



# SRDA MEALS ON WHEELS MENU March-23

It was one  
of those  
*March*  
days when the sun shines hot  
and the wind blows cold:  
when it is summer in the light,  
and winter in the shade.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-Mar	2-Mar	3-Mar
		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
6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
Turkey Tetrazzini (23) Calico Corn (18) Cucumber & Tomato Salad (5) Yogurt w/ granola (24) Diced Pears (17) Milk (12) Calories: 890 Carbs: 110g Fiber: 10g Protein: 41g Fat: 38g Sodium: 1155mg	Beef Teriyaki (8) Fried Rice (23) Green Peas (13) Confetti cake (45) Sliced Strawberries (11) Milk (12) Calories: 815 Carbs: 112g Fiber: 9g Protein: 54g Fat: 22g Sodium: 835mg 	Chicken Tahitian (8) Red Mashed Potatoes (22) Roasted Winter Vegetables (7) Dinner Roll w/Margarine (22) Fruit of Choice (15) Milk (12) Calories: 930 Carbs: 86g Fiber: 10g Protein: 44g Fat: 51g Sodium: 970mg	Slopper w/Green Chili (11) Ranch Beans (26) Creamy Coleslaw (10) Hamburger Bun (27) Fruit Cup w/ Grapes (16) Milk (12) / Garnish (1) Calories: 930 Carbs: 103g Fiber: 13g Protein: 50g Fat: 41g Sodium: 1070mg	Fish w/Vegetable Sauce (3) Rice Pilaf (18) Green Bean Almondine (7) Corn Chowder (25) Apple (22) / Choc Pudding (6) Milk (12) / Dinner Roll (22) Calories: 810 Carbs: 106g Fiber: 10g Protein: 51g Fat: 26g Sodium: 1085mg
13-Mar	14-Mar	15-Mar	16-Mar	17-Mar
Beef Chili Mac (24) Cheesy Cauliflower (6) Cape Cod Mixed Vegetables (8) Cinnamon Applesauce (11) Butterscotch Pudding (27) Milk (12) Calories: 700 Carbs: 97g Fiber: 11g Protein: 33g Fat: 25g Sodium: 1160g	Chicken & Broccoli Casserole (28) Side Salad w/ dressing (11) Sliced Oranges (8) Milk (12) Calories: 650 Carbs: 81g Fiber: 11g Protein: 40g Fat: 24g Sodium: 815mg 	Chicken Bacon Ceasar Wrap (14) Apple Pear & Walnut Salad (19) Assorted Pudding (6) V-8 juice (8) Milk (12) Calories: 610 Carbs: 61g Fiber: 7g Protein: 31g Fat: 32g Sodium: 850mg	Corned Beef & Cabbage Soup (8) Arugula Salad (4) Dinner Roll w/Margarine (22) Fresh Banana (18) Milk (12) Calories: 555 Carbs: 69g Fiber: 10g Protein: 21g Fat: 20g Sodium: 595mg	Macaroni and Cheese (40) Lemon Butter Broccoli (10) Glazed Carrots (17) Mandarin Orange & Banana (17) Cookie (17) Milk (12) Calories: 870 Carbs: 114g Fiber: 10g Protein: 35g Fat: 37g Sodium: 800mg 
20-Mar	21-Mar	22-Mar	23-Mar	24-Mar
Salisbury Steak w/ Gravy (9) Parslied Potatoes (13) Creole Green Beans (8) Cherry Crisp (33) Dinner Roll w/Margarine (22) Milk (12) Calories: 1095 Carbs: 122g Fiber: 15g Protein: 47g Fat: 52g Sodium: 975mg	Pinto Beans & Ham (39) Sweet & Red Potatoes (19) Seasoned Green Beans (6) Cornbread (42) / Fruit Salad Broccoli Salad (11) Milk (12) Calories: 915 Carbs: 142g Fiber: 16g Protein: 42g Fat: 24g Sodium: 980 mg	Chicken Fried Rice (17) Egg Roll (23) Mandarin Stir Fry (6) Egg Drop Soup (4) Strawberries & Peaches (12) Milk (12) / Yogurt w Granola (21) Calories: 785 Carbs: 95g Fiber: 10g Protein: 59g Fat: 22g Sodium: 1015mg	Beef Pot Roast Garlic Mashed Potatoes Ratatoulli Peach and Yogurt Parfait Dinner Roll w/Margarine (22) Milk (12) Calories: 775 Carbs: 102g Fiber: 10g Protein: 43g Fat: 28g Sodium: 575mg	Fish Tacos (30) Calabacita (6) Black Bean & Cilantro Soup (18) Ambrosia Milk (12) Calories: 565 Carbs: 82g Fiber: 10g Protein: 35g Fat: 15g Sodium: 465mg
27-Mar	28-Mar	29-Mar	30-Mar	31-Mar
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	Honey Mustard Chicken (10) Potato Au Gratin (23) Roasted Brussel Sprouts (7) Lentil Soup (20) Berry Crisp (27) Milk (12) / Crackers (5) Calories: 945 Carbs: 116g Fiber: 13g Protein: 55g Fat: 3g Sodium: 880mg	Brunswick Stew (17) Mixed Vegetables (13) Garlic & Cheddar Biscuit (19) Chilled Apricots (15) Raisin Nut Cup (22) Milk (12) Calories: 770 Carbs: 104g Fiber: 13g Protein: 46g Fat: 25g Sodium: 810mg	Chicken Tarragon (6) Penne Pasta (16) Garden Vegetables (5) Side Salad (5) /Crackers (5) Fresh Apple (22) Milk (12) / Italian Dressing (2) Calories: 715 Carbs: 83g Fiber: 10g Protein: 42g Fat: 27g Sodium: 635mg	Vegetable Lasagna (26) Harvard Beets (14) Minestrone Soup (19) with crackers (5) Blueberry Buckle (46) Milk (12) Calories: 835 Carbs: 117g Fiber: 10g Protein: 31g Fat: 31g Sodium: 1560mg*

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

<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.	<p><b>In order to prevent waste, we are on a Reservation System. Please call the day before or the morning of, before 9:00 A.M, to CANCEL your Meal YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</b></p> <p><b>719-543-0100</b></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.