



# SRDA MEALS ON WHEELS MENU January-23



| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|---|--|--|---|
| 2-Jan   | 3-Jan   | 4-Jan  | 5-Jan  | 6-Jan   |
| <br>(frozen meal to be delivered 12/30)<br>No Meal Service Today   | Hoppin' John (48)<br>(ham, blackeyed peas & rice)<br>Collard Greens (6)<br>Cornbread (19)<br>Strawberry Gelatin (15)<br>Milk (12)<br>Calories: 675<br>Carbs: 100g<br>Fiber: 13g<br>Protein: 21g<br>Fat: 25g<br>Sodium: 1150mg<br><div style="text-align: right;"><b>new</b></div> | Apple Ginger Pork Chop (3)<br>Potatoes Delmonico (14)<br>Sauteed Brussel Sprouts (8)<br>Angel Food Cake (27)<br>Blueberries w/ topping (16)<br>Milk (12) / Dinner Roll (22)<br>Calories: 765<br>Carbs: 102g<br>Fiber: 11g<br>Protein: 44g<br>Fat: 26g<br>Sodium: 825mg<br><div style="text-align: right;"><b>new</b></div> | Meatloaf w/ Gravy (13)<br>Mashed Winter Squash (25)<br>Seasoned Spinach (5)<br>Beef Barley Soup (12)<br>Ambrosia(18)<br>Milk (12) / Cracker (5)<br>Calories: 820<br>Carbs: 90g<br>Fiber: 11g<br>Protein: 47g<br>Fat: 35g<br>Sodium: 1010mg   | Bean Burrito w/Green Chili (62)<br>Cilantro Rice (18)<br>Calabacita (6)<br>Pozole (10)<br>Fresh Banana (26)<br>Milk (12)<br>Calories: 835<br>Carbs: 135g<br>Fiber: 12g<br>Protein: 38g<br>Fat: 21g<br>Sodium: 1160mg  |
| 9-Jan   | 10-Jan  | 11-Jan   | 12-Jan   | 13-Jan  |
| Beef Chow Mein (29)<br>Sweet & Sour Carrots (32)<br>Oriental Green Beans (7)<br>Vanilla Ice Cream (27)<br>Sliced Oranges (11)<br>Milk (12)<br>Calories: 850<br>Carbs: 118g<br>Fiber: 13g<br>Protein: 38g<br>Fat: 31g<br>Sodium: 1110mg  | Tuna Noodle Casserole (26)<br>Harvard Beets (14)<br>Italian Vegetable Toss (17)<br>Chocolate Pudding (6)<br>Sliced Apples (22)<br>Milk (12)<br>Calories: 680<br>Carbs: 97g<br>Fiber: 14g<br>Protein: 39g<br>Fat: 19g<br>Sodium: 990mg   | Roast Beef w/ Rosemary Au Jus<br>Blue Cheese Potatoes (27)<br>Broccoli Florets (5)<br>Roasted Beets (11)<br>Dinner Roll w/ Margarine (22)<br>Milk (12) / Fruit Parfait (14)<br>Calories: 905<br>Carbs: 92g<br>Fiber: 13g<br>Protein: 43g<br>Fat: 47g<br>Sodium: 615mg  | Ham & Potato Casserole (24)<br>Fall Harvest Couscous (25)<br>Capri Mixed Vegetables (6)<br>Summer Fruit Salad (26)<br>Chocolate Cake (41)<br>Milk (12)<br>Calories: 820<br>Carbs: 129g<br>Fiber: 9g<br>Protein: 32g<br>Fat: 25g<br>Sodium: 1045mg<br><div style="text-align: right;"></div> | Chicken Bacon Ceasar Wrap (14)<br>Apple Pear & Walnut Salad (19)<br>Assorted Pudding (6)<br>V-8 juice (8)<br>Milk (12)<br>& Frozen Meal for MLK Day<br>Calories: 610<br>Carbs: 59g<br>Fiber: 8g<br>Protein: 32g<br>Fat: 32g<br>Sodium: 960mg  |
| 16-Jan  | 17-Jan  | 18-Jan   | 19-Jan   | 20-Jan  |
| <br>(frozen meal to be delivered 1/13)<br>No Meal Service Today  | Cuban Roasted Pork (2)<br>Rosemary Potatoes (15)<br>Seasoned Asparagus (4)<br>Squash Bisque Soup (15)<br>Diced Peaches (15)<br>Milk (12)<br>Calories: 895<br>Carbs: 93g<br>Fiber: 10g<br>Protein: 46g<br>Fat: 44g<br>Sodium: 515mg  | Cheese Tortellini w/Sauce (28)<br>Sugar Snap Peas (6)<br>Steamed Carrots (6)<br>Cherry Crisp (36)<br>Mandarin Oranges (15)<br>Milk (12) / Breadstick (14)<br>Calories: 755<br>Carbs: 112g<br>Fiber: 11g<br>Protein: 31g<br>Fat: 22g<br>Sodium: 805mg   | Chicken Alfredo w/pasta (31)<br>Roasted Broccoli (6)<br>Garlic Bread (15)<br>Minestrone Soup (19)<br>Fresh Grapes (18)<br>Milk (12)<br>Calories: 885<br>Carbs: 101g<br>Fiber: 10g<br>Protein: 51g<br>Fat: 36g<br>Sodium: 830mg   | Beef Pot Pie (23)<br>Seasoned Spinach (5)<br>Corn O'Brien (12)<br>Diced Pears (16)<br>Butterscotch Blondie (54)<br>Milk (12)<br>Calories: 975<br>Carbs: 122g<br>Fiber: 9g<br>Protein: 37g<br>Fat: 42g<br>Sodium: 815mg  |
| 23-Jan  | 24-Jan  | 25-Jan   | 26-Jan   | 27-Jan  |
| Baked Ham w/Glaze (11)<br>Roasted Red & Swt Potatoes (19)<br>Green Beans Almondine (7)<br>Cranberry Pear Salad (31)<br>Side Salad w/Dressing (8)<br>Milk (12) / Dinner Roll w/Marg (22)<br>Calories: 730<br>Carbs: 111g<br>Fiber: 10g<br>Protein: 38g<br>Fat: 22g<br>Sodium: 1070mg | Chicken Parmesan (9)<br>Herbed Pasta (20)<br>Brussel Sprouts (11)<br>Tomato Florentine Soup (6)<br>Dinner Roll (22)<br>Milk (12) / Sliced Apple (22)<br>Calories: 800<br>Carbs: 102g<br>Fiber: 15g<br>Protein: 53g<br>Fat: 26g<br>Sodium: 1035mg                                  | Beef Pot Roast<br>Garlic Mashed Potatoes<br>Ratatoulli<br>Peach and Yogurt Parfait<br>Dinner Roll w/Margarine (22)<br>Milk (12)<br>Calories: 775<br>Carbs: 102g<br>Fiber: 10g<br>Protein: 43g<br>Fat: 28g<br>Sodium: 575mg<br><div style="text-align: right;"><b>new</b></div>   | Pecan Crusted Cod (21)<br>Orzo (34)<br>Peas & Mushrooms (13)<br>Dinner Roll w/ Margarine (22)<br>Chocolate Chip Cookie (16)<br>Milk (12) / Cranberry Juice ( )<br>Calories: 1055<br>Carbs: 138g<br>Fiber: 11g<br>Protein: 53g<br>Fat: 39g<br>Sodium: 850mg   | Chicken Tahitian (8)<br>Red Mashed Potatoes (22)<br>Roasted Winter Vegetables (7)<br>Vegetable Soup (9)<br>Fruit-of Choice (15)<br>Milk (12)<br>Calories: 970<br>Carbs: 95g<br>Fiber: 11g<br>Protein: 46g<br>Fat: 51g<br>Sodium: 1025mg<br><div style="text-align: right;"><b>new</b></div> |
| 30-Jan  | 31-Jan  | 1-Feb  | 2-Feb  | 3-Feb   |
| Beef Chili Mac (24)<br>Cheesy Cauliflower (6)<br>Cape Cod Mixed Vegetables (8)<br>Cinnamon Applesauce (11)<br>Butterscotch Pudding (27)<br>Milk (12)<br>Calories: 705<br>Carbs: 86g<br>Fiber: 12g<br>Protein: 38g<br>Fat: 25g<br>Sodium: 710mg                                      | Arroz con Pollo (32)<br>Sugar Snap Peas (7)<br>Mexican Corn (17)<br>Cranberry Apple Crumble (30)<br>Raisin Nut Cup ( 22)<br>Milk (12)<br>Calories: 920<br>Carbs: 159g<br>Fiber: 13g<br>Protein: 41g<br>Fat: 17g<br>Sodium: 380mg*   | Mostaccioli w/ Meatsauce (29)<br>Oven Roasted Vegetables (5)<br>Dinner Roll w/Margarine (22)<br>Orange, Beet & Spinach Salad ( )<br>Diced peaches (14)<br>Milk (12)<br>Calories: 620<br>Carbs: 73g<br>Fiber: 11g<br>Protein: 32g<br>Fat: 28g<br>Sodium: 1165mg   | Mesquite Roasted Turkey (1)<br>Browned Potatoes & Onions (25)<br>Green Peas (13)<br>Dinner Roll w/ Margarine (22)<br>Pumpkin Mousse (44)<br>Milk (12)<br>Calories: 935<br>Carbs: 117g<br>Fiber: 10g<br>Protein: 66g<br>Fat: 28g<br>Sodium: 1150mg  | Pinto Beans & Ham (41)<br>Sweet & Red Potatoes (19)<br>Seasoned Green Beans (6)<br>Cornbread (42) / Apple (22)<br>Broccoli Salad (11)<br>Milk (12)/ Vanilla Pudding (28)<br>Calories: 1080<br>Carbs: 181g<br>Fiber: 21g<br>Protein: 46g<br>Fat: 25g<br>Sodium: 950 mg                       |

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

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| <b>MENUS ARE SUBJECT TO CHANGE</b> | 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 .<br>Please call the day before or the morning of, before <b>9:00 A.M.</b> , to <b>CANCEL</b> your Meal<br><b>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</b><br><b>719-543-0100</b><br><br><b>For Important Nutririon Information, Please Turn Menu Over</b> |
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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.