



SRDA MEALS ON WHEELS MENU December, 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-Dec	2-Dec	3-Dec
		Pork Sukiyaki (25) Sugar Snap Peas (6) Seasoned Carrots (6) Egg Drop Soup (4) /Crackers (5) 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
6-Dec	7-Dec	8-Dec	9-Dec	10-Dec
Sloppy Joe Sandwich (20) Prince Edward Vegetables (5) Seasoned Spinach (5) Beef Vegetable Soup (12) /Crackers (5) Mandarin Oranges (15) Milk (12) /Hamburger Bun (27) Carbs: 101g Calories: 740 Protein: 46g Fat: 21g Fiber: 12g Sodium: 1,210mg	Cuban Roasted Pork (2) Rosemary Potatoes (16) Seasoned Asparagus (2) Squash Bisque Soup (14) Tom.-Cucumber Salad (5) /Peaches (1) Milk (12) /Yogurt w/Granola (23) Carbs: 90g Calories: 965 Protein: 47g Fat: 54g Fiber: 8g Sodium: 595mg	Pasta Primavera (25) Harvard Beets (14) Seasoned Mixed Beans (48) Washington Chowder (15) Blueberry Buckle Cake (61) /Apricots (21) Milk (12) /Dinner Roll w/Margarine (13) Carbs: 194g Calories: 1,225 Protein: 48g Fat: 36g Fiber: 23g Sodium: 1,345mg	BBQ Chicken Sandwich (11) Hot Fruit Compote (21) Garden Vegetable Soup (8) Sweet & Sour Coleslaw (9) Hamburger Bun (27) /Crackers (5) Milk (12) Carbs: 92g Calories: 695 Protein: 49g Fat: 17g Fiber: 10g Sodium: 1,015mg	Baked Ham w/Glaze (10) Sweet Potatoes (28) Green Beans Almondine (7) Cranberry Pear Salad (32) Fresh Banana (18) Milk (12) /Dinner Roll w/Margarine (13) Carbs: 120g Calories: 735 Protein: 37g Fat: 18g Fiber: 12g Sodium: 900mg
13-Dec	14-Dec	15-Dec	16-Dec	17-Dec
Beef Pot Pie (23) Zucchini & Tomatoes (5) California Normandy Vegetables (4) Navy Bean Soup (25) /Crackers (5) Fresh Grapes (14) Milk (11) Carbs: 88g Calories: 705 Protein: 42g Fat: 25g Fiber: 11g Sodium: 555mg	Roast Beef w/Brown Gravy (6) Lyonnaise 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: 785mg	Chili Mac (24) Cheesy Cauliflower (6) Cape Cod Mixed Vegetables (8) Cinnamon Applesauce (11) Butterscotch Pudding (27) Milk (12) Carbs: 87g Calories: 635 Protein: 38g Fat: 20g Fiber: 9g Sodium: 945mg	Chicken Tahitian (12) Sweet & Red Potatoes (19) Rancho Fiesta Vegetable Mix (11) Black Bean Lentil Soup (25) /Crackers (5) Watermelon Cantaloupe Mix (7) Milk (12) /Vanilla Pudding (27) Carbs: 106g Calories: 750 Protein: 53g Fat: 16g Fiber: 13g Sodium: 900mg	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: 1,370mg
20-Dec	21-Dec	22-Dec	23-Dec	24-Dec
Turkey & Rice Cheese Casserole (22) Roasted Brussel Sprouts (7) Creole Green Beans (8) Garlic Bread (17) Strawberries w/Applesauce (13) Milk (12) Carbs: 78g Calories: 650 Protein: 32g Fat: 28g Fiber: 11g Sodium: 1,185mg	Pork Green Chili (9) Scandinavian Mixed Vegetables (11) Mexican Corn (17) Waldorf Salad (16) Tortilla (15) /Raisin Nut Cup (22) Milk (12) Carbs: 105g Calories: 770 Protein: 43g Fat: 28g Fiber: 11g Sodium: 585mg	Spaghetti & Meat Sauce (22) Italian Mixed vegetables (6) Winter Mix Vegetables (5) Minestrone Soup (8) Cranberry Pear Salad (32) /Parm. Cheese (1) Milk (12) /Breadstick (14) Carbs: 99g Calories: 725 Protein: 39g Fat: 24g Fiber: 10g Sodium: 1,060mg	Pueblo Beef Stew (17) Cilantro Rice (18) Lima Beans & Carrots (12) Calabacitas (7) Fresh Banana (18) /Cornbread (42) Milk (12) /V-8 Juice (8) Carbs: 133g Calories: 905 Protein: 51g Fat: 23g Fiber: 11g Sodium: 745mg	Spiced Roast w/Cranberries (62) Mashed Red Potatoes (19) Asparagus (2) Cucumber Dill Salad (4) Raspberry Creamcheese Cookie (34) Milk (12) /Dinner Roll w/Margarine (13) Carbs: 107g Calories: 920 Protein: 49g Fat: 38g Fiber: 9g Sodium: 895mg
27-Dec	28-Dec	29-Dec	30-Dec	31-Dec
Hungarian Beef (16) Parslied Pasta (17) Oregon Mixed Vegetables (6) Garden Vegetable Soup (14) /Crackers (5) Fresh Orange (16) 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 (5) Apple-Fruit Cup (12) Milk (12) Carbs: 90g Calories: 805 Protein: 44g Fat: 34g Fiber: 13g Sodium: 890mg	Chili Con Carne (23) Spanish Rice (20) Seasoned Squash (4) Chilled Apricots (21) Cornbread w/Margarine (42) Milk (12) Carbs: 122g Calories: 865 Protein: 43g Fat: 28g Fiber: 12g Sodium: 1,045mg	Beef Tips w/Mushroom Gravy (8) Cheesy Mashed Potatoes (22) Mixed Vegetables (10) Creamy Coleslaw (10) Banana Chocolate Bar (24) Milk (12) /Dinner Roll w/Margarine (13) Carbs: 99g Calories: 805 Protein: 44g Fat: 28g Fiber: 9g Sodium: 885mg	Dijon Chicken (8) Fall Harvest Couscous (25) Roasted Brussel Sprouts (7) Chicken Gumbo Soup (12) Fresh Banana (18) /Crackers (5) Milk (12) Carbs: 87g Calories: 835 Protein: 48g Fat: 36g Fiber: 9g Sodium: 745mg

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.