



# SRDA MEALS ON WHEELS MENU January. 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Jan	4-Jan	5-Jan	6-Jan	7-Jan
Shepard's Pie (30) Winter Mix Vegetables (5) Scandinavian Mixed Vegetables (11) Beef Noodle Soup (10) /Crackers (5) Diced Pears (17) Milk (12) Carbs: 73g Calories: 585 Protein: 40g Fat: 18g Fiber: 9g Sodium: 565mg	Green Pepper Steak (6) Rice Pilaf (18) Broccoli & Cheese (5) Garden Vegetable Soup (8) Vanilla Pudding (28)/Crackers (5) Milk (12) /Strawberry & Peaches (12) Carbs: 94g Calories: 880 Protein: 44g Fat: 38g Fiber: 8g Sodium: 1,210mg	Roasted Turkey w/Gravy (4) Mashed Potatoes (28) Green Bean Almondine (7) Pumpkin Pie w/Topping (43) 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 (25) Capri Mixed Vegetables (6) Carrot & Swt. Potato Soup (17) Peach Crisp (30) /Crackers (5) Milk (12) /Blueberry- Fruit Cup (14) Carbs: 133g Calories: 855 Protein: 32g Fat: 27g Fiber: 13g Sodium: 955mg	Beef & Bean Burrito w/Green Chili (46) Calabacitas (7) Cape Cod Mixed Vegetables (8) Pozole (13) /Crackers (5) Grape-Fruit Cup (15) Milk (12) Carbs: 106g Calories: 775 Protein: 40g Fat: 25g Fiber: 11g Sodium: 1,210mg
10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
Sweet & Sour Chicken (16) Fried Rice (20) Oregon Mixed Vegetables (6) Creamy Tomato Soup (9) /Crackers (5) Raisin Nut Cup (22) /Apple (22) Milk (12) Carbs: 112g Calories: 965 Protein: 65g Fat: 35g Fiber: 11g Sodium: 950mg	Tuna Noodle Casserole (26) Harvard Beets (14) Chicken Barley Soup (10) Italian Vegetable Toss (17) Oranges w/Whipped Topping (18) Milk (12) /Dinner Roll w/Margarine (13) Carbs: 110g Calories: 830 Protein: 51g Fat: 27g Fiber: 15g Sodium: 1,200mg	Pork Sukiyaki (26) Sugar Snap Peas (7) Seasoned Carrots (7) Egg Drop Soup (4) /Crackers (5) Side-Salad w/Dressing (5) Milk (12) / Cherry /Blueberry Crisp (33) Carbs: 99g Calories: 785 Protein: 44g Fat: 29g Fiber: 10g Sodium: 660mg	Meatloaf w/Mushroom Gravy (13) Seasoned Asparagus (2) Seasoned Corn (20) 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 (7) Au Gratin Potatoes (23) Creole Green Beans (8) Chicken Gumbo Soup (12) /Crackers(5) Blueberry-Fruit Cup (14) Milk (12) /Carrot Raisin Salad (13) Carbs: 94g Calories: 705 Protein: 43g Fat: 22g Fiber: 11g Sodium: 855mg
17-Jan	18-Jan	19-Jan	20-Jan	21-Jan
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: 690 Protein: 40g Fat: 17g Fiber: 12g Sodium: 1,185mg	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: 89g Calories: 905 Protein: 50g Fat: 46g Fiber: 8g Sodium: 590mg	Pasta Primavera (25) Harvard Beets (14) Calabacitas (7) Blueberry Buckle Cake (46) Apricots (21) Milk (12) /Dinner Roll w/Margarine (13) Carbs: 138g Calories: 865 Protein: 28g Fat: 29g Fiber: 10g Sodium: 1,105mg	BBQ Chicken Sandwich (10) Hot Fruit Compote (21) Garden Vegetable Soup (8) Sweet & Sour Coleslaw (9) Hamburger Bun (27) /Crackers (5) Milk (12) Carbs: 92g Calories: 695 Protein: 47g Fat: 19g Fiber: 10g Sodium: 1,010mg	Baked Ham w/Glaze (10) Sweet Potatoes (32) Green Beans Almondine (7) Cranberry Pear Salad (32) Fresh Banana (18) Milk (12) /Cornbread w/Margarine (42) Carbs: 153g Calories: 925 Protein: 40g Fat: 23g Fiber: 11g Sodium: 920mg
24-Jan	25-Jan	26-Jan	27-Jan	28-Jan
Beef Pot Pie (23) Zucchini & Tomatoes (5) California Normandy Veg. (4) Navy Bean Soup (25) /Crackers (5) Fresh Grapes (14) Milk (12) Carbs: 88g Calories: 665 Protein: 38g Fat: 23g Fiber: 11g Sodium: 535mg	Roast Beef w/Gravy (6) Lyonnais Potatoes (12) Seasoned Spinach (5) Creamy Pasta Salad (19) Strawberry/Blueberry Crisp (27) Milk (12) /Dinner Roll w/Margarine (12) Carbs: 94g Calories: 865 Protein: 53g Fat: 35g Fiber: 10g Sodium: 905mg	Chili Mac (24) Cheesy Cauliflower (6) Cape Cod Mixed Vegetables (8) Cinnamon Applesauce (11) 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 (5) Butterscotch Pudding (29) Milk (12) /Watermelon/Cantaloupe (7) Carbs: 120g Calories: 850 Protein: 51g Fat: 22g Fiber: 13g Sodium: 910mg	Chicken Noodle Casserole (26) Honey Glazed Carrots (17) Seasoned Peas & Onions (12) Broccoli Cheese Soup (13) Coconut Fruit Salad (20) Milk (12) /Crackers (5) Carbs: 105g Calories: 875 Protein: 51g Fat: 34g Fiber: 13g Sodium: 1,125mg
31-Jan	1-Feb	2-Feb	3-Feb	4-Feb
Pinto Beans & Ham (41) Sweet & Red Potatoes (19) Seasoned Green Beans (6) Cornbread (42) /Vanilla Pudding (28) Broccoli Salad (10) Milk (12) / Fresh Apple (22) Carbs: 181g Calories: 1,085 Protein: 46g Fat: 25g Fiber: 21g Sodium: 950mg	Chicken Sesame (27) Fried Rice (20) Lima Beans & Carrots (12) Lentil Soup (20) /Crackers (5) Fresh Orange (16) Milk (12) Carbs: 112g Calories: 775 Protein: 50g Fat: 18g Fiber: 10g Sodium: 1,170mg	Slopper w/Green Chili (11) Ranch Beans (26) Bermuda Mixed Vegetables (6) Creamy Coleslaw (10) Apple Fruit Cup (12)/ Garnish (1) Milk (12) /Hamburger Bun (27) Carbs: 105g Calories: 950 Protein: 50g Fat: 42g Fiber: 14g Sodium: 1,120mg	Open Faced Hot Turkey w/Gravy (4) Peas & Onions (12) Harvard Beets (14) Tomato Cucumber Salad (5) Strawberries & Peaches (12) Milk (12) /1 Sli Bread (11) Carbs: 70g Calories: 725 Protein: 45g Fat: 35g Fiber: 11g Sodium: 1,430mg	Corned Beef & Cabbage (6) Parslied Potatoes (13) Seasoned Asparagus (2) Yogurt w/Oranges (19) Fresh Banana (18) Milk (12) Carbs: 69g Calories: 600 Protein: 37g Fat: 24g Fiber: 8g Sodium: 1,420mg

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

<b>MENUS ARE SUBJECT TO CHANGE</b>	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>Please call the day before or the morning of, before <b>9:00 A.M.</b>, to <b>CANCEL your Meal</b></p> <p><b>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</b></p> <p><b>719-543-0100</b></p> <p><b>For Important Nutrition Information, Please Turn Menu Over</b></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.