



SRDA MEALS ON WHEELS MENU November 2022



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| 31-Oct | 1-Nov | 2-Nov | 3-Nov | 4-Nov |
| Beef Pot Pie (23) Zucchini & Tomatoes (5) California Normandy Vegetables (4) Navy Bean Soup (25) /Crackers (4) Fresh Grapes (14) Milk (12) Carbs: 88g Calories: 665 Protein: 38g Fat: 23g Fiber: 11g Sodium: 535mg | Roast Beef w/Brown Gravy (4) Lyonnaise Potatoes (12) Peas & Mushrooms (9) Strawberry/Blueberry Crisp (27) Creamy Pasta Salad (19) Milk (12) /Dinner Roll w/Margarine (13) Carbs: 98g Calories: 870 Protein: 53g Fat: 34g Fiber: 10g Sodium: 725mg | Chili Mac (24) Cheesy Cauliflower (5) Cape Cod Mixed Vegetables (8) Cinnamon Applesauce (10) Butterscotch Pudding (27) Milk (12) Carbs: 88g Calories: 605 Protein: 33g Fat: 17g Fiber: 7g Sodium: 935mg | Chicken Tahitian (12) Sweet & Red Potatoes (19) Rancho Fiesta Vegetable Mix (11) Black Bean Lentil Soup (25) /Crackers (4) Watermelon Cantaloupe Mix (7) Milk (12) /Lemon Pudding (15) Carbs: 106g Calories: 770 Protein: 52g Fat: 19g Fiber: 13g Sodium: 880mg | Chicken Noodle Casserole (26) Italian Mixed Vegetables (6) Broccoli Cheese Soup (13) Pea Salad (8) /Breadstick (14) Coconut Fruit Salad (20) Milk (12) Carbs: 99g Calories: 910 Protein: 53g Fat: 39g Fiber: 11g Sodium: 1,340mg |
| 7-Nov | 8-Nov | 9-Nov | 10-Nov | 11-Nov |
| Turkey & Rice Cheese Casserole (22) Roasted Brussel Sprouts (7) Creole Green Beans (8) Garlic Bread (17) Strawberries w/Applesauce (13) Milk (12) Carbs: 79g Calories: 655 Protein: 32g Fat: 28g Fiber: 10g Sodium: 1,170mg | Pork Green Chili (8) Scandinavian Mixed Vegetables (10) Mexican Corn (17) Waldorf Salad (16) Tortilla (14) /Raisin Nut Cup (21) Milk (12) Carbs: 102g Calories: 750 Protein: 43g Fat: 28g Fiber: 12g Sodium: 550mg | Spaghetti & Meat Sauce (21) Italian Mixed vegetables (5) Winter Mix Vegetables (5) Minestrone Soup (8) Cranberry Pear Salad (31) /Parm. Cheese (1) Milk (12) /Breadstick (14) Carbs: 99g Calories: 685 Protein: 35g Fat: 21g Fiber: 10g Sodium: 1,040mg | Pueblo Beef Stew (17) Cilantro Rice (18) Lima Beans & Carrots (12) Calabacitas (7) Fresh Banana (17) /Cornbread (41) Milk (12) /V-8 Juice (8) Carbs: 134g Calories: 910 Protein: 51g Fat: 23g Fiber: 11g Sodium: 745mg | No Meal Service Today |
| 14-Nov | 15-Nov | 16-Nov | 17-Nov | 18-Nov |
| Hungarian Beef (15) Parslied Pasta (16) Oregon Mixed Vegetables (5) Garden Vegetable Soup (13) /Crackers (4) Fresh Orange (15) Milk (12) Carbs: 86g Calories: 705 Protein: 48g Fat: 23g Fiber: 11g Sodium: 790mg | Ham & Cheese Quiche (23) Orange Glazed Carrots (12) Seasoned Cauliflower (5) Split Pea Soup (20) /Crackers (4) Apple-Fruit Cup (12) Milk (12) Carbs: 89g Calories: 810 Protein: 44g Fat: 34g Fiber: 12g Sodium: 900mg | Chili Con Carne (22) Spanish Rice (19) Seasoned Squash (3) Chilled Apricots (21) Cornbread w/Margarine (41) Milk (12) Carbs: 122g Calories: 815 Protein: 39g Fat: 26g Fiber: 12g Sodium: 1,025mg | Beef Tips w/Mushroom Gravy (8) Cheesy Mashed Potatoes (21) Mixed Vegetables (9) Creamy Coleslaw (10) Banana Chocolate Bar (27) Milk (12) /Dinner Roll w/Margarine (13) Carbs: 99g Calories: 805 Protein: 44g Fat: 28g Fiber: 9g Sodium: 885mg | Dijon Chicken (7) Fall Harvest Couscous (24) Roasted Brussel Sprouts (7) Chicken Gumbo Soup (12) Fresh Banana (17) /Crackers (4) Milk (12) Carbs: 87g Calories: 845 Protein: 47g Fat: 38g Fiber: 9g Sodium: 725mg |
| 21-Nov | 22-Nov | 23-Nov | 24-Nov | 25-Nov |
| Shepard's Pie (29) Winter Mix Vegetables (5) Scandinavian Mixed Vegetables (10) Beef Noodle Soup (9) /Crackers (4) Diced Pears (17) Milk (12) Carbs: 90g Calories: 645 Protein: 40g Fat: 18g Fiber: 11g Sodium: 575mg | Green Pepper Steak (6) Baked Swt. Potato (28) Cheesy Cauliflower (5) Garden Vegetable Soup (7) Vanilla Pudding (27) / Breadstick (14) Milk (12) /Strawberry & Peaches (12) Carbs: 114g Calories: 965 Protein: 43g Fat: 38g Fiber: 9g Sodium: 1,220mg | Roasted Turkey w/Gravy (4) Mashed Potatoes (20) Green Bean Almondine (5) Pumpkin Pie w/Topping (42) Dinner Roll w/Margarine (13) Milk (12) Carbs: 107g Calories: 905 Protein: 43g Fat: 38g Fiber: 7g Sodium: 1,320mg | No Meal Service Today | No Meal Service Today |
| 28-Nov | 29-Nov | 30-Nov | 1-Dec | 2-Dec |
| Sweet & Sour Chicken (15) Fried Rice (19) Oregon Mixed Vegetables (5) Creamy Tomato Soup (9) /Crackers (4) Raisin Nut Cup (21) /Apple (22) Milk (12) Carbs: 112g Calories: 965 Protein: 65g Fat: 35g Fiber: 11g Sodium: 950mg | Tuna Noodle Casserole (26) Harvard Beets (13) Chicken Barley Soup (10) Italian Vegetable Toss (17) Oranges w/Whipped Topping (17) Milk (12) / Breadstick (14) Carbs: 111g Calories: 830 Protein: 50g Fat: 26g Fiber: 15g Sodium: 1,180mg | Pork Sukiyaki (25) Sugar Snap Peas (6) Seasoned Carrots (6) Egg Drop Soup (4) /Crackers (4) Confetti Cottage Cheese w/Nuts (5) Milk (12) / Cherry /Blueberry Crisp (32) Carbs: 99g Calories: 770 Protein: 48g Fat: 26g Fiber: 10g Sodium: 600mg | Meatloaf w/Mushroom Gravy (12) Seasoned Asparagus (2) Seasoned Corn (19) Cream of Mushroom Soup (7) Fresh Apple (22) Milk (12) /Dinner Roll w/Margarine (13) Carbs: 89g Calories: 780 Protein: 45g Fat: 33g Fiber: 12g Sodium: 660mg | Chicken Cacciatore (6) Creole Green Beans (8) Chicken Gumbo Soup (12) Carrot Raisin Salad (12) Blueberry-Fruit Cup (14) Milk (12) /Breadstick (14) Carbs: 80g Calories: 620 Protein: 41g Fat: 19g Fiber: 10g Sodium: 830mg |

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

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| 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.