



SRDA MEALS ON WHEELS MENU July 2022



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1-Jul
				Tuna Salad Sandwich (6) w/ 2 Slices WW Bread (22) Crunchy Cucumber Salad (4) Fresh Pear (29) Milk (12) & Frozen Meal for Fourth of July Calories: 550 Carbs: 73g Fiber: 10g Protein: 30g Fat: 20g Sodium: 895mg
4-Jul	5-Jul	6-Jul	7-Jul	8-Jul
 No Meal Service Today	Hamburger on Bun (27) Paprika Potato Wedges (17) Beet and Carrot Salad (19) Cantaloupe (3) Chocolate mousse (13) Milk (12) Calories: 915 Carbs: 93g Fiber: 10g Protein: 42g Fat: 37g Sodium: 1060mg	Stuffed Bell Peppers (21) Mexican Corn (17) Seasoned Green Beans (6) Pineapple Tidbits (11) Carrot Cake (47) Milk (12) Calories: 680 Carbs: 114g Fiber: 9g Protein: 26g Fat: 19g Sodium: 1110mg 	Chicken Fried Rice (17) Oriental Vegetables (6) Seasoned Spinach (4) Hawaiian Saimin Soup (34) Coconut Fruit Salad (19) Milk (12) /Crackers (4) Calories: 690 Carbs: 96g Fiber: 9g Protein: 27g Fat: 49g Sodium: 1135mg	Swedish Meatballs (14) Buttered Egg Noodles (16) Green Bean Casserole (9) Chocolate Pudding (6) Fresh Apple (22) Milk (12) Calories: 820 Carbs: 85g Fiber: 10g Protein: 35g Fat: 40g Sodium: 1,030mg
11-Jul	12-Jul	13-Jul	14-Jul	15-Jul
Shepard's Pie (30) Winter Mix Vegetables (5) Fruit Plate w/ Cheese (17) Split Pea Soup (20) Crackers (5) Milk (12) Calories: 995 Carbs: 89g Fiber: 13g Protein: 55g Fat: 52g Sodium: 1040mg	Mediterranean Salad w/Olives & Feta (9) Hummus (12) /Pita Bread (11) Minestrone Soup (12) Fresh Grapes (14) new Milk (12) Calories: 640 Carbs: 77g Fiber: 11g Protein: 27g Fat: 29g Sodium: 1010mg	Ham & Cheese Quiche (23) Smashed Red Potatoes (19) Roasted Brussel Sprouts (7) Assorted Fruit Cup (11) Cranberry Apple Crumble (29) Milk (12) Calories: 920 Carbs: 102g Fiber: 9g Protein: 46g Fat: 41g Sodium: 870mg	Roasted Turkey w/Gravy (3) Garlic Mashed Potatoes (21) Scandinavian Mixed Veg (11) Carrot Raisin Salad (12) Banana Chocolate Bar (24) Milk (12) Calories: 710 Carbs: 84g Fiber: 10g Protein: 46g Fat: 25g Sodium: 1355mg*	Beef Picadillo (12) Steamed Rice (19) Sugar Snap Peas (7) Cornbread (42) Black Bean Soup (14) Fresh Pear Calories: 860 Carbs: 122g Fiber: 13g Protein: 39g Fat: 30g Sodium: 845mg
18-Jul	19-Jul	20-Jul	21-Jul	22-Jul
Pinto Beans & Ham (40) Corn O'Brien (11) Honey Glazed Carrots (5) Chilled Pears (17) Dinner Roll w/Margarine (13) Milk (12) Carbs: 100g Calories: 680 Protein: 34g Fat: 18g Fiber: 15g Sodium: 715mg	Chef Salad (Turkey & Egg) w/ Italian Dressing (12) Black Bean & Lentil Soup (25) Tapioca Pudding (25) Sliced Orange (16) Milk (12) / Crackers (5) Calories: 795 Carbs: 95g Fiber: 10g Protein: 42g Fat: 32g Sodium: 1195mg	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*	Pork Cacciatore (5) Herbed Pasta (20) Caribbean Vegetables (5) Squast Bisque (14) Strawberry/Blueberry Crisp (27) Milk (12) /Crackers (5) Calories: 885 Carbs: 88g Fiber: 9g Protein: 43g Fat: 46g Sodium: 585mg	Potato Crusted Fish (13) Swt. & Red Potatoes (18) Peas & Onions (12) Cruncht Confetti Co. Cheese (5) Grape-Fruit Cup (20) Milk (12) /Condiments (4) Calories: 670 Carbs: 79g Fiber: 9g Protein: 33g Fat: 27g Sodium: 880mg
25-Jul	26-Jul	27-Jul	28-Jul	29-Jul
Beef Chow Mein (29) Oriental Green Beans (6) Fresh Banana (17) Vanilla Ice Cream (27) Milk (12) Calories: 855 Carbs: 119g Fiber: 12g Protein: 37g Fat: 31g Sodium: 1135mg	Polish Sausage (5) Roasted Rosemary Potatoes (22) Seasoned Green Beans (5) Tomato Cucumber Salad (4) Honeydew (13) Milk (12) /Mustard Pkt. (1) Calories: 780 Carbs: 68g Fiber: 7g Protein: 26g Fat: 47g Sodium: 1,140mg	Roasted Pork Loin w/Apple Chutney (22) Mashed Potatoes (27) Seasoned Spinach (5) Italian Ckn Noodle Soup (9) Heavenly Hash (21) Milk (12) /Crackers (5) Calories: 850 Carbs: 104g Fiber: 10g Protein: 52g Fat: 28g Sodium: 760mg	Pr. Edward Veg Alfredo (18) Hot Fruit Compote (21) Carrot & Swt Potato Soup (17) Dinner Roll (13) Gelatin w/ Cottage Cheese (12) Milk (12) Calories: 610 Carbs: 93g Fiber: 8g Protein: 25g Fat: 21g Sodium: 775mg	Turkey Wrap (28) Broccoli Salad (11) Peaches (15) Yogurt w/ Granola (24) Tomato Florentine Soup (6) Milk (12) /Crackers (5) Calories: 675 Carbs: 89g Fiber: 9g Protein: 44g Fat: 20g Sodium: 1490mg*

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>
------------------------------------	--	---

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.