



SRDA MEALS ON WHEELS MENU September, 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-Sep	2-Sep	3-Sep
		Tuna Salad Sandwich (2) Capri Mixed Vegetables (13) Seasoned Asparagus (4) Garden Vegetable Soup (11) /Crackers (5) Oranges w/Whipped Topping (20) Milk (11) /2 Sli Bread (22) Carbs: 66g Calories: 540 Protein: 18g Fat: 25g Fiber: 10g Sodium: 755mg	Roast Beef w/Gravy (4) Mashed Potatoes (1) Cheesy Cauliflower (5) Peas & Carrot Salad (9) Fresh Apple (22) Milk (11) /Dinner Roll w/Margarine (13) Carbs: 65g Calories: 765 Protein: 61g Fat: 30g Fiber: 9g Sodium: 755mg	Frittata (5) Sweet Potatoes (27) Zucchini & Tomatoes (5) Ham Chef Salad w/Dressing (11) Fresh Orange (15) Milk (11) /Crackers (5) Carbs: 79g Calories: 815 Protein: 33g Fat: 42g Fiber: 11g Sodium: 1,090mg
6-Sep	7-Sep	8-Sep	9-Sep	10-Sep
Beef Marzetti (23) Brussel Sprouts (8) Steamed Carrots (6) Beef Mushroom Barley Soup (11) Chilled Apricots (21) /Crackers (5) Milk (11) /Dinner Roll w/Margarine (13) Carbs: 98g Calories: 790 Protein: 43g Fat: 28g Fiber: 15g Sodium: 730mg	Sweet & Sour Pork (12) Steamed Brown Rice (18) Oriental Vegetables (11) Black Beans Soup (16) Fruit Cocktail (15) /Crackers (5) Milk (11) /Broccoli Salad (11) Carbs: 99g Calories: 825 Protein: 54g Fat: 25g Fiber: 13g Sodium: 935mg	Cheese Tortellini w/Sauce (28) Winter Mix Vegetables (5) Seasoned Spinach (1) Strawberries & Peaches (12) Raisin Nut Cup (21) Milk (11) / Breadstick (14) Carbs: 91g Calories: 615 Protein: 25g Fat: 19g Fiber: 9g Sodium: 690mg	Herbed Baked Chicken (1) Rice Pilaf w/Mushrooms (22) Seasoned Succotash (14) Carrot & Swt. Potato Soup (15) Cranberry Pear Salad (31) /Crackers (5) Milk (11) / Fresh Banana (17) Carbs: 116g Calories: 805 Protein: 41g Fat: 21g Fiber: 10g Sodium: 910mg	Chicken Fajita (6) Seasoned Pinto Beans (21) Oregon Mixed Vegetables (5) Yogurt w/Oranges (20) Fresh Honey Dew (10) Milk (11) /Tortilla (14) Carbs: 87g Calories: 640 Protein: 39g Fat: 18g Fiber: 14g Sodium: 1,420mg
13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
Salisbury Steak (7) Scalloped Potatoes (14) Peas & Carrots (7) Lentil Soup (18) Grape-Fruit Cup (16) /Butterscotch Pudding (37) Milk (11) /Dinner Roll w/Margarine (13) Carbs: 123g Calories: 1,090 Protein: 46g Fat: 49g Fiber: 15g Sodium: 870mg	Chicken Tarragon (6) Penne Pasta (16) Garden Vegetables (5) Side Salad w/Dressing (5) Fresh Apple (22) Milk (11) /Breadstick (14) Carbs: 79g Calories: 705 Protein: 40g Fat: 27g Fiber: 10g Sodium: 575mg	BBQ Beef Sandwich (7) Roasted Herb Cauliflower (5) Beef Vegetable Soup (10) Potato Salad (12) Diced Pears (17) Milk (11) /Hamburger Bun (26) Carbs: 88g Calories: 740 Protein: 51g Fat: 22g Fiber: 11g Sodium: 1,015mg	Swedish Meatballs (7) Steamed Brown Rice (18) Green Bean Casserole (5) Chicken Noodle Soup (7) /Crackers (5) Fresh Cantaloupe (6) Milk (11) /Applesauce Cake (60) Carbs: 119g Calories: 730 Protein: 16g Fat: 24g Fiber: 4g Sodium: 695mg	Grilled Chicken (1) Mexican Corn (17) Steamed Broccoli (3) Peach Crisp (17) Lettuce Garnish (2) /Condiments (2) Milk (11) /Hamburger Bun (26) Carbs: 78g Calories: 670 Protein: 45g Fat: 20g Fiber: 10g Sodium: 560mg
20-Sep	21-Sep	22-Sep	23-Sep	24-Sep
Spaghetti & Meat Sauce (21) Winter Mixed Vegetables (5) Italian Mixed Vegetables (1) Minestrone Soup (11) Ambrosia (19) /Parmesan Cheese (1) Milk (11) /Breadstick (14) Carbs: 81g Calories: 670 Protein: 33g Fat: 24g Fiber: 9g Sodium: 675mg	Egg Salad Sandwich (2) Southwest Vegetables (5) Rancho Fiesta Vegetables (1) Minestrone Soup (11) Strawberries & Applesauce (12) Milk (11) / Slice Bread (22) Carbs: 41g Calories: 425 Protein: 19g Fat: 21g Fiber: 5g Sodium: 630mg	Polish Sausage (1) Sweet & Red Potatoes (18) Steamed Carrots (6) Side Salad w/Dressing (5) Fresh Banana (17) Milk (11) Carbs: 57g Calories: 380 Protein: 13g Fat: 12g Fiber: 7g Sodium: 365mg	Beef Tips w/Mushroom Gravy (7) Mashed Potatoes (16) Peas & Mushrooms (8) Broccoli Cheese Soup (12) Apple Fruit Cup (13) /Raisin Nut Cup (21) Milk (11) /Dinner Roll w/Margarine (13) Carbs: 86g Calories: 815 Protein: 46g Fat: 34g Fiber: 10g Sodium: 740mg	Sweet & Sour Chicken (11) Fried Rice (15) Oriental Vegetables (11) Split Pea Soup (19) /Crackers (5) Lemon Cream Cheese Bar (33) Milk (11) /Mandarin Oranges (16) Carbs: 121g Calories: 1,085 Protein: 67g Fat: 37g Fiber: 15g Sodium: 1,215mg
27-Sep	28-Sep	29-Sep	30-Sep	1-Oct
Chicken Tahitian (8) Cilantro Rice (18) Steamed Broccoli (3) Navy Bean Soup (15) /Crackers (5) Blueberry Fruit Cup (15) Milk (11) Carbs: 75g Calories: 595 Protein: 39g Fat: 17g Fiber: 10g Sodium: 670mg	Macaroni & Cheese (28) Brussel Sprouts (8) Green Bean Almondine (1) Turkey Chef Salad w/Dressing (9) Fresh Grapes (14) Milk (11) /Crackers (5) Carbs: 72g Calories: 670 Protein: 36g Fat: 30g Fiber: 8g Sodium: 915mg	Pulled Pork Sandwich (3) Scandinavian Mixed Vegetables (10) Corn O'Brien (11) Creamy Coleslaw (10) Pineapple Tid Bits (10) Milk (11) /Hamburger Bun (26) Carbs: 81g Calories: 690 Protein: 41g Fat: 24g Fiber: 11g Sodium: 705mg	Chili Relleno Casserole (11) Seasoned Pinto Beans (21) Calabacitas (6) Cinnamon Applesauce (10) Banana Chocolate Bar (19) Milk (11) Carbs: 86g Calories: 835 Protein: 46g Fat: 36g Fiber: 10g Sodium: 770mg	Potato Bacon Soup (22) Harvard Beets (13) Steamed Broccoli (3) Chicken Chef Salad/ Dressing (24) Strawberry Yogurt Delight (16) Milk (11) /Dinner Roll w/Margarine (13) Carbs: 102g Calories: 790 Protein: 33g Fat: 30g Fiber: 10g Sodium: 1,235mg

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 . 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</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.