



SRDA MEALS ON WHEELS MENU April-22



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Apr	4-Apr	5-Apr	6-Apr	7-Apr
Pineapple Chicken (20) Fried Rice (23) Vegetable Stir Fry new Egg Roll (14) Fruit Parfait (14) Milk (12) Calories: Carbs: Fiber: Protein: Fat: Sodium:	Tuna Noodle Casserole (26) Harvard Beets (14) Italian Vegetable Toss (17) Chocolate Pudding (6) Sliced Apples (22) Milk (12) Calories: 680 Carbs: 96g Fiber: 14g Protein: 39g Fat: 19g Sodium: 970mg	Beef & Corn Tamale Pie (41) Seasoned Pinto Beans (22) Calabacitas (6) Mandarin Oranges (15) Banana Chocolate Bar (24) Milk (12) Calories: 845 Carbs: 120g Fiber: 13g Protein: 42g Fat: 27g Sodium: 1180mg	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	Baked Ham w/Glaze (11) Roasted Red & Swt Potatoes (19) Cranberry Pear Salad (31) Side Salad w/Dressing (8) Dinner Roll w/Marg (22) Milk (12) Calories: 730 Carbs: 111g Fiber: 10g Protein: 38g Fat: 22g Sodium: 1070mg <div style="text-align: right; border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p style="text-align: center; margin: 0;">GOOD FRIDAY</p> </div>
10-Apr	11-Apr	12-Apr	13-Apr	14-Apr
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: 810g	Egg & Sausage Quiche (23) Bagel (31) w/ Strawberry Cream Cheese (2) Banana (18) Cranberry Juice (18) new Milk (12) Calories: 710 Carbs: 104g Fiber: 7g Protein: 33g Fat: 22g Sodium: 1180mg 	Bruschetta Chicken (8) Risotto (23) Green Peas (13) new Peach Crisp (32) Dinner Roll w/ Margarine (22) Milk (12) Calories: 925 Carbs: 110g Fiber: 10g Protein: 50g Fat: 37g Sodium: 780mg	Salisbury Steak w/ Gravy (9) Mashed Potatoes (17) Creole Green Beans (8) Cherry Crisp (33) Dinner Roll w/Margarine (22) Milk (12) Calories: 720 Carbs: 86g Fiber: 10g Protein: 35g Fat: 32g Sodium: 695mg	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: 37g Sodium: 1145mg
17-Apr	18-Apr	19-Apr	20-Apr	21-Apr
Braised Beef (13) Roasted Rosemary Potatoes (22) Beets & Carrots (10) Sliced Oranges (16) Dinner Roll w/ Margarine (22) Milk (12) new Calories: 745 Carbs: 95g Fiber: 12g Protein: 39g Fat: 29g Sodium: 655mg	Cheese Enchiladas (33) Cilantro Rice (18) Hacienda Corn & Black Beans (23) Peaches w/ Cottage Cheese (18) Milk (12) Calories: 790 Carbs: 104g Fiber: 12g Protein: 41g Fat: 98g Sodium: 1105mg	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	Citrus & Herb Fish (54) Herbed Rice (25) Seasoned Mixed Vegetables (10) Navy Bean Soup (25) / Crackers Pineapple Cabbage Slaw (11) Milk (12) / Banana (18) Calories: 745 Carbs: 105g Fiber: 10g Protein: 47g Fat: 20g Sodium: 560mg	Chicken Parmesan (16) Pasta w/ maranara (36) Brussel Sprouts (11) Dinner Roll w/Margarine (22) Cinnamon Apple Slices (19) Milk (12) Calories: 755 Carbs: 1134 Fiber: 14g Protein: 40g Fat: 20g Sodium: 1025mg
24-Apr	25-Apr	26-Apr	27-Apr	28-Apr
Apple Ginger Pork Chop (3) Potatoes Delmonico (14) Sauteed Spinach (5) Vanilla Yogurt w/ Blueberries (14) & Granola Topping (16) Milk (12) / Dinner Roll w/ Marg (22) Calories: 765 Carbs: 86g Fiber: 11g Protein: 47g Fat: 33g Sodium: 695mg	Chicken Fajita (2) Cilantro Rice (18) Rancho Fiesta Vegetables (11) Fresh Grapes (14) Milk (12) / Tortilla (18) Calories: 780 Carbs: 109g Fiber: 11g Protein: 41g Fat: 24g Sodium: 1235mg	Pork Tips Rice Pilaf Honey Dijon Brussel Sprouts Dinner Roll w/Margarine (22) Apple Fruit Cup (13) Milk (12) / Carrot Cake new Calories: 1040 Carbs: 127 Fiber: 10g Protein: 55g Fat: 41g Sodium: 1210mg 	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	Cheese Tortellini w/Sauce (28) Sugar Snap Peas (6) Side Salad w/ dressing (11) Cherry Crisp (36) Breadstick (14) Milk (12) Calories: 735 Carbs: 119g Fiber: 11g Protein: 28g Fat: 22g Sodium: 795mg

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

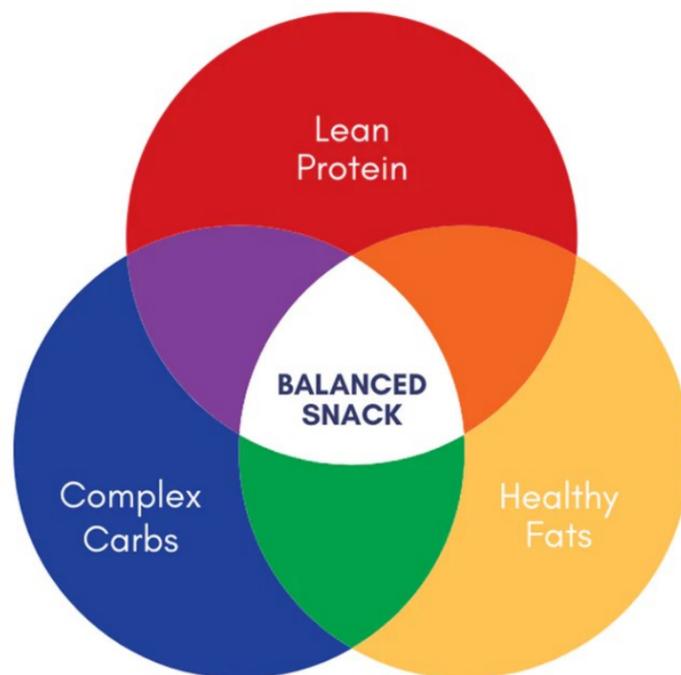
<p>MENUS ARE SUBJECT TO CHANGE</p>	<p>Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.</p>	<p>In order to prevent waste, we are on a Reservation System. Please call the day before or the morning of, before 9:00 A.M, to CANCEL your Meal YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</p> <p>719-543-0100</p> <p>For Important Nutriron 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.

Make your own convenient and ready-to-eat snacks at home:

- Blend your own smoothie by adding 1 cup fat free milk and frozen fruit to a blender.
- Mix 3 cups air-popped popcorn with grated cheese or dried spices.
- Mash an avocado with salsa and eat with whole-grain tortilla chips or spread on a whole wheat tortilla, sprinkle with low-fat cheese, then roll it up and enjoy.
- Slice a medium apple and eat with 1 tablespoon of peanut, almond, or sunflower seed butter.
- Whip up a quesadilla in the microwave using a whole wheat tortilla, ¼ cup black beans, 1-2 tablespoons low-fat cheese and 1 ounce of salsa.
- Top graham crackers with nut or seed butter or dunk them in low-fat vanilla yogurt.
- Cut a whole wheat pita into wedges and serve with 2 tbsp. of hummus or bean dip.
- Make a veggie pizza by topping a whole wheat English muffin or pita with 2 tbsp. tomato sauce, ½ cup diced fresh veggies, and 1oz low-fat mozzarella cheese.
- Create a scrumptious yogurt parfait by layering 6 ounces of fat-free yogurt with ½ cup fresh or frozen fruit, then sprinkle ¼ cup (or less) low-fat granola on top.
- Prepare instant oatmeal using fat-free milk, 1 tablespoon maple syrup, a sprinkle of cinnamon, and ¼ cup dried fruit.

Balanced snacks help you feel more satisfied between meals.



April 2023

Nutrition Education

All meals provided to our Meals on Wheels and Congregate Meal recipients, meet 1/3 RDA and Dietary Guideline for Americans 2020-2025 recommendations. Which means - it is important to plan to have two other meals throughout the day to meet 100% of your nutritional needs. Check out our recipe corner each month for a new quick, easy, and affordable recipe.

Eat Right

Smart Snacking Tips from The Academy of Nutrition and Dietetics

Snacks can fit into a healthy eating plan and provide an energy boost between meals if they're planned right. Choosing nutritious foods from the MyPlate food groups can help increase variety and reduce sources of empty calories and added sugars. Find the right snack for your eating style and activity level. Keeping snacks to 200 calories or less can be a reasonable goal for most people. Adults who eat smaller meals throughout the day may want to aim for 200 to 300 calories per snack.

Make snacking a smart and healthy habit by:

- **Snacking only when you're hungry.** Eating out of boredom or for emotional reasons can lead to unintentional weight gain. Rate your hunger before reaching for a snack and avoid mindless eating.
- **Having snacks planned and portioned out ahead of time.** Fixing snacks in advance, like washed and cut up fruits and vegetables, air-popped popcorn, and low-fat cheese, can save time later on and help make healthier snack choices
- **Practicing food safety.** Keep perishable foods refrigerated or in a cooler bag with ice packs to help reduce the risk of food poisoning.

Make snacking simple by choosing different fruits and vegetables, depending on what is in season or on sale. Fresh, frozen, canned, or dried are all good options. Compare labels to limit items high in sodium, saturated fat and added sugars. Keep your snacking lively by including snacks that contain grains, especially whole grains, lean protein and healthy fats. Some examples include fat-free yogurt with fruit, whole-grain crackers with low-fat cheese, or raw veggies with hummus. Making sure to have balanced snacks by eating different combinations of foods can be very satisfying and will help to curb hunger. Snacks that include fruit can also satisfy a craving for something sweet.