



S R D A
MEALS ON WHEELS MENU
 April, 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		1-Apr	2-Apr	3-Apr	
		Honey Mustard Chicken (9) Au Gratin Potatoes (23) Carrots (6) /Minestrone Soup (16) 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	Turkey Tetrazzini (33) Baked Sweet Potato (38) Roasted Brussel Sprouts (6) Cottage Cheese Crunch (4) Diced Pears (16) Milk (11) Calories: 852 Protein: 40g Carbs: 112g Fat: 29g Fiber: 10.2g Sodium: 983mg	Roast Beef w/Beef Gravy (5) Lyonnais Potatoes (11) Peas & Mushrooms (9) Cream Broccoli Soup (7) /Crackers (4) Dinner Roll w/Margarine (12) Milk (11) /Fresh Orange (15) Calories: 643 Protein: 45g Carbs: 73g Fat: 20g Fiber: 10.5g Sodium: 575mg	
6-Apr		7-Apr	8-Apr	9-Apr	10-Apr
Beef Tomato Mac (23) Oregon Mixed Vegetables (5) Seasoned Spinach (3) Minestrone Soup /Crackers (4) Strawberries & Peaches (10) Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Chicken Parmesan (8) Herbed Pasta (19) Brussel Sprouts (5) Chicken Barley Soup (11) /Breadstick (14) Fresh Apple Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Chili Relleno Casserole Seasoned Pinto Beans (11) Capri Mixed Vegetables (4) Navy Bean Soup Crackers (4) Pineapple Tidbits /Banana Chocolate Bar Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Penne & Meat Sauce (22) Italian Mixed Vegetables (5) Yellow Squash (3) Carrot Raisin Salad (10) Apricots (12) /Garlic Bread (11) Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Citrus & Herb Fish (4) Rosemary Potatoes Seasoned Mixed Vegetables (9) Garden Vegetable Soup (8) /Crackers (4) Cabbage Apple Slaw (11)/Orange (15) Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	
13-Apr		14-Apr	15-Apr	16-Apr	17-Apr
Brunswick Stew Mashed Potatoes Scandinavian Mixed Vegetables Raisin Nut Cup /Crackers Chilled Apricots Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Chicken Sesame Fried Rice Lima Beans & Carrots Lentil Soup /Crackers Fresh Orange Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Corn Tamale Pie Seasoned Pinto Beans Capri Mixed Vegetables Mandarin Oranges Banana Chocolate Bar Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Macaroni & Cheese Winter Mixed Vegetables Seasoned Asparagus Navy Bean Soup /Crackers Pineapple TidBits Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Fish w/Sauce Vegetable Couscous Stewed Tomatoes Seafood Gumbo /Crackers Fresh Orange Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	
20-Apr		21-Apr	22-Apr	23-Apr	24-Apr
Chicken Enchiladas (48) Seasoned Black Beans (17) Orange Glazed Carrots (12) Fresh Orange () 4 oz Yogurt w/Granola (20) Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Macaroni & Cheese (27) Winter Mix Vegetables (4) Seasoned Asparagus (1) Black Bean Lentil Soup (24) /Crack Pineapple Tid Bits (15) Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Meatloaf w/Mushroom Gravy (11) Garlic Mashed Potatoes (13) Green Bean Almondine (5) Beef Vegetable Soup (9) Mandarin Oranges Raisin Nut Cup (21) /Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Hamburger (1) Broccoli Walnut Parmesan (4) Calabacitas (6) Chicken Gumbo Soup (11) /Crackers (4) Lettuce Garnish (3) /Hamburger Bun (2) Apple Fruit-Cup (10) /Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Vegetable Pasta Primavera (26) Chuckwagon Corn (15) Sugar Snap Peas (4) Cream of Broccoli (7) /Crackers (4) Carrot Raisin Salad (10) Blueberry Fruit-Cup (12) /Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	
27-Apr		28-Apr	29-Apr	30-Apr	1-May
Italian Chicken Orzo (11) Cheesy Cauliflower (3) Italian Mixed Vegetables (5) Chicken Noodle Soup (7) /Crackers (4) Fruit Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Chicken Fajita (2) /Torilla (15) Seasoned Mixed Beans (20) Stewed Tomatoes (9) Carrot & Sweet Potato Soup (15) /Crackers (4) Mandarin Oranges (15) Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Salisbury Steak (8) Parslied Potatoes (13) Peas & Carrots (7) Peach Crisp (29) Orange (15) Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Pork Green Chili (8) Mexican Corn (18) Seasoned Yellow Squash (3) Tortilla (15) /Raisin Nut Cup (21) Coconut/Nut Fruit Salad (17) Pea Salad (8) /Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	Fish w/Pueblo Salsa (3) Cilantro Rice (17) Caribbean Mixed Vegetables (5) Confetti Cottage Cheese (5) Breadstick (14) /Cherry Crisp Milk (11) Calories: Protein: Carbs: Fat: Fiber: Sodium:	

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

<p>MENUS ARE SUBJECT TO CHANGE</p>	<p>Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.</p>	<p>In order to prevent waste, we are on a Reservation System .</p> <p>To Cancel your meal for the day, Please call the day before or the morning of, before 9:00 A.M.</p> <p>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</p> <p>719-543-0100</p> <p>For Important Nutrition Information, Please Turn Menu Over</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.