



SRDA MEALS ON WHEELS MENU October, 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1-Oct
				Potato Bacon Soup (22) Harvard Beets (13) Steamed Broccoli (3) Chicken Chef Salad/ Dressing (24) Strawberry Yogurt Delight (16) Milk (12) /Dinner Roll w/Margarine (13) Carbs: 106g Calories: 810 Protein: 34g Fat: 31g Fiber: 11g Sodium: 1,140mg
4-Oct	5-Oct	6-Oct	7-Oct	8-Oct
Chicken Scallopini (5) Au Gratin Potatoes (23) Roasted Brussel Sprouts (7) Veg. Florentine Soup (14) /Crackers (5) Cranberry Pear Salad (31) Milk (12) /Raisin Nut Cup (21) Carbs: 118g Calories: 975 Protein: 46g Fat: 41g Fiber: 12g Sodium: 940mg	Open Faced Hot Turkey w/Gravy (4) Vegetable CousCous (17) Seasoned Asparagus (4) Apple Fruit-Cup (16) Yogurt w/Granola (31) Milk (12) /Sliced Bread (11) Carbs: 95g Calories: 735 Protein: 44g Fat: 24g Fiber: 8g Sodium: 1,245mg	Manicotti (18) Seasoned Spinach (6) Side Salad /Raspberry Dressing (12) Apricots (21) Italian Vegetable Toss (17) Milk (12) /Crackers (5) Carbs: 86g Calories: 585 Protein: 27g Fat: 17g Fiber: 16g Sodium: 1,310mg	Beef Taco Salad (14) Calabacitas (6) Stewed Tomatoes (8) Strawberry Blueberry Crisp (20) Lettuce/Tom. Garnish. (2) Milk (12) Salsa (4) Carbs: 66g Calories: 555 Protein: 30g Fat: 21g Fiber: 9g Sodium: 710mg	Potato Crusted Fish (13) Rice Pilaf w/Mushrooms (20) Scandinavian Mixed Vegetables (10) Chicken Barley Soup (10) /Crackers (5) Pineapple Tid Bits (10) /Condiments (1) Milk (12) Carbs: 81g Calories: 735 Protein: 37g Fat: 32g Fiber: 8g Sodium: 1,325mg
11-Oct	12-Oct	13-Oct	14-Oct	15-Oct
Chicken Noodle Casserole (25) Orange Glazed Carrots (7) Peas & Onions (12) Tomato & Rice Soup (14) /Crackers (5) Cottage Cheese & Peaches (7) Milk (12) Carbs: 82g Calories: 690 Protein: 44g Fat: 22g Fiber: 11g Sodium: 1,075mg	Tuna Salad Sandwich (3) Capri Mixed Vegetables (13) Garden Vegetable Soup (13) Oranges w/Whipped Topping (19) 2 Sliced Bread (22) /Crackers (5) Milk (12) Carbs: 97g Calories: 725 Protein: 33g Fat: 26g Fiber: 11g Sodium: 1,210mg	Chicken Enchilada Casserole (48) Seasoned Black Beans (24) Seasoned Mixed Vegetables (9) Green Chili Soup (10) /Crackers (5) Strawberries & Pineapple (9) Milk (12) Carbs: 117g Calories: 945 Protein: 56g Fat: 30g Fiber: 15g Sodium: 1,055mg	Roast Beef w/Gravy (5) Mashed Potatoes (27) Cheesy Cauliflower (5) Peas & Carrot Salad (9) Fresh Apple (22) Milk (12) /Dinner Roll w/Margarine (13) Carbs: 93g Calories: 885 Protein: 63g Fat: 31g Fiber: 11g Sodium: 835mg	Frittata (5) Sweet Potatoes (27) Zucchini & Tomatoes (4) Ham Chef Salad w/Dressing (12) Watermelon (5) /Crackers (5) Milk (12) Carbs: 70g Calories: 800 Protein: 37g Fat: 43g Fiber: 9g Sodium: 1,215mg
18-Oct	19-Oct	20-Oct	21-Oct	22-Oct
Swedish Meatballs (14) Parslied Pasta (17) Brussel Sprouts w/Bacon (7) Beef Mushroom Barley (12) Waldorf Salad (17) /Crackers (5) Milk (12) Carbs: 84g Calories: 885 Protein: 46g Fat: 47g Fiber: 12g Sodium: 1,135mg	Cheese Tortellini (28) Seasoned Spinach (4) Winter Mix Vegetable (5) Strawberries & Peaches (12) Raisin Nut Cup (21) Milk (12) /Garlic Bread (17) Carbs: 99g Calories: 730 Protein: 29g Fat: 29g Fiber: 11g Sodium: 1,005mg	Herb Baked Chicken (1) Rice Pilaf (18) Seasoned Succotash (14) Carrot & Swt Potato Soup (16) /Cracker (5) Confetti Cottage Cheese (5) /Banana (17) Milk (12) /Broccoli Salad (11) Carbs: 99g Calories: 835 Protein: 49g Fat: 28g Fiber: 12g Sodium: 810mg	Sweet & Sour Pork (12) Steamed Brown Rice (19) Oriental Vegetables (11) Black Beans Soup (16) Fruit Cocktail (15) /Crackers (5) Milk (12) Carbs: 90g Calories: 725 Protein: 51g Fat: 20g Fiber: 11g Sodium: 840mg	Chicken Fajitas (6) Spanish Rice (19) Oregon Mixed Vegetables (5) Fresh HoneyDew (12) Tortilla (14) Milk (12) Carbs: 68g Calories: 550 Protein: 34g Fat: 19g Fiber: 8g Sodium: 1,270mg
25-Oct	26-Oct	27-Oct	28-Oct	29-Oct
Sloppy Joe Sandwich (19) Prince Edward Vegetables (5) Seasoned Spinach (4) Beef Vegetable Soup (11) /Crackers (5) Mandarin Oranges (25) Milk (12) /Hamburger Bun (26) Carbs: 107g Calories: 780 Protein: 41g Fat: 22g Fiber: 12g Sodium: 1,125mg	Cuban Roasted Pork (2) Rosemary Potatoes (15) Seasoned Asparagus (4) Squash Bisque Soup (15) Tom.-Cucumber Salad (5) /Peaches (1) Milk (12) /Yogurt w/Granola (11) Carbs: 90g Calories: 975 Protein: 54g Fat: 48g Fiber: 9g Sodium: 595mg	Pasta Primavera (25) Harvard Beets (16) Seasoned Mixed Beans (49) Washington Chowder (14) Blueberry Buckle Cake (52) /Apricots (2) Milk (12) /Dinner Roll w/Margarine (13) Carbs: 202g Calories: 1,310 Protein: 44g Fat: 39g Fiber: 25g Sodium: 1,175mg	BBQ Chicken Sandwich (7) Hot Fruit Compote (18) Garden Vegetable Soup (7) Sweet & Sour Coleslaw (9) Hamburger Bun (26) /Crackers (5) Milk (12) Carbs: 84g Calories: 680 Protein: 45g Fat: 20g Fiber: 9g Sodium: 1,030mg	Baked Ham w/Glaze (5) Sweet Potatoes (27) Green Beans Almondine (5) Cranberry Pear Salad (31) Fresh Banana (17) Milk (12) /Dinner Roll w/Margarine (13) Carbs: 110g Calories: 710 Protein: 33g Fat: 18g Fiber: 12g Sodium: 865mg

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.	<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.