



SRDA MEALS ON WHEELS MENU October 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Oct	4-Oct	5-Oct	6-Oct	7-Oct
Lasagna (32) Brussel Sprouts (9) Bread Stick(14) Chai Tea Poached Pears (35) Milk (12) Calories: 690 Carbs: 102g Fiber: 10g Protein: 31g Fat: 21g Sodium: 1070mg	Red Beans and Rice (19) Seasoned Spinach (5) Hot Fruit Compote (21) Cornbread w/ margarine (42) Side Salad w/ vingigrette (5) Milk (12) Salsa (4) Calories: 735 Carbs: 104g Fiber: 10g Protein: 25g Fat: 30g Sodium: 905mg	Shepard's Pie (30) Winter Mix Vegetables (5) Sliced Orange (16) Tapioca Pudding (25) Dinner Roll w/margarine (22) Milk (12) Calories: 805 Carbs: 110g Fiber: 11g Protein: 36g Fat: 31g Sodium: 805mg	Arroz con Pollo (32) Seasoned Green Peas (13) Mexican Corn (17) Corn Tortillas (15) Cinnamon Bananas (15) Milk (12) / Nilla Wafers (6) Calories: 920 Carbs: 158g Fiber: 13g Protein: 41g Fat: 18g Sodium: 385mg*	Tuna Salad Sandwich (6) w/ 2 Slices WW Bread (22) Crunchy Cucumber Salad (4) Fresh Pear (29) Milk (12) & Frozen Meal for Holiday Calories: 530 Carbs: 70g Fiber: 10g Protein: 30g Fat: 20g Sodium: 925mg
10-Oct	11-Oct	12-Oct	13-Oct	14-Oct
 No Meal Service Today frozen meal to be delivered on 10/7	Chicken Scallopini (5) Rice Pilaf (17) Italian Vegetable Toss (17) Veg Florentine Soup (13) Cottage Cheese & Peaches (13) Milk (12) / Crackers (5) Calories: 775 Carbs: 84g Fiber: 10g Protein: 46g Fat: 32g Sodium: 1150mg	Sloppy Joe Sandwich (19) on Hamburger Bun (27) German Potato Salad (17) Seasoned Spinach (4) Mandarin Oranges (25) Milk (12) Calories: 725 Carbs: 97g Fiber: 11g Protein: 38g Fat: 25g Sodium: 1065mg	Chef Salad (Turkey & Egg) w/ Italian Dressing (12) Navy Bean Soup (26) Cinnamon Roll (31) w/ Raisins (45) Milk (12) / Crackers (5) Calories: 935 Carbs: 131g Fiber: 10g Protein: 39g Fat: 32g Sodium: 1040mg	Roasted Pork Loin (1) w/Apple Chutney (11) Mashed Potatoes (28) Seasoned Asparagus (2) Heavenly Hash (21) Milk (12) /Dinner Roll (22) Calories: 780 Carbs: 97g Fiber: 8g Protein: 43g Fat: 31g Sodium: 695mg
17-Oct	18-Oct	19-Oct	20-Oct	21-Oct
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) Calories: 960 Carbs: 107g Fiber: 14g Protein: 50g Fat: 42g Sodium: 1135mg	French Onion Pork Chop (12) Herbed Rice (25) Honey Glazed Carrots (17) Dinner Roll w/margarine (22) Chunky Applesauce (19) Milk (12) / Butterscotch Bar (36) Calories: 1055 Carbs: 143g Fiber: 12g Protein: 44g Fat: 42g Sodium: 895mg	Chicken Fajitas (6) Spanish Rice (19) Oregon Blend Vegetables (6) Black Bean & Cilantro Soup Corn Tortillas (24/each) Milk (12) / Melon, assorted (12) Calories: 815 Carbs: 130g Fiber: 12g Protein: 47g Fat: 18g Sodium: 1060mg	Roast Beef w/Gravy (5) Garlic Mashed Potatoes (27) Cheesy Cauliflower (5) Peas & Carrot Salad (9) Dinner Roll w/Margarine (22) Milk (12) / Fresh Apple (22) Calories: 850 Carbs: 97g Fiber: 13g Protein: 63g Fat: 29g Sodium: 920mg	Pepperoni Pizza (37) Parslied Cauliflower (3) Spinach & Kale Salad w/berries(8) Chocolate Pudding (6) Milk (12) / Raisin Nut Cup (22) Calories: 890 Carbs: 88g Fiber: 11g Protein: 40g Fat: 47g Sodium: 950mg
24-Oct	25-Oct	26-Oct	27-Oct	28-Oct
Polish Sausage (5) Roasted Rosemary Potatoes (22) Seasoned Green Beans (5) Tomato Cucumber Salad (4) Fruit Cup w/ Grapes (16) Milk (12) /Mustard Pkt. (1) Calories: 945 Carbs: 86g Fiber: 14g Protein: 33g Fat: 60g* Sodium: 1455mg*	Beef Pot Pie (23) Seasoned Green Beans (6) Corn O'Brien (11) Pineapple Tid Bits (10) Butterscotch Blondie (54) Milk (12) Calories: 945 Carbs: 118g Fiber: 7g Protein: 36g Fat: 42g Sodium: 615mg	Herbed Baked Chicken (2) Rice Pilaf w/Mushrooms (18) Seasoned Succotash (13) Carrot & Swt. Potato Soup (17) Dinner Roll (22) Milk (12) /Smore Pudding (42) Calories: 910 Carbs: 130g Fiber: 10g Protein: 53g Fat: 29g Sodium: 930mg	Frittata (4) Fall Harvest Couscous (25) Garden Vegetable Soup (8) Oatmeal Cookie (15) Fresh Pear (29) Milk (12) / Crackers (5) Calories: 795 Carbs: 99g Fiber: 13g Protein: 35g Fat: 43g Sodium: 815mg	Penne & Meat Sauce (29) Italian Mixed Vegetables (6) Seasoned Yellow Squash (4) Yogurt w/granola (21) Coconut Fruit Salad (20) Milk (12) / Garlic Bread (17) Calories: 900 Carbs: 109g Fiber: 10g Protein: 44g Fat: 39g Sodium: 730mg
31-Oct	1-Nov	2-Nov	3-Nov	4-Nov
Beef Chow Mein (29) Sweet & Sour Carrots (32) Oriental Green Beans (7) Vanilla Ice Cream (27) Honeydew (13) Milk (12) Calories: 860 Carbs: 120g Fiber: 12g Protein: 38g Fat: 31g Sodium: 1135mg	Cuban Roasted Pork (2) Rosemary Potatoes (15) Seasoned Asparagus (4) Squash Bisque Soup (15) Peaches (15) Milk (12)/Choc. Banana Bar (24) Calories: 895 Carbs: 93g Fiber: 10g Protein: 46g Fat: 44g Sodium: 515mg	Pasta Primavera (25) Harvard Beets (16) Dinner Roll w/Margarine (22) Sliced Oranges (16) Blueberry Buckle Cake (52) Milk (12) Calories: 865 Carbs: 133g Fiber: 11g Protein: 28g Fat: 32g Sodium: 1170mg	Grilled Chicken on Bun (1) Mexican Corn (17) Steamed Broccoli (3) Peach Crisp (30) Garnish (1) /Condiments (2) Milk (12) Calories: 790 Carbs: 93g Fiber: 15g Protein: 53g Fat: 26g Sodium: 735mg	Baked Ham w/Glaze (11) Roasted Red & Swt Potatoes (19) Green Beans Almondine (7) Cranberry Pear Salad (31) Side Salad w/Dressing (8) Milk (12) / Dinner Roll w/Marg (22) Calories: 730 Carbs: 111g Fiber: 10g Protein: 38g Fat: 22g Sodium: 1070mg

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

MENUS ARE SUBJECT TO CHANGE	Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.	In order to prevent waste, we are on a Reservation System . To Cancel your meal for the day, Please call the day before or the morning of, Before 9:00AM YOU MUST BE HOME TO RECEIVE YOUR MEAL!!! 719-543-0100 For Important Nutrition Information, Please Turn Menu Over
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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.