



SRDA MEALS ON WHEELS MENU November, 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Nov	2-Nov	3-Nov	4-Nov	5-Nov
Beef Pot Pie (23) Zucchini & Tomatoes (5) California Normandy Vegetables (4) Navy Bean Soup (25) /Crackers (4) Fresh Grapes (14) Milk (12) Carbs: 88g Calories: 665 Protein: 38g Fat: 23g Fiber: 11g Sodium: 535mg	Roast Beef w/Brown Gravy (4) Lyonnais Potatoes (12) Peas & Mushrooms (9) Strawberry/Blueberry Crisp (27) Creamy Pasta Salad (19) Milk (12) /Dinner Roll w/Margarine (13) Carbs: 98g Calories: 870 Protein: 53g Fat: 34g Fiber: 10g Sodium: 725mg	Chili Mac (24) Cheesy Cauliflower (5) Cape Cod Mixed Vegetables (8) Cinnamon Applesauce (10) Butterscotch Pudding (27) Milk (12) Carbs: 88g Calories: 605 Protein: 33g Fat: 17g Fiber: 7g Sodium: 935mg	Chicken Tahitian (12) Sweet & Red Potatoes (19) Rancho Fiesta Vegetable Mix (11) Black Bean Lentil Soup (25) /Crackers (4) Watermelon Cantaloupe Mix (7) Milk (12) /Lemon Pudding (15) Carbs: 106g Calories: 770 Protein: 52g Fat: 19g Fiber: 13g Sodium: 880mg	Chicken Noodle Casserole (26) Italian Mixed Vegetables (6) Broccoli Cheese Soup (13) Pea Salad (8) /Breadstick (14) Coconut Fruit Salad (20) Milk (12) Carbs: 99g Calories: 910 Protein: 53g Fat: 39g Fiber: 11g Sodium: 1,340mg
8-Nov	9-Nov	10-Nov	11-Nov	12-Nov
Turkey & Rice Cheese Casserole (22) Roasted Brussel Sprouts (7) Creole Green Beans (8) Garlic Bread (17) Strawberries w/Applesauce (13) Milk (12) Carbs: 79g Calories: 655 Protein: 32g Fat: 28g Fiber: 10g Sodium: 1,170mg	Pork Green Chili (8) Scandinavian Mixed Vegetables (10) Mexican Corn (17) Waldorf Salad (16) Tortilla (14) /Raisin Nut Cup (21) Milk (12) Carbs: 102g Calories: 750 Protein: 43g Fat: 28g Fiber: 12g Sodium: 550mg	Spaghetti & Meat Sauce (21) Italian Mixed vegetables (5) Winter Mix Vegetables (5) Minestrone Soup (8) Cranberry Pear Salad (31) /Parm. Cheese (1) Milk (12) /Breadstick (14) Carbs: 99g Calories: 685 Protein: 35g Fat: 21g Fiber: 10g Sodium: 1,040mg	Pueblo Beef Stew (17) Cilantro Rice (18) Lima Beans & Carrots (12) Calabacitas (7) Fresh Banana (17) /Cornbread (41) Milk (12) /V-8 Juice (8) Carbs: 134g Calories: 910 Protein: 51g Fat: 23g Fiber: 11g Sodium: 745mg	Roast Pork Loin w/Apple Chutney (10) Garlic Mashed Potatoes (20) Sugar Snap Peas (6) Kidney Bean Salad (17) Blueberry-Fruit Cup (14) Milk (12) /Dinner Roll w/Margarine (13) Carbs: 95g Calories: 795 Protein: 50g Fat: 29g Fiber: 12g Sodium: 940mg
15-Nov	16-Nov	17-Nov	18-Nov	19-Nov
Hungarian Beef (15) Parslied Pasta (16) Oregon Mixed Vegetables (5) Garden Vegetable Soup (13) /Crackers (4) Fresh Orange (15) Milk (12) Carbs: 86g Calories: 705 Protein: 48g Fat: 23g Fiber: 11g Sodium: 790mg	Ham & Cheese Quiche (23) Orange Glazed Carrots (12) Seasoned Cauliflower (5) Split Pea Soup (20) /Crackers (4) Apple-Fruit Cup (12) Milk (12) Carbs: 89g Calories: 810 Protein: 44g Fat: 34g Fiber: 12g Sodium: 900mg	Chili Con Carne (22) Spanish Rice (19) Seasoned Squash (3) Chilled Apricots (21) Cornbread w/Margarine (41) Milk (12) Carbs: 122g Calories: 815 Protein: 39g Fat: 26g Fiber: 12g Sodium: 1,025mg	Beef Tips w/Mushroom Gravy (8) Cheesy Mashed Potatoes (21) Mixed Vegetables (9) Creamy Coleslaw (10) Banana Chocolate Bar (27) Milk (12) /Dinner Roll w/Margarine (13) Carbs: 99g Calories: 805 Protein: 44g Fat: 28g Fiber: 9g Sodium: 885mg	Dijon Chicken (7) Fall Harvest Couscous (24) Roasted Brussel Sprouts (7) Chicken Gumbo Soup (12) Fresh Banana (17) /Crackers (4) Milk (12) Carbs: 87g Calories: 845 Protein: 47g Fat: 38g Fiber: 9g Sodium: 725mg
22-Nov	23-Nov	24-Nov	25-Nov	26-Nov
Shepard's Pie (29) Winter Mix Vegetables (5) Scandinavian Mixed Vegetables (10) Beef Noodle Soup (9) /Crackers (4) Diced Pears (17) Milk (12) Carbs: 90g Calories: 645 Protein: 40g Fat: 18g Fiber: 11g Sodium: 575mg	Green Pepper Steak (6) Baked Swt. Potato (28) Cheesy Cauliflower (5) Garden Vegetable Soup (7) Vanilla Pudding (27) / Breadstick (14) Milk (12) /Strawberry & Peaches (12) Carbs: 114g Calories: 965 Protein: 43g Fat: 38g Fiber: 9g Sodium: 1,220mg	Roasted Turkey w/Gravy (4) Mashed Potatoes (20) Green Bean Almondine (5) Pumpkin Pie w/Topping (42) Dinner Roll w/Margarine (13) Milk (12) Carbs: 107g Calories: 905 Protein: 43g Fat: 38g Fiber: 7g Sodium: 1,320mg	Ham & Potato Casserole (24) Fall Harvest Couscous (24) Capri Mixed Vegetables (5) Carrot & Swt. Potato Soup (15) Peach Crisp (30) /Crackers (4) Milk (12) /Blueberry- Fruit Cup (14) Carbs: 131g Calories: 855 Protein: 32g Fat: 27g Fiber: 13g Sodium: 955mg	Beef & Bean Burrito w/Green Chili (45) Calabacitas (6) Cape Cod Mixed Vegetables (8) Pozole (13) /Crackers (4) Grape-Fruit Cup (15) Milk (12) Carbs: 106g Calories: 775 Protein: 40g Fat: 25g Fiber: 11g Sodium: 1,210mg
29-Nov	30-Nov	1-Dec	2-Dec	3-Dec
Sweet & Sour Chicken (15) Fried Rice (19) Oregon Mixed Vegetables (5) Creamy Tomato Soup (9) /Crackers (4) Raisin Nut Cup (21) /Apple (22) Milk (12) Carbs: 112g Calories: 965 Protein: 65g Fat: 35g Fiber: 11g Sodium: 950mg	Tuna Noodle Casserole (26) Harvard Beets (13) Chicken Barley Soup (10) Italian Vegetable Toss (17) Oranges w/Whipped Topping (17) Milk (12) / Breadstick (14) Carbs: 111g Calories: 830 Protein: 50g Fat: 26g Fiber: 15g Sodium: 1,180mg	Pork Sukiyaki (25) Sugar Snap Peas (6) Seasoned Carrots (6) Egg Drop Soup (4) /Crackers (4) Confetti Cottage Cheese w/Nuts (5) Milk (12) / Cherry /Blueberry Crisp (32) Carbs: 99g Calories: 770 Protein: 48g Fat: 26g Fiber: 10g Sodium: 600mg	Meatloaf w/Mushroom Gravy (12) Seasoned Asparagus (2) Seasoned Corn (19) Cream of Mushroom Soup (7) Fresh Apple (22) Milk (12) /Dinner Roll w/Margarine (13) Carbs: 89g Calories: 780 Protein: 45g Fat: 33g Fiber: 12g Sodium: 660mg	Chicken Cacciatore (6) Creole Green Beans (8) Chicken Gumbo Soup (12) Carrot Raisin Salad (12) Blueberry-Fruit Cup (14) Milk (12) /Breadstick (14) Carbs: 80g Calories: 620 Protein: 41g Fat: 19g Fiber: 10g Sodium: 830mg

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.