



# SRDA

## MEALS ON WHEELS MENU

### September 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1-Sep</b>	<b>2-Sep</b>
			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) & Frozen Meal for Labor Day Calories: 610 Carbs: 72g Fiber: 10g Protein: 30g Fat: 27g Sodium: 850mg
<b>5-Sep</b>	<b>6-Sep</b>	<b>7-Sep</b>	<b>8-Sep</b>	<b>9-Sep</b>
 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	Herbed Baked Chicken (2) Rice Pilaf w/Mushrooms (18) Seasoned Succotash (13) Carrot & Swt. Potato Soup (17) Smores Pudding (42) Milk (12) / Fresh Banana (18) Calories: 870 Carbs: 126g Fiber: 9g Protein: 50g Fat: 27g Sodium: 705mg	Cheese Tortellini w/Sauce (28) Winter Mix Vegetables (5) Seasoned Spinach (5) Strawberries & Peaches (12) Raisin Nut Cup (22) Milk (12) / Breadstick (14) Calories: 660 Carbs: 98g Fiber: 12g Protein: 32g Fat: 21g Sodium: 915mg	Sweet & Sour Pork (20) Steamed Brown Rice (19) Oriental Vegetables (12) Black Bean Soup (14) Fruit Cocktail (15) Milk (12) /Crackers (5) Calories: 745 Carbs: 97g Fiber: 11g Protein: 43g Fat: 24g Sodium: 780mg
<b>12-Sep</b>	<b>13-Sep</b>	<b>14-Sep</b>	<b>15-Sep</b>	<b>16-Sep</b>
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 Orzo w /Artichoke (11) Roasted Cauliflower (5) Hawaiian Asparagus (3) Chicken Barley Soup (10) Nilla Wafers (22) /Pudding (31) Milk (12) / Blueberry Fruit Cup (14) Calories: 970 Carbs: 108g Fiber: 10g Protein: 56g Fat: 39g Sodium: 1060mg	French Dip Sandwich w/Au Jus (1) Macaroni Salad (21) Tomato & Cucumber Salad (5) Steamed Broccoli (3) Apple Fruit Cup (13) Milk (12) /Whole Grain Bun (28) Calories: 980 Carbs: 113g* Fiber: 9g Protein: 44g Fat: 42g Sodium: 1280mg* 	Macaroni & Cheese (28) Brussel Sprouts (8) Chef Salad w/Turkey (5) <b>Fresh Grapes (14)</b> Ranch Dressing (4) /Crackers (5) Milk (12) Calories: 765 Carbs: 77g Fiber: 9g Protein: 38g Fat: 38g Sodium: 1250mg	Beef Pot Pie (23) Seasoned Green Beans (6) Corn O'Brien (11) Pineapple Tid Bits (10) <b>Carrot Cake (47)</b> Milk (12) Calories: 805 Carbs: 111g Fiber: 7g Protein: 32g Fat: 31g Sodium: 645mg
<b>19-Sep</b>	<b>20-Sep</b>	<b>21-Sep</b>	<b>22-Sep</b>	<b>23-Sep</b>
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	Egg Salad Sandwich (2) Southwest Vegetables (5) Rancho Fiesta Vegetables (1) Minestrone Soup (11) Strawberries & Applesauce (12) Milk (11) / Slice Bread (22) Carbs: 41g Calories: 425 Protein: 19g Fat: 21g Fiber: 5g Sodium: 630mg	Beef Picadillo (12) Steamed Rice (19) Sugar Snap Peas (7) Cornbread (42) Black Bean Soup (14) Orange, sliced (16) Calories: 860 Carbs: 122g Fiber: 13g Protein: 39g Fat: 30g Sodium: 845mg	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
<b>26-Sep</b>	<b>27-Sep</b>	<b>28-Sep</b>	<b>29-Sep</b>	<b>30-Sep</b>
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	Macaroni & Cheese (28) Brussel Sprouts (8) Green Bean Almondine (1) Turkey Chef Salad w/Dressing (9) Fresh Grapes (14) Milk (11) /Crackers (5) Carbs: 72g Calories: 670 Protein: 36g Fat: 30g Fiber: 8g Sodium: 915mg	Pueblo Beef Stew (17) Roasted Potatoes (22) Zucchini & Tomatoes (5) Side Salad (3) w/ Ranch Dressing (4) <b>Fresh Banana (26)</b> Milk (12) / Crackers (5) Calories: 710 Carbs: 91g Fiber: 10g Protein: 37g Fat: 25g Sodium: 915mg	Ham & Potato Casserole (24) Fall Harvest Couscous (25) Capri Mixed Vegetables (6) <b>Carrot &amp; Swt. Potato Soup (17)</b> <b>Peach Crisp (30) /Crackers (5)</b> <b>Milk (12) /Blueberry- Fruit Cup (14)</b> Carbs: 133g Calories: 855 Protein: 32g Fat: 27g Fiber: 13g Sodium: 955mg 	Potato Crusted Fish (14) w/Mango Sauce (8) Vegetable Couscous (17) Sugar Snap Peas (7) <b>Carrot &amp; Swt. Potato Soup (17)</b> Sugar Cookie (20) / Fresh Grapes (14) Milk (12) /Dinner Roll (13) Calories: 880 Protein: 39g Carbs: 122g Fat: 35g Fiber: 11g Sodium: 960mg

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

<h3 style="margin: 0;">MENUS ARE SUBJECT TO CHANGE</h3>	<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><b>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</b></p> <p>719-543-0100</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.