



SRDA MEALS ON WHEELS MENU August 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Aug	2-Aug	3-Aug	4-Aug	5-Aug
 COLORADO DAY No Meal Service Today	Salisbury Steak (9) Scalloped Potatoes (15) Peas & Carrots (8) Lentil Soup (20) Fruit Cup w/ Grapes (16) Milk (12) /Dinner Roll (13) Calories: 925 Carbs: 93g Fiber: 11g Protein: 50g Fat: 44g Sodium: 810mg	Chicken Tarragon (6) Penne Pasta (16) Garden Vegetables (5) Side Salad (5) /Crackers (5) Fresh Apple (22) Milk (12) /Golden Ital. Dressing (2) Calories: 715 Carbs: 83g Fiber: 10g Protein: 42g Fat: 27g Sodium: 635mg	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	Grilled Chicken on Bun (1) Mexican Corn (17) Steamed Broccoli (3) Peach Crisp (30) Lettuce Garnish (1) /Condiments (2) Milk (12) Calories: 790 Carbs: 93g Fiber: 15g Protein: 53g Fat: 26g Sodium: 735mg
8-Aug	9-Aug	10-Aug	11-Aug	12-Aug
Spaghetti & Meat Sauce (21) Italian Mixed Vegetables (5) Minestrone Soup (11) Garlic Bread (17) Ambrosia (17) Milk (12) Calories: 670 Carbs: 84g Fiber: 9g Protein: 31g Fat: 25g Sodium: 655mg	Egg Salad Sandwich (5) Carrot & Raisin Salad (18) Broccoli & Cheese Soup (13) Strawberries & Applesauce (12) 2 Slices Bread (22) Milk (12) Calories: 725 Carbs: 81g Fiber: 12g Protein: 33g Fat: 36g Sodium: 1210mg	Pork Diablo (7) Mashed Potatoes (27) Steamed Carrots (6) Side Salad (5) Fresh Banana (17) Milk (12) / Ranch Dressing (2) Calories: 630 Carbs: 77g Fiber: 9g Protein: 34g Fat: 25g Sodium: 500mg	Sweet & Sour Chicken (15) Fried Rice (15) Oriental Vegetables (6) Split Pea Soup (20) /Crackers (4) Lemon Crm. Cheese Bar (44) Milk (12) / Fresh Grapes (14) Calories: 1035 Carbs: 132g Fiber: 13g Protein: 61g Fat: 35g Sodium: 1000mg	Beef Tips w/Mushroom Gravy (11) Sweet & Red Potatoes (18) Peas & Mushrooms (9) Raisin Nut Cup (21) Fruit Cocktail (15) Milk (12) / Dinner Roll (13) Calories: 710 Carbs: 103g Fiber: 11g Protein: 41g Fat: 20g Sodium: 565mg
15-Aug	16-Aug	17-Aug	18-Aug	19-Aug
Chicken Tahitian (10) Cilantro Rice (18) Steamed Broccoli (3) Navy Bean Soup (24) Blueberry Fruit Cup (14) Milk (12) / Crackers (5) Calories: 625 Carbs: 90g Fiber: 11g Protein: 39g Fat: 15g Sodium: 565mg	Beef Pot Pie (23) Seasoned Green Beans (6) Corn O'Brien (11) Pineapple Tid Bits (10) Carrot Cake (47) Milk (12) Calories: 805 Carbs: 111g Fiber: 7g Protein: 32g Fat: 31g Sodium: 645mg		Chili Relleno Casserole (10) Seasoned Pinto Beans (21) Calabacitas (6) Cinnamon Applesauce (10) Banana Chocolate Bar (24) Milk (12) Calories: 710 Carbs: 86g Fiber: 12g Protein: 42g Fat: 26g Sodium: 1025mg	Chicken Salad Sandwich (31) Pasta Salad (10) Garden Vegetable Soup (8) Mandarn Orange w/ whipped topping (18) Milk (12) / Crackers (5) Calories: 590 Carbs: 78g Fiber: 10g Protein: 41g Fat: 18g Sodium: 945mg
22-Aug	23-Aug	24-Aug	25-Aug	26-Aug
Chicken Scallopini (5) Rice Pilaf (17) Roasted Brussel Sprouts (7) Vegetable Florentine Soup (13) /Cracker Cranberry Pear Salad (29) Milk (12) /Raisin Nut Cup (21) Calories: 625 Carbs: 96g Fiber: 11g Protein: 16g Fat: 22g Sodium: 345mg	Open Faced Hot Turkey w/Gravy (2) Vegetable CousCous (16) Seasoned Asparagus (2) Apple Fruit-Cup (11) Yogurt w/Granola (21) Milk (12) /Sliced Bread (11) Calories: 525 Carbs: 63g Fiber: 8g Protein: 45g Fat: 15g Sodium: 1,045mg	Manicotti (18) Seasoned Spinach (6) Side Salad (5) /Crackers (4) Italian Vegetable Toss (17) Apricots (22) Milk (12) /Raspberry Vin. Dressing (9) Calories: 495 Carbs: 81g Fiber: 16g Protein: 19g Fat: 12g Sodium: 1,225mg	Beef Taco Salad w/Corn Chips (4) Seasoned Mixed Beans (48) Stewed Tomatoes (10) Strawberry Blueberry Crisp (26) Lettuce/Tom. Garn. (1) /Salsa (4) Milk (12) Calories: 645 Carbs: 94g Fiber: 19g Protein: 37g Fat: 16g Sodium: 730mg	Potato Crusted Fish (13) Scandinavian Mixed Veggies (10) Rice Pilaf w/Mushrooms (23) Ckn Barley Soup (10) /Crackers (4) Pineapple Tid Bits (10) Milk (12) /Condiments (2) Calories: 550 Carbs: 72g Fiber: 8g Protein: 23g Fat: 21g Sodium: 1,120mg
29-Aug	30-Aug	31-Aug	1-Sep	2-Sep
Chicken Noodle Casserole (25) Glazed Carrots (13) Creole Green Beans (9) Cottage Cheese with Peaches (7) Milk (12) Calories: 565 Carbs: 67g Fiber: 9g Protein: 41g Fat: 19g Sodium: 800mg	Frittata (4) Couccous w/ squash (25) Tomato Florentine Soup (6) Cookie, assorted (21) Sliced Oranges (15) Milk (12) / Crackers (5) Calories: 835 Carbs: 90g Fiber: 9g Protein: 38g Fat: 41g Sodium: 835mg	Roast Beef w/Gravy (4) Mashed Potatoes (27) Cheesy Cauliflower (4) Peas & Carrot Salad (9) Melon, assorted (9) Milk (12) /Dinner Roll (13) Calories: 805 Carbs: 83g Fiber: 8g Protein: 62g Fat: 29g Sodium: 860mg	Chicken Enchilada Casserole (4) Seasoned Black Beans (19) Mixed Vegetables (9) Green Chili Soup (9) Strawberries & Pineapple (9) Milk (12) Calories: 900 Carbs: 110g Fiber: 15g Protein: 60g Fat: 28g Sodium: 1155mg	Tuna Salad Sandwich (6) w/ 2 Slices WW Bread (22) Cucumber w/ Ranch Dressing (6) Fresh Pear (29) Milk (12) <b style="color: red;">FROZEN MEAL FOR LABOR DAY Calories: 610 Carbs: 72g Fiber: 10g Protein: 30g Fat: 27g Sodium: 850mg

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

<h2 style="margin: 0;">MENUS ARE SUBJECT TO CHANGE</h2>	<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 .</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.