



SRDA MEALS ON WHEELS MENU 2/1/2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-Feb	2-Feb	3-Feb
		Mostaccioli w/ Meatsauce (29) Oven Roasted Vegetables (5) Dinner Roll w/Margarine (22) Orange, Beet & Spinach Salad (5) Diced peaches (14) Milk (12) Calories: 620 Carbs: 73g Fiber: 11g Protein: 32g Fat: 28g Sodium: 1165mg	Mesquite Roasted Turkey (1) Browned Potatoes & Onions (25) Green Peas (13) Dinner Roll w/ Margarine (22) Pumpkin Mousse (44) Milk (12) Calories: 935 Carbs: 117g Fiber: 10g Protein: 66g Fat: 28g Sodium: 1150mg	Pinto Beans & Ham (39) Sweet & Red Potatoes (19) Seasoned Green Beans (6) Cornbread (42) / Apple (13) Broccoli Salad (11) Milk (12) Calories: 915 Carbs: 142g Fiber: 18g Protein: 42g Fat: 24g Sodium: 980 mg
6-Feb	7-Feb	8-Feb	9-Feb	10-Feb
Cheese Enchiladas (33) Cilantro Rice (18) Hacienda Corn & Black Beans (23) Sliced Oranges (16) Milk (12) Calories: 750 Carbs: 102g Fiber: 13g Protein: 36g Fat: 28g Sodium: 925mg	Beef Tips & Gravy (12) w / Rotini Pasta (34) Lemon Butter Broccoli (10) Garden Veg Soup (8) Fruit Gelatin Parfait (29) Milk (12) / Crackers (5) Calories: 725 Carbs: 110g Fiber: 8g Protein: 45g Fat: 21g Sodium: 655mg	Sloppy Joe Sandwich (21) on Hamburger Bun (27) German Potato Salad (17) Seasoned Spinach (5) Mandarin Oranges (17) Milk (12) Calories: 725 Carbs: 97g Fiber: 11g Protein: 38g Fat: 25g Sodium: 1065mg	Honey Mustard Chicken (10) Potato Au Gratin (23) Roasted Brussel Sprouts (7) Lentil Soup (20) Berry Crisp (27) Milk (12) / Crackers (5) Calories: 955 Carbs: 115g Fiber: 11g Protein: 55g Fat: 36g Sodium: 850mg	Potato Crusted Fish (14) w/Mango Sauce (8) Vegetable Couscous (17) Green Beans Almondine (7) Grape Fruit Cup (17) / Fig Bar (41) Milk (12) / Dinner Roll w/ Marg (22) Calories: 820 Carbs: 119g Fiber: 12g Protein: 47g Fat: 25g Sodium: 795mg
13-Feb	14-Feb	15-Feb	16-Feb	17-Feb
Apple Ginger Pork Chop (3) Potatoes Delmonico (14) Sautéed Brussel Sprouts (8) Vanilla Yogurt w/ Blueberries (14) & Granola Topping (16) Milk (12) / Dinner Roll w/ Marg (22) Calories: 775 Carbs: 89g Fiber: 12g Protein: 48g Fat: 31g Sodium: 590mg	Beef Tacos w/ Corn Tortillas (17) Tomato Cilantro Corn Salad (18) Pinto Beans (20) Pozole (10) Diced Peaches (15) Milk (12) Calories: 730 Carbs: 92g Fiber: 14g Protein: 41g Fat: 28g Sodium: 1100mg	Macaroni & Cheese (40) Green Peas (13) Chef Salad w/Turkey (4) Mango Mix (13) Ranch Dressing (4) /Crackers (5) Milk (12) Calories: 855 Carbs: 92g Fiber: 8g Protein: 48g Fat: 35g Sodium: 940mg	Italian Chicken Orzo (11) Winter Mix Vegetables (7) Baby Roasted Carrots (8) Tomato Florentine Soup (5) Butterscotch Blondie (54) Milk (12) Calories: 925 Carbs: 97g Fiber: 10g Protein: 40g Fat: 48g Sodium: 835mg	Tuna Salad Sandwich (6) w/ 2 Slices WW Bread (22) Crunchy Cucumber Salad (4) Fresh Pear (29) Milk (12) / V8-juice (7) & Frozen Meal for Holiday Calories: 870 Carbs: 89g Fiber: 10g Protein: 42g Fat: 42g Sodium: 970mg
20-Feb	21-Feb	22-Feb	23-Feb	24-Feb
 (frozen meal to be delivered 2/17) No Meal Service Today	Chili Relleno Casserole (10) Seasoned Black Beans (18) Capri Vegetable Mix (12) Pineapple Tidbits (11) w/ Cottage Cheese (4) Milk (12) Calories: 680 Carbs: 70g Fiber: 15g Protein: 54g Fat: 26g Sodium: 1115mg	Chicken Parmesan (16) Pasta w/ marinara (36) Seasoned Asparagus (2) Dinner Roll w/Margarine (22) Cinnamon Apple Slices (19) Milk (12) Calories: 780 Carbs: 107g Fiber: 11g Protein: 38g Fat: 28g Sodium: 1110mg	Beef Pot Roast (5) Garlic Mashed Potatoes (17) Peas & Mushrooms (13) Peach and Yogurt Parfait (34) Dinner Roll w/Margarine (22) Milk (12) Calories: 795 Carbs: 103g Fiber: 11g Protein: 47g Fat: 28g Sodium: 745mg	Citrus & Herb Fish (54) Herbed Rice (25) Seasoned Mixed Vegetables (10) Navy Bean Soup (25) / Crackers (5) Pineapple Cabbage Slaw (11) Milk (12) / Banana (18) Calories: 745 Carbs: 105g Fiber: 10g Protein: 47g Fat: 20g Sodium: 560mg
27-Feb	28-Feb	1-Mar	2-Mar	3-Mar
Chicken Alfredo w/pasta (31) Roasted Broccoli (6) Garlic Bread (15) Minestrone Soup (19) Fresh Grapes (18) Milk (12) Calories: 975 Carbs: 119g Fiber: 10g Protein: 54g Fat: 36g Sodium: 835mg	Bean Burrito (51) w/Green Chili (11) Cilantro Rice (18) Calabacita (6) Fresh Banana (26) Milk (12) Calories: 835 Carbs: 134g Fiber: 12g Protein: 38g Fat: 21g Sodium: 1160mg	Cuban Roasted Pork (2) Rosemary Potatoes (15) Seasoned Asparagus (4) Squash Bisque Soup (15) Diced Peaches (15) Milk (12) / Choc Chip Bar (25) Calories: 895 Carbs: 93g Fiber: 10g Protein: 49g Fat: 36g Sodium: 515mg	Chicken a la Orange (17) Herbed Rice (24) Green Beans (6) Dinner Roll w/Margarine (22) Hummingbird Cake (42) Milk (12) Calories: 1005 Carbs: 137g Fiber: 10g Protein: 51g Fat: 35g Sodium: 990mg	Frittata (4) Fall Harvest Couscous (25) Garden Vegetable Soup (8) Oatmeal Cookie (15) Apple Slices (22) Milk (12) / Crackers (5) Calories: 765 Carbs: 92g Fiber: 11g Protein: 34g Fat: 33g Sodium: 815mg



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.	<p>In order to prevent waste, we are on a Reservation System .</p> <p>Please call the day before or the morning of, before 9:00 A.M., to CANCEL your Meal</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.