



# SRDA MEALS ON WHEELS MENU January. 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1-Jan</b>	<b>2-Jan</b>	<b>3-Jan</b>
		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
<b>6-Jan</b>	<b>7-Jan</b>	<b>8-Jan</b>	<b>9-Jan</b>	<b>10-Jan</b>
Hungarian Beef (10) Parslied Pasta (16) Oregon Vegetable Mix (5) Garden Vegetable Soup (13) Fresh Orange (15) Milk (11) Calories: 735 Protein: 53g Carbs: 77g Fat: 25g Fiber: 10.5g Sodium: 707mg	Ham & Cheese Quiche (23) Seasoned Cabbage (4) Split Pea Soup (20) Crackers (4) Apple Fruit Cup (10) Milk (11) Calories: 723 Protein: 40g Carbs: 74g Fat: 29g Fiber: 10.7g Sodium: 841mg	Roasted Turkey w/Gravy (2) Mashed Potatoes (16) Green Bean Almondine (5) HOT Fruit Compote (33) /Crackers (4) Carrot & Swt. Potato Soup (15) Milk (11) Calories: 797 Protein: 34g Carbs: 103g Fat: 30g Fiber: 9.6g Sodium: 1,091mg	Dijon Chicken (9) Fall Harvest Couscous (24) Roasted Brussel Sprouts (6) Chicken Barley Soup (11) /Crackers Fresh Bananas (25) Milk (11) Calories: 819 Protein: 46g Carbs: 93g Fat: 31g Fiber: 10.7g Sodium: 477mg	Beef Tips w/Mushroom Gravy (7) Cheesy Mashed Potatoes (15) Seasoned Mixed Vegetables (8) Creamy Coleslaw (9) Banana Chocolate Bar (37) Milk (12) /Dinner Roll w/Margarine (12) Calories: 882 Protein: 52g Carbs: 106g Fat: 28g Fiber: 9.8g Sodium: 901mg
<b>13-Jan</b>	<b>14-Jan</b>	<b>15-Jan</b>	<b>16-Jan</b>	<b>17-Jan</b>
Shepard's Pie (25) Roasted Herb Cauliflower (3) Scandinavian Mixed Vegetables (10) Beef Barley Soup (10) /Crackers (4) Chilled Diced Pears (16) Milk (11) Calories: 756 Protein: 41g Carbs: 82g Fat: 30g Fiber: 13mg Sodium: 511mg	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	Tuna Noodle Casserole (19) Seasoned Corn (15) Harvard Beets (12) Italian Vegetable Toss (10) Oranges w/Whipped Topping (15) Milk (11) Calories: 633 Protein: 32g Carbs: 85g Fat: 19g Fiber: 11.9g Sodium: 807mg	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 (45) Calabacitas (5) Cape Cod Mixed Vegetables (7) Beef Noodle Soup (9) /Crackers (4) Grape-Fruit Cup (15) Milk (11) Calories: 781 Protein: 34g Carbs: 98g Fat: 26g Fiber: 10.4g Sodium: 939mg
<b>20-Jan</b>	<b>21-Jan</b>	<b>22-Jan</b>	<b>23-Jan</b>	<b>24-Jan</b>
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: 757 Protein: 36g Carbs: 106g Fat: 24g Fiber: 11.3g Sodium: 867mg	Pork Sukiyaki (25) Sugar Snap Peas (4) Carrots (6) Egg Drop Soup (3) /Crackers (4) Confetti Cottage Cheese w/Nuts (4) Cherry/Blueberry Crisp (32)/Milk (11) Calories: 798 Protein: 48g Carbs: 93g Fat: 26g Fiber: 10.1g Sodium: 515mg	Green Pepper Steak (5) Baked Sweet Potatoes (38) Cheesy Cauliflower (3) Chicken Barley Soup (11) Vanilla Pudding (21) /Strawberries & Peach Breadstick (14)/ Milk (11) Calories: 1,061 Protein: 46g Carbs: 117g Fat: 45g Fiber: 9.7g Sodium: 1,163mg	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
<b>27-Jan</b>	<b>28-Jan</b>	<b>29-Jan</b>	<b>30-Jan</b>	<b>31-Jan</b>
Sloppy Joe Sandwich (18) Seasoned Spinach (3) Prince Edward Vegetable Mix (4) Beef Vegetable Soup (9) /Crackers (4) Mandarin Oranges (15) Hamburger Bun (26) /Milk (11) Calories: 837 Protein: 41g Carbs: 93g Fat: 32g Fiber: 12.9g Sodium: 1,173mg	Cuban Pork Roast (3) Roasted Rosemary Potatoes (15) Cabbage and Carrots (4) Black Bean Lentil Soup (24) Yogurt w/Granola (22) /Peaches (1) Tomato Cucumber Salad (3) /Milk (11) Calories: 752 Protein: 48g Carbs: 98g Fat: 20g Fiber: 10.9g Sodium: 446mg	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	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) Lyonnaise 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

**IMPORTANT INFORMATION: Numbers in parentheses next to each meal item indicate the number of carbohydrates in grams for that item.**

<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.	<p>In order to prevent waste, we are on a Reservation System .</p> <p>Please call the day before or the morning of, before <b>9:00 A.M</b>, to <b>CANCEL your Meal</b></p> <p><b>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</b></p> <p><b>719-543-0100</b></p> <p><b>For Important Nutririion Information, Please Turn Menu Over</b></p>
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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.