



SRDA MEALS ON WHEELS MENU February, 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-Feb	2-Feb	3-Feb	4-Feb
	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
7-Feb	8-Feb	9-Feb	10-Feb	11-Feb
Brunswick Stew (18) Mashed Potatoes (28) Scandinavian Mixed Vegetables (11) Chilled Apricots (15) Raisin Nut Cup (22) Milk (12) /Buttermilk Biscuit (23) Calories: 950 Protein: 48g Carbs: 130g Fat: 33g Fiber: 13g Sodium: 1,080mg	Beef & Bean Burrito w/Green Chili (46) Steamed Rice (19) Chuckwagon Corn (16) Beef Vegetable Soup (10) /Crackers (5) Carrot Raisin Salad (13) Milk (12) /Blueberry Fruit-Cup (14) Calories: 925 Protein: 36g Carbs: 137g Fat: 31g Fiber: 12g Sodium: 1,080mg	Baked Glazed Ham (10) Scalloped Potatoes (15) Seasoned Asparagus (2) Split Pea Soup (20) /Crackers (5) Pineapple Tidbits (11) Milk (12) /Cottage Cheese (5) Calories: 620 Protein: 47g Carbs: 80g Fat: 16g Fiber: 10g Sodium: 1,070mg	Italian Chicken Orzo (11) Winter Mix Vegetables (5) Carrots (7) Tomato Florentine Soup (6) Peach Crisp (30) Milk (12) /Crackers (5) Calories: 710 Protein: 43g Carbs: 76g Fat: 30g Fiber: 10g Sodium: 740mg	Potato Crusted Fish (14) w/Mango Sauce (8) Vegetable Couscous (17) Sugar Snap Peas (7) Carrot & Swt. Potato Soup (17) Sugar Cookie (20)/ Fresh Grapes (14) Milk (12) /Dinner Roll (13) Calories: 880 Protein: 39g Carbs: 122g Fat: 35g Fiber: 11g Sodium: 960mg
14-Feb	15-Feb	16-Feb	17-Feb	18-Feb
Beef Tips w/Mushroom Gravy (13) Parslied Pasta (17) Lemon Butter Broccoli (10) Garden Vegetable Soup (8) /Crackers (5) Jello with Mixed Fruit (19) Milk (12) Calories: 635 Protein: 41g Carbs: 84g Fat: 20g Fiber: 10g Sodium: 905mg	Beef Taco w/Lettuce&Tomato (19) Calabacita (7) Pinto Beans (22) Pozole (13) Diced Peaches (15) Milk (12) Calories: 630 Protein: 45g Carbs: 88g Fat: 17g Fiber: 14g Sodium: 1080mg <div style="text-align: center; margin-top: 10px;"> </div>	Sloppy Joe Sandwich (20) California Normandy (4) Potato Salad (14) Chocolate Pudding (6) Fresh Banana (18) Milk (12) /Hamburger Bun (27) Calories: 740 Protein: 39g Carbs: 101g Fat: 24g Fiber: 11g Sodium: 1,165mg	Honey Mustard Chicken (10) Potato Au Gratin (23) Roasted Brussel Sprouts (7) Lentil Soup (20)/Crackers (5) Pineapple Cabbage Slaw (10) Milk (12)/Strawberry/Blueberry Crisp(27) Calories: 915 Protein: 57g Carbs: 114g Fat: 32g Fiber: 12g Sodium: 810mg	Roast Beef w/Gravy (6) Lyonnaise Potatoes (12) Peas & Mushrooms (9) Squash Bisque Soup (14) Mandarin Oranges (15) Milk (12) /Dinner Roll w/Margarine (13) Calories: 820 Protein: 52g Carbs: 81g Fat: 38g 9.5g Sodium: 670mg
21-Feb	22-Feb	23-Feb	24-Feb	25-Feb
Beef-Tomato Mac (24) Oregon Mixed Vegetables (6) Seasoned Spinach (5) Potato Bacon Soup (23) /Crackers (5) Lemon Pudding (15) Milk (12) /Fruit Cup & Grapes (15) Calories: 760 Protein: 43g Carbs: 105g Fat: 25g Fiber: 11g Sodium: 1025mg	Chicken Parmesan (9) Herbed Pasta (20) Roasted Brussel Sprouts (11) Tomato Florentine Soup(6)/Crackers(5) Fresh Apple (22) /Dinner Roll (1) Milk (12) Calories: 795 Protein: 50g Carbs: 98g Fat: 28g Fiber: 13g Sodium: 980mg	Chili Relleno Casserole (11) Seasoned Black Beans (19) Capri Vegetable Mix (6) Pineapple Tidbits (11) Banana Chocolate Bar (24) Milk (12) Calories: 730 Protein: 44g Carbs: 83g Fat: 26g Fiber: 12g Sodium: 925mg	Penne & Meat Sauce (29) Italian Mixed Vegetables (6) Seasoned Yellow Squash (4) Garlic Bread (17) Coconut Fruit Salad (20) /Yogurt w/Granola (24) Milk (12) /Parmesan Cheese Pkt. (1) Calories: 835 Protein: 45g Carbs: 112g Fat: 31g Fiber: 11g Sodium: 815mg	Citrus & Herb Fish (4) Roasted Rosemary Potatoes (16) Seasoned Mixed Vegetables (10) Navy Bean Soup (26) / Dinner Roll (13) Apple Cabbage Slaw (11) Milk (12) Calories: 760 Protein: 50g Carbs: 92g Fat: 24g Fiber: 10g Sodium: 705mg
28-Feb	1-Mar	2-Mar	3-Mar	4-Mar
Chicken Enchiladas (49) Seasoned Pinto Beans (22) Calabacitas (7) Yogurt w/Granola (24) Mandarin Oranges (15) Milk (12) Calories: 960 Protein: 69g Carbs: 129g Fat: 26g Fiber: 14g Sodium: 1185mg	Meatloaf w/Mushroom Gravy (13) Garlic Mashed Potatoes (21) Green Beans Almondine (7) Beef Barley Soup (11)/Crackers(5) Ambrosia(18) Milk (12) /Raisin Nut Cup (22) Calories: 925 Protein: 53g Carbs: 109g Fat: 37g Fiber: 11g Sodium: 545mg	Macaroni & Cheese (28) Italian Mixed Vegetables (6) Black Bean & Lentil Soup(25) Broccoli Salad (11) /Crackers (5) Pineapple Tidbits (11) Milk (12) Calories: 775 Protein: 35g Carbs: 98g Fat: 31g Fiber: 11g Sodium: 865mg	Hamburger w/ Bun (27)/ Garnish(2) Sweet & Red Potatoes (19) Italian Chicken Noodle Soup (9) /Crackers (5) Cabbage Apple Slaw (11) Banana (18) /Condiments (2) Milk (12) Calories: 915 Protein: 50g Carbs: 105g Fat: 36g Fiber: 12g Sodium: 790mg	Pasta Vegetable Primavera (25) Seasoned Cauliflower (8) Sugar Snap Peas (4) Cream Broccoli Soup (7)/Garlic Bread(17) Carrot Raisin Salad (13) /Parmesan Cheese (0) Milk (12)/ Blueberry Fruit Cup (14) Calories: 760 Protein: 32g Carbs: 101g Fat: 32g Fiber: 11g Sodium: 930mg

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 . Please call the day before or the morning of, before 9:00 A.M, to CANCEL your Meal YOU MUST BE HOME TO RECEIVE YOUR MEAL!!! 719-543-0100</p> <p>For Important Nutririon 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.