



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1-Nov</b> Grilled Chicken Patty (1) Mexican Corn (11) Broccoli Salad (9) Peach Crisp (29) Lettuce Garnish (1) /Mayonnaise (1) Milk (11)/ Hamburger Bun (26) Calories: 702 Protein: 49g Carbs: 91g Fat: 16g Fiber: 10.4g Sodium: 686mg
<b>4-Nov</b> Sloppy Joe Sandwich Seasoned Spinach Prince Edward Vegetable Mix Beef Vegetable Soup /Crackers Manadarin Oranges Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	<b>5-Nov</b> Cuban Pork Roast Roasted Rosemary Potatoes Cabbage and Carrots Black Bean Lentil Soup /Crackers Yogurt w/Granola /Peaches Tomato Cucumber Salad /Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	<b>6-Nov</b> Citrus & Herb Fish Vegetable Couscous Harvard Beets Washington Chowder Soup /Crackers Chilled Apricots Dinner Roll w/Margarine /Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	<b>7-Nov</b> BBQ Chicken Seasoned Pinto Beans HOT Fruit Compote Garden Vegetable Soup /Crackers Sweet & Sour Coleslaw Hamburger Bun /Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	<b>8-Nov</b> Roast Beef w/Gravy Lyonnaise Potatoes Peas & Mushrooms Cream of Broccoli Soup /Crackers Strawberry Blueberry Crisp Dinner Roll w/Margarine /Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:
<b>11-Nov</b> Chili Mac Cheesy Cauliflower Cape Cod Vegetables Cinnamon Applesauce Buttersotch Pudding Raisin Nut Cup / Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	<b>12-Nov</b> Beef Pot Pie Zucchini & Tomatoes California Normandy Vegetables Navy Bean Soup /Crackers Fresh Grapes Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	<b>13-Nov</b> Chicken Cacciatore Fettuccini Creole Gren Beans Chicken Gumbo Soup /Crackers Carrot Raisin Salad /Breadstick Blueberry Fruit Cup /Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	<b>14-Nov</b> Meatloaf w/Mushroom Gravy Seasoned Asparagus Peas & Onions Cream of Mushroom Soup /Crackers Fresh Orange Dinner Roll w/Margarine /Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	<b>15-Nov</b> Mango Basil Fish Fall Harvest Couscous Broccoli Walnut Parmesan Lentil Soup /Crackers Chilled Apricots Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:
<b>18-Nov</b> Pueblo Beef Stew Cilantro Rice Lima Beans & Carrots Calabacitas Bananas Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	<b>19-Nov</b> Turkey Green Chili Scandinavian Mixed Vegetables Mexican Corn Waldorf Salad Tortilla /Raisin Nut Cup Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	<b>20-Nov</b> Chicken Tahitian Sweet & Red Potatoes Rancho Fiesta Vegetable Mix Minestrone Soup /Breadstick Spiced Plums Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	<b>21-Nov</b> Spaghetti & Meat Sauce Italian Mixed Vegetables Winter Mix Vegetables Beef Mushroom Barley Soup /Breadstick Cranberry Pear Salad Parmesan Cheese /Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	<b>22-Nov</b> Roasted Pork Loin Garlic Mashed Potatoes Sugar Snap Peas Apple Chutney /Blueberry Fruit Cup Kidney Bean Salad Dinner Roll w/Margarine /Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:
<b>25-Nov</b> Beef Hungarian Goulash Parslied Pasta Oregon Vegetable Mix Garden Vegetable Soup Fresh Orange Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	<b>26-Nov</b> Roasted Turkey w/Gravy Mashed Potatoes Green Bean Almondine HOT Fruit Compote Carrot & Swt. Potato Soup /Crackers Pumpkin Pie /Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	<b>27-Nov</b> Ham & Cheese Quiche Seasoned Cabbage Split Pea Soup Crackers Apple Fruit Cup Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	<b>11/28/2019 Thanksgiving</b> Dijon Chicken Fall Harvest Couscous Roasted Brussel Sprouts Chicken Barley Soup /Crackers Fresh Bananas Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:	<b>29-Nov</b> Beef Tip w/Mushroom Gravy Cheesy Mashed Potatoes Seasoned Mixed Vegetables Creamy Coleslaw Banana Chocolate Bar Dinner Roll w/Margarine /Milk Calories: Protein: Carbs: Fat: Fiber: Sodium:
<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.	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. <b>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</b> 719-543-0100  <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.				