



SRDA MEALS ON WHEELS MENU June. 2022



Please note due to nationwide supply chain issues, menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-Jun	2-Jun	3-Jun
		Roasted Pork Loin w/Apple Chutney (16) Mashed Potatoes (27) Seasoned Spinach (5) Italian Chicken Noodle Soup (9) Heavenly Hash (21) /Crackers (5) Milk (12) /Dinner Roll (13) Calories: 850 Carbs: 104g Fiber: 10g Protein: 52g Fat: 28g Sodium: 760mg	Chicken Orzo w /Artichoke (11) Roasted Cauliflower (5) Hawaiian Asparagus (3) Chicken Barley Soup (10) Nilla Wafers (22) /Banana Pudding (31) Milk (12) / Blueberry Fruit Cup (14) Calories: 970 Carbs: 108g Fiber: 10g Protein: 56g Fat: 39g Sodium: 1060mg	Beef Chow Mein (29) Sweet-n-Sour Carrots (32) Oriental Green Beans (6) Vanilla Ice Cream (27) Honeydew (13) Milk (12) Calories: 855 Carbs: 119g Fiber: 12g Protein: 37g Fat: 31g Sodium: 1135mg
6-Jun	7-Jun	8-Jun	9-Jun	10-Jun
Macaroni & Cheese (28) Winter Mix Vegetables (5) Chef Salad w/chopped turkey (20) Caesar Dressing (2) Fresh Fruit - assorted (17) Milk (12) Calories: 800 Carbs: 84g Fiber: 11g Protein: 42g Fat: 35g Sodium: 1,155mg	Sloppy Joe (20) on Bun (27) California Normandy (4) Baked Potato Chips (16) White Cake w/ strawberry frosting (33) Fresh Banana (18) Milk (12) Calories: 880 Protein: 37g Carbs: 130g Fat: 29g Fiber: 11g 1,205mg	Dijon Chicken (7) Rice Pilaf w/Mushrooms (25) Scandinavian Mixed Veg. (10) Chilled Pears (17) Raisin Nut Cup (21) Milk (12) /Sliced Oranges (15) Calories: 930 Carbs: 107g Fiber: 11g Protein: 46g Fat: 37g Sodium: 1,405mg*	Chicken Fajita (6) Seasoned Mixed Beans (48) Calabacitas (6) Apple Fruit Cup (22) Tortilla (17) Milk (12) Calories: 815 Carbs: 111g Fiber: 18g Protein: 51g Fat: 21g Sodium: 1,335mg*	Egg Salad Sandwich (5) German Potato Salad (12) Brussel Sprouts (8) 2 Sli Bread (22) Cottage Cheese & Peaches (7) Milk (12) Calories: 605 Carbs: 66g Fiber: 11g Protein: 32g Fat: 27g Sodium: 880mg
13-Jun	14-Jun	15-Jun	16-Jun	17-Jun
Tuna Noodle Casserole (26) Winter Mixed Vegetables (5) Squash Bisque Soup (15) Strawberry & Yogurt w/Granola (21) Crackers (4) Milk (12) Calories: 725 Carbs: 83g Fiber: 9g Protein: 39g Fat: 28g Sodium: 795mg	Vegetable Lasagna (10) Harvard Beets (13) Broccoli Walnut Parmesan (5) Fresh Pear, sliced (14) Garlic Bread (17) Milk (12) Calories: 560 Carbs: 71g Fiber: 11g Protein: 22g Fat: 25g Sodium: 1,015mg	Polish Sausage (5) Roasted Rosemary Potatoes (22) Seasoned Green Beans (5) Tomato Cucumber Salad (4) Fresh Banana (17) Milk (12) /Mustard Pkt. (1) Calories: 780 Carbs: 68g Fiber: 7g Protein: 26g Fat: 47g Sodium: 1,140mg	Slopper w/Green Chili (10) Ranch Beans (26) Creamy Coleslaw (10) Watermelon (5) Hamburger Bun (26) Milk (12) Calories: 940 Carbs: 101g Fiber: 13g Protein: 47g Fat: 39g Sodium: 1,035mg	Swedish Meatballs (14) Buttered Egg Noodles (16) Green Bean Casserole (9) Chocolate Pudding (6) Milk (12)/Fresh Apple (22) & Frozen Meal for Juneteenth Calories: 820 Carbs: 85g Fiber: 10g Protein: 35g Fat: 40g Sodium: 1,030mg
20-Jun	21-Jun	22-Jun	23-Jun	24-Jun
 (observed) No Meal Service Today	Chicken Sukiyaki (15) Caribbean Vegetables (5) Seasoned Asparagus (2) Egg Drop Soup (4) Blueberry Fruit Cup (21) Milk (12) /Crackers (4) Calories: 610 Carbs: 63g Fiber: 8g Protein: 52g Fat: 18g Sodium: 670mg	Fish w/Vegetable Sauce (3) Rice Pilaf (18) Green Peas (8) Wash Chowder (15) /Cracker (5) Cinnamon Applesauce (10) Milk (12) /Vanilla Pudding (22) Calories: 745 Carbs: 111g Fiber: 10g Protein: 44g Fat: 17g Sodium: 875mg	Beef Chili Mac (24) Cape Cod Mixed Vegetables (8) Cheesy Cauliflower (4) Waldorf Salad (15) Fresh Grapes (14) Milk (12) /Dinner Roll (13) Calories: 705 Carbs: 86g Fiber: 12g Protein: 38g Fat: 25g Sodium: 710mg	Cheese Tortellini w/Sauce (28) Sugar Snap Peas (6) Steamed Carrots (6) Cherry Crisp (36) Mandarin Oranges (15) Milk (12) / Breadstick (14) Calories: 755 Carbs: 112g Fiber: 11g Protein: 31g Fat: 22g Sodium: 805mg
27-Jun	28-Jun	29-Jun	30-Jun	1-Jul
Orange Glazed Pork (12) Paslied Pasta (17) Broccoli & Cheese (5) Waldorf Salad (15) Yogurt & Blueberries (14) Milk (12) /Dinner Roll (13) Calories: 830 Carbs: 85g Fiber: 8g Protein: 56g Fat: 32g Sodium: 645mg	Chili Con Carne (22) Steamed Rice (19) Garden Vegetables (5) Cornbread (41) Applesauce (13) Milk (12)/ Graham Crackers (17) Calories: 920 Carbs: 131g Fiber: 11g Protein: 40g Fat: 28g Sodium: 950mg	Pulled Pork Sandwich (13) on Hamburger Bun (27) Scalloped Potatoes (15) Rancho Fiesta Vegetables (11) Claremont Salad (5) Milk (12) /Apple Fruit Cup (13) Calories: 700 Carbs: 96g Fiber: 13g Protein: 36g Fat: 24g Sodium: 660mg	Chicken Enchiladas (49) Seasoned Pinto Beans (22) Calabacitas (7) Chocolate Ice Cream (24) Mandarin Oranges (15) Milk (12) Calories: 960 Protein: 69g Carbs: 129g Fat: 26g Fiber: 14g Sodium: 1185mg	Penne & Meat Sauce (29) Italian Mixed Vegetables (6) Seasoned Yellow Squash (4) Garlic Bread (17) Coconut Fruit Salad (20) Milk (12) Calories: 895 Carbs: 88g Fiber: 10g Protein: 45g Fat: 37g Sodium: 825mg

IMPORTANT INFORMATION: Numbers in parentheses next to each meal item indicate the number of carbohydrates in grams for that item.
 *reassessing recipe for accuracy, estimating sodium to be between 1000-1200 for meal

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.