



**SRDA  
MEALS ON WHEELS MENU  
February, 2020**



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>3-Feb</b>	<b>4-Feb</b>	<b>5-Feb</b>	<b>6-Feb</b>	<b>7-Feb</b>
Pinto Beans & Ham (19) Sweet & Red Potatoes (22) Seasoned Green Beans (5) Tomato Florentine (4) /Crackers (4) Apple (21) Milk (11) Calories: 680 Protein: 29g Carbs: 111g Fat: 15g Fiber: 14g Sodium: 729mg	Beef & Bean Burrito w/Green Chili (45) Steamed Rice (18) Seasoned Mixed Vegetables (9) Beef Vegetable Soup (9) /Crackers Carrot Raisin Salad (10) Blueberry Fruit-Cup (12) /Milk (11) Calories: 950 Protein: 33g Carbs: 136g Fat: 30g Fiber: 14.3g Sodium: 1,011mg	Slopper w/Green Chili (10) Ranch Beans (21) Bermuda Mixed Vegetables (5) Creamy Coleslaw (10) Apple Fruit Cup (10)/ Garnish (1) Milk (11) /Hamburger Bun (26) Calories: 906 Protein: 46g Carbs: 96g Fat: 37g Fiber: 13.9g Sodium: 803mg	Open Faced Hot Turkey w/Gravy (2) Peas & Onions (9) Garden Vegetable Mix (5) Pasta Salad (12) /1 Sl Bread (11) Strawberries & Peaches (10) Milk (11) Calories: 558 Protein: 37g Carbs: 62g Fat: 19g Fiber: 10.2g Sodium: 1,009mg	Potato Crusted Fish (13) Vegetarian Alfredo (17) Seasoned Asparagus (1) Tomato Cucumber Salad (3) Bananas (25) / Raisin Nut Cup (21) Milk (11) /Condiments (1) Calories: 820 Protein: 34g Carbs: 96g Fat: 37g Fiber: 10.6g Sodium: 657mg
<b>10-Feb</b>	<b>11-Feb</b>	<b>12-Feb</b>	<b>13-Feb</b>	<b>14-Feb</b>
Brunswick Stew (16) Mashed Potatoes (16) Scandinavian Mixed Vegetables (10) Chilled Apricots (15) Raisin Nut Cup (21) /Crackers (4) Milk (11) Calories: 751 Protein: 42g Carbs: 96g Fat: 24g Fiber: 11.4g Sodium: 438mg	Chicken Sesame (26) Fried Rice (15) Lima Beans & Carrots (11) Lentil Soup (19) /Crackers (4) Fresh Orange (15) Milk (11) Calories: 763 Protein: 46g Carbs: 104g Fat: 19g Fiber: 10.8g Sodium: 1,147mg	Corn Tamale Pie (32) Seasoned Pinto Beans (11) Capri Vegetable Mix (4) Mandarin Oranges (22) Banana Chocolate Bar (37) Milk (11) Calories: 898 Protein: 38g Carbs: 113g Fat: 32g Fiber: 11.8g Sodium: 774mg	Macaroni & Cheese (27) Winter Mix Vegetables (4) Seasoned Asparagus (1) Navy Bean Soup (24)/ Crackers (4) Pineapple Tid Bits (15) Milk (11) Calories: 693 Protein: 31g Carbs: 90g Fat: 24g Fiber: 10.8g Sodium: 648mg	Creole Fish (2) Vegetable Couscous (16) Stewed Tomatoes (9) Seafood Gumbo (10)/ Crackers (4) Sugar Cookie (19)/ Orange (15) Milk (11) /Jello w/Mandarin Oranges (9) Calories: 737 Protein: 42g Carbs: 98g Fat: 20g Fiber: 9.8g Sodium: 897mg
<b>17-Feb</b>	<b>18-Feb</b>	<b>19-Feb</b>	<b>20-Feb</b>	<b>21-Feb</b>
Beef Tips w/Mushroom Gravy (8) Parslied Pasta (16) Steamed Broccoli (3) Bf. Mush. Barley Soup (11) /Crackers Banana (25) Milk (11) Calories: 718 Protein: 52g Carbs: 80g Fat: 23g Fiber: 10.6g Sodium: 426mg	Honey Mustard Chicken (9) Au Gratin Potatoes (23) Carrots (6) /Minestrone Soup (1) Pineapple Cabbage Slaw (12) Cranberry Apple Crumble (29) Milk (11) /Crackers (4) Calories: 832 Protein: 47g Carbs: 108g Fat: 24g Fiber: 11.1g Sodium: 921mg	Sloppy Joe (17) /Hamburger Bun Oriental Vegetables (5) Beef Vegetable Soup (9) /Crackers Strawberries & Pineapple (13) Carrot & Peas Salad (7) Milk (11) Calories: 840 Protein: 42g Carbs: 95g Fat: 32g Fiber: 12.7g Sodium: 1,130mg	Turkey Tetrazzini (33) Baked Sweet Potato (38) Roasted Brussel Sprouts (6) Confetti Cottage Cheese Crunch (4) Diced Pears (16) Milk (11) Calories: 852 Protein: 40g Carbs: 112g Fat: 29g Fiber: 10.2g Sodium: 983mg	Corn Tamale Pie (32) Zucchini & Tomatoes (4) Cheesy Cauliflower (3) Black Bean Soup (13) /Crackers (4) Coconut Fruit Salad (19) Milk (11) Calories: 832 Protein: 38g Carbs: 89g Fat: 37g Fiber: 10.6g Sodium: 1,097mg
<b>24-Feb</b>	<b>25-Feb</b>	<b>26-Feb</b>	<b>27-Feb</b>	<b>28-Feb</b>
Beef-Tomato Mac (25) Oregon Mixed Vegetables (5) Seasoned Spinach (3) Minestrone Soup (11) /Crackers (4) Strawberry & Peaches (10) Milk (11) Calories: 650 Protein: 33g Carbs: 70g Fat: 26g Fiber: 10.3g Sodium: 766mg	Chicken Parmesan (8) Herbed Pasta (19) Brussel Sprouts (5) Chicken Barley Soup (11) /Breadstick (14) Fresh Apple (21) Milk (11) Calories: 775 Protein: 53g Carbs: 92g Fat: 21g Fiber: 11.5g Sodium: 708mg	Chili Relleno Casserole (10) Seasoned Pinto Beans (11) Capri Vegetable Mix (4) Navy Bean Soup (24) Pineapple Tidbits (15) Milk (11) Calories: 901 Protein: 39g Carbs: 120g Fat: 29g Fiber: 10.1g Sodium: 742mg	Penne & Meat Sauce (28) Italian Mixed Vegetables (5) Yellow Squash (3) Carrot Raisin Salad (10) /Garlic Bread Apricots (14) Milk (11) Calories: 824 Protein: 34g Carbs: 91g Fat: 37g Fiber: 11.3g Sodium: 733mg	Citrus & Herb Fish (4) Roasted Rosemary Potatoes (15) Seasoned Mixed Vegetables (9) Garden Vegetable Soup (5) /Crackers (4) Cabbage Apple Slaw (11)/Orange (15) Milk (11) Calories: 628 Protein: 38g Carbs: 78g Fat: 17g Fiber: 9.8g Sodium: 525mg
<b>2-Mar</b>	<b>3-Mar</b>	<b>4-Mar</b>	<b>5-Mar</b>	<b>6-Mar</b>
Chicken Enchiladas (48) Seasoned Pinto Beans (11) Orange Glaze Carrots (12) Yogurt w/Granola (20) Fresh Orange (15) Milk (11) Calories: 967 Protein: 62g Carbs: 119g Fat: 28g Fiber: 14.6g Sodium: 797mg	Meatloaf w/Mushroom Gravy (7) Garlic Mashed Potatoes (13) Green Beans Almondine (5) Beef Barley Soup (10)/ Crackers (4) Mandarin Oranges (15) /Raisin Nut Cup Milk (11) Calories: 1,026 Protein: 53g Carbs: 94g Fat: 50g Fiber: 12.6g Sodium: 512mg	Macaroni & Cheese (27) Winter Mix Vegetables (4) Seasoned Asparagus (1) Black Bean Lentil (24) /Crackers (4) Pineapple Tidbits (15) Milk (11) Calories: 867 Protein: 43g Carbs: 115g Fat: 27g Fiber: 14.8g Sodium: 725mg	Hamburger w/Hamburger Bun (2) Broccoli Walnut Parmesan (4) Calabacita's (6) Chicken Gumbo Soup (11) /Crackers (1) Apple Fruit Cup (10) /Garnish (1) Milk (11) Calories: 832 Protein: 47g Carbs: 76g Fat: 38g Fiber: 10.7g Sodium: 815mg	Pasta Vegetable Primavera (26) Chuckwagon Corn (15) Sugar Snap Peas (4) Cream Broccoli Soup (7) /Crackers (4) Carrot Raisin Salad (10) Blueberry Fruit Cup (12) /Milk (11) Calories: 607 Protein: 23g Carbs: 93g Fat: 16g Fiber: 10.2g Sodium: 507mg

**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</b> your Meal</p> <p align="center"><b>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</b></p> <p align="center"><b>719-543-0100</b></p> <p align="center"><b>For Important Nutrition 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.