) Orange w/Whipped Topping (22) Milk (11) /2 Sli. Bread (22) Calories: 606 Protein: 33g Carbs: 87g Fat: 15g Fiber: 10.1g Sodium: 1,087mg	Roast Beef w/Beef Gravy (2) Mashed Potatoes (16) Cheesy Cauliflower (3) Dinner Roll /Margarine (13) Peas & Carrot Salad (7) Apple (21) /Milk (11) Calories: 647 Protein: 43g Carbs: 78g Fat: 19g Fiber: 10.5g Sodium: 733mg	Frittata (4) Sweet Potatoes (25) Zucchini & Tomatoes (4) Lentil Soup (18) /Crackers (4) Orange (15) Milk (11) Calories: 648 Protein: 34g Carbs: 84g Fat: 21g Fiber: 9.7g Sodium: 616mg
<b>21-Oct</b>	<b>22-Oct</b>	<b>23-Oct</b>	<b>24-Oct</b>	<b>25-Oct</b>
Swedish Meatballs (11) Parslied Pasta (16) Roasted Brussel Sprouts (6) Beef Mushroom Barley Soup (10) Waldorf Salad (10) /Crackers (4) Milk (11) Calories: 802 Protein: 44g Carbs: 73g Fat: 40g Fiber: 11.2g Sodium: 966mg	Cheese Tortellini (21) Seasoned Spinach (3) Winter Mixed Vegetables (4) Breadstick (39) / Tomato Cucumber Salad (3) Strawberries & Peaches Raisin Nut Cup /Milk (11) Calories: 558 Protein: 26g Carbs: 100g Fat: 14g Fiber: 10.2g Sodium: 1,035mg	Herb Baked Chicken (1) Rice Pilaf (17) Seasoned Succotash (15) Carrot & Swt Potato Soup (15) /Crackers (4) Confetti Cottage Cheese Crunchy (5) Banana (25) /Milk (11) Calories: 726 Protein: 50g Carbs: 98g Fat: 17g Fiber: 9.9g Sodium: 610mg	Sweet & Sour Pork (18) Steamed Rice (18) Oriental Vegetables (5) Black Bean Soup (23) /Crackers (4) Fruit Cocktail (13) Milk (11) Calories: 629 Protein: 35g Carbs: 85g Fat: 17g Fiber: 9.8g Sodium: 731mg	Chicken Fajita (1) Seasoned Pinto Beans (10) Oregon Mixed Vegetables (5) Tortilla (15) / Spiced Plums ( ) Yogurt w/Oranges ( ) Milk (11) Calories: 675 Protein: 54g Carbs: 83g Fat: 16g Fiber: 9.7g Sodium: 498mg
<b>28-Oct</b>	<b>29-Oct</b>	<b>30-Oct</b>	<b>31-Oct</b>	<b>1-Nov</b>
Salisbury Steak (3) Scalloped Potatoes (3) Peas & Carrots (7) Dinner Roll (13) /Margarine (1) Lentil Soup (18) /Grape-Fruit Cup (18) Milk (11) Calories: 883 Protein: 45g Carbs: 86g Fat: 41g Fiber: 9.9g Sodium: 677mg	Chicken Tarragon (6) Penne Pasta (15) Garden Vegetables (5) Italian Chicken Noodle Soup (7) Fresh Apple (21) Milk (11) / Breadstick (14) Calories: 762 Protein: 56g Carbs: 113g Fat: 18g Fiber: 9.1g Sodium: 796mg	BBQ Beef Sandwich (8) Roasted Cauliflower (3) Corn 'Brien (11) Tomato & Rice Soup (13) /Crackers (4) Diced Pears (16) Milk (11) / Hamburger Bun (26) Calories: 712 Protein: 49g Carbs: 97g Fat: 16g Fiber: 12g Sodium: 847mg	Meatloaf w/Mushroom Gravy (10) Steam Rice (18) Steamed Broccoli (4) Split Pea Soup (19) /Crackers (4) Strawberry & Peaches (10) Milk (11) Calories: 702 Protein: 38g Carbs: 79g Fat: 26g Fiber: 12mg Sodium: 488mg	Grilled Chicken Patty (1) Mexican Corn (17) Broccoli Salad (9) Peach Crisp (29) Lettuce Garnish (1) /Mayonnaise (1) Milk (11) / Hamburger Bun (26) Calories: 704 Protein: 50g Carbs: 97g Fat: 14g Fiber: 10.9g Sodium: 680mg
<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>	Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.	<b>In order to prevent waste, we are on a Reservation System .</b> <b>To Cancel your meal for the day, Please call the day before or the morning of, before 9:00 A.M.</b> <b>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</b> <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.				