



S R D A
MEALS ON WHEELS MENU
 December, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
Shepard's Pie (25) Roasted Herb Cauliflower (3) Scandinavian Mixed Vegetables Beef Barley Soup (10) /Crackers (4) Chilled Diced Pears (16) Milk (11) Calories: 756 Protein: 41g Carbs: 82g Fat: 30g Fiber: 13mg Sodium: 511mg	Tuna Noodle Casserole (19) Seasoned Corn (15) Harvard Beets (12) Italian Vegetable Toss (10) Oranges w/Whipped Topping (1) Milk (11) Calories: 633 Protein: 32g Carbs: 85g Fat: 19g Fiber: 11.9g Sodium: 807mg	Chili Con Carne (22) Spanish Rice (19) Seasoned Yellow Squash (3) Corn Bread w/Margarine (40) Chilled Apricots (14) Milk (11) Calories: 912 Protein: 38g Carbs: 111g Fat: 35g Fiber: 12.7g Sodium: 735mg	Ham & Potato Casserole (23) Seasoned Asparagus (1) Capri Mixed Vegetables (4) Carrot & Sweet Potato Soup (15) Peach Crisp (29) /Crackers (4) Milk (11) Calories: 679 Protein: 28g Carbs: 91g Fat: 24g Fiber: 10g Sodium: 773mg	Beef & Bean Burrito w/Green Chili (35) Calabacitas (5) Cape Cod Mixed Vegetables (7) Beef Noodle Soup (9) /Crackers (14) Grape-Fruit Cup (15) Milk (11) Calories: 781 Protein: 34g Carbs: 98g Fat: 26g Fiber: 10.4g Sodium: 939mg
9-Dec	10-Dec	11-Dec	12-Dec	13-Dec
Sweet & Sour Chicken (19) Fried Rice (15) Oregon Mixed Vegetables (5) Creamy Tomato Soup (7) /Crackers (4) Fresh Apple (21) /Raisin Nut Cup (2) Milk (11) Calories: 777 Protein: 46g Carbs: 106g Fat: 22g Fiber: 11.3g Sodium: 863mg	Green Pepper Steak (5) Baked Sweet Potatoes (38) Cheesy Cauliflower (3) Chicken Barley Soup (11) /Breadstick Vanilla Pudding (21) /Strawberries & Peach Milk (11) Calories: 1,061 Protein: 46g Carbs: 117g Fat: 45g Fiber: 9.7g Sodium: 1,163mg	Pork Sukiyaki (25) Sugar Snap Peas (4) Carrots (96) Egg Drop Soup (3) /Crackers (4) Confetti Cottage Cheese w/Nuts (4) Cherry/Blueberry Crisp (32) /Milk (1) Milk (11) Calories: 798 Protein: 48g Carbs: 93g Fat: 26g Fiber: 10.1g Sodium: 515mg	Turkey Rice & Cheese Casserole (21) Roasted Brussel Sprouts (6) Creole Green Beans (6) Garlic Bread (17) Strawberry Applesauce (11) Milk (11) Calories: 648 Protein: 29g Carbs: 74g Fat: 28g Fiber: 10.1g Sodium: 1,149mg	Chicken Noodle Casserole (17) Winter Mix Vegetables (4) Italian Mixed Vegetables (5) Pea Salad (8) /Breadstick (14) Coconut Fruit Salad (17) Milk (11) Calories: 725 Protein: 47g Carbs: 79g Fat: 25g Fiber: 10.7g Sodium: 904mg
16-Dec	17-Dec	18-Dec	19-Dec	20-Dec
Sloppy Joe Sandwich (18) Seasoned Spinach (3) Prince Edward Vegetable Mix (4) Beef Vegetable Soup (9) /Crackers (4) Manadarin Oranges (15) Hamburger Bun (26) /Milk (11) Calories: 837 Protein: 41g Carbs: 93g Fat: 32g Fiber: 12.9g Sodium: 1,173mg	Citrus & Herb Fish (4) Vegetable Couscous (16) Harvard Beets (12) Washington Chowder Soup (14) Chilled Apricots (14) /Broccoli Salad (9) Dinner Roll w/Margarine (12) /Milk (11) Calories: 771 Protein: 42g Carbs: 97g Fat: 25g Fiber: 10.1g Sodium: 891mg	Cuban Pork Roast (3) Roasted Rosemary Potatoes (15) Cabbage and Carrots (4) Black Bean Lentil Soup (24) Yogurt w/Granola (22) /Peaches (13) Tomato Cucumber Salad (3) /Milk (11) Calories: 752 Protein: 48g Carbs: 98g Fat: 20g Fiber: 10.9g Sodium: 446mg	BBQ Chicken (9) Seasoned Pinto Beans (11) HOT Fruit Compote (21) Garden Vegetable Soup (5) /Crackers Sweet & Sour Coleslaw (9) Hamburger Bun (26) /Milk (11) Calories: 715 Protein: 50g Carbs: 99g Fat: 13g Fiber: 12.9g Sodium: 944mg	Roast Beef w/Gravy (4) Lyonnise Potatoes (11) Peas & Mushrooms (9) Cream of Broccoli Soup (7) Strawberry Blueberry Crisp (26) Dinner Roll w/Margarine (12) /Milk (11) Calories: 732 Protein: 46g Carbs: 84g Fat: 24g Fiber: 10g Sodium: 576mg
23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
Beef Pot Pie (22) Zucchini & Tomatoes (4) California Normandy Vegetables (3) Navy Bean Soup (24) /Crackers (4) Fresh Grapes (13) Milk (11) Calories: 789 Protein: 37g Carbs: 86g Fat: 33g Fiber: 11.6g Sodium: 563mg	Baked Glazed Ham (10) Sweet Potatoes (25) Green Bean Almondine (5) Cranberry Pear Salad (25) Cookie, Sugar (16) Fresh Orange (15) /Milk (11) Calories: 796 Protein: 34g Carbs: 123g Fat: 22g Fiber: 10.9g Sodium: 893mg	Chili Mac (23) Cheesy Cauliflower (3) Cape Cod Mixed Vegetables (7) Cinnamon Applesauce (9) Butterscotch Pudding (14) /Raisin Nut Cup Milk (11) Calories: 824 Protein: 38g Carbs: 92g Fat: 34g Fiber: 10.6g Sodium: 753mg	Meatloaf w/Mushroom Gravy (12) Seasoned Asparagus (1) Peas & Onions (9) Cream of Mushroom Soup (6) Fresh Orange (15) Dinner Roll w/Margarine (12) /Milk (11) Calories: 944 Protein: 51g Carbs: 76g Fat: 49g Fiber: 11.2g Sodium: 768mg	Chicken Cacciatore (6) Creole Green Beans (6) Chicken Gumbo Soup (11) Breadstick (14) Carrot Raisin Salad (10) Blueberry Fruit Cup (12) /Milk (11) Calories: 573 Protein: 37g Carbs: 73g Fat: 15g Fiber: 8.8g Sodium: 845mg
30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
Pueblo Beef Stew (16) Cilantro Rice (17) Lima Beans & Carrots (11) Calabacitas (5) Banana (25) Milk (11) Calories: 670 Protein: 42g Carbs: 89g Fat: 18g Fiber: 11.4g Sodium: 495mg	Chicken Tahitian (12) Sweet & Red Potatoes (22) Rancho Fiesta Vegetable Mix Minestrone Soup (11) /Breadstick (4) Spiced Plums (19) Milk (11) Calories: 747 Protein: 41g Carbs: 101g Fat: 17g Fiber: 12.6g Sodium: 847mg	Turkey Green Chili (11) Scandinavian Mixed Vegetables (10) Mexican Corn (11) Waldorf Salad (10) Tortilla (15) /Raisin Nut Cup (2) Milk (11) Calories: 761 Protein: 38g Carbs: 91g Fat: 29g Fiber: 10.3g Sodium: 603mg	Spaghetti & Meat Sauce (17) Italian Mixed Vegetables (5) Winter Mix Vegetables (4) Beef Mushroom Barley Soup (11) Cranberry Pear Salad (25) /Breadstick Parmesan Cheese (1) /Milk (11) Calories: 767 Protein: 36g Carbs: 90g Fat: 29g Fiber: 10.9g Sodium: 619mg	Roasted Pork Loin w/Apple Chutney (10) Garlic Mashed Potatoes (13) Sugar Snap Peas (4) Blueberry Fruit Cup (12) Kidney Bean Salad (19) Dinner Roll w/Margarine (12) /Milk (11) Calories: 700 Protein: 41g Carbs: 85g Fat: 22g Fiber: 11.6g Sodium: 884mg
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.				