



SRDA MEALS ON WHEELS MENU June 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1-Jun	2-Jun
			Chicken Orzo w /Artichoke (11) Roasted Cauliflower (5) Hawaiian Asparagus (3) Chicken Barley Soup (10) Nilla Wafers (22) /Banana Pudding (31) Milk (12) / Blueberry Fruit Cup (14) Calories: 970 Carbs: 108g Fiber: 10g Protein: 56g Fat: 39g Sodium: 1060mg	Pineapple Chicken (20) Fried Rice (23) Vegetable Stir Fry (7) Egg Roll (14) Fruit Parfait (14) Milk (12) Calories: 680 Carbs: 93g Fiber: 10g Protein: 45g Fat: 21g Sodium: 710mg <div style="text-align: right;"></div>
5-Jun	6-Jun	7-Jun	8-Jun	9-Jun
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	Chicken Alfredo w/pasta (31) Roasted Broccoli (6) Garlic Bread (15) Minestrone Soup (19) Fresh Grapes (18) Milk (12) Calories: 975 Carbs: 114g Fiber: 10g Protein: 52g Fat: 39g Sodium: 850mg	Pork Tips Rice Pilaf Honey Dijon Brussel Sprouts Dinner Roll w/Margarine (22) Apple Fruit Cup (13) Milk (12) / Carrot Cake Calories: 1040 Carbs: 127 Fiber: 10g Protein: 55g Fat: 41g Sodium: 1210mg <div style="text-align: center;"></div>	Chicken Tarragon (6) Penne Pasta (16) Garden Vegetables (5) Side Salad (5) /Crackers (5) Fresh Apple (22) Milk (12) / Italian Dressing (2) Calories: 815 Carbs: 91g Fiber: 10g Protein: 46g Fat: 33g Sodium: 620mg	Potato Crusted Fish (14) w/Mango Sauce (8) Vegetable Couscous (17) Green Beans Almondine (7) Grape Fruit Cup (17) / Fig Bar (4) Milk (12) / Dinner Roll w/ Marg (2) Calories: 840 Carbs: 123g Fiber: 13g Protein: 48g Fat: 25g Sodium: 835mg
12-Jun	13-Jun	14-Jun	15-Jun	16-Jun
Vegetable Lasagna (10) Harvard Beets (13) Broccoli Walnut Parmesan (5) Fresh Pear, sliced (14) Garlic Bread (17) Milk (12) Calories: 560 Carbs: 71g Fiber: 11g Protein: 22g Fat: 25g Sodium: 1,015mg	Beef Picadillo (12) Steamed Rice (19) Sugar Snap Peas (7) Cornbread (42)/Black Bean Soup Orange, sliced (16) Milk (12) Calories: 895 Carbs: 127g Fiber: 14g Protein: 40g Fat: 31g Sodium: 610mg	Polish Sausage (5) w/ Bun Roasted Rosemary Potatoes (22) Creole Green Beans (5) Tomato Cucumber Salad (4) Fresh Banana (17) Milk (12) /Mustard Pkt. (1) Calories: 960 Carbs: 88g Fiber: 8g Protein: 32g Fat: 59g Sodium: 1505mg*	Chicken Fajita (2) Cilantro Rice (18) Rancho Fiesta Vegetables (11) Tortilla (18) / Pic de Gallo (3) Fresh Grapes (14) Milk (12) Calories: 960 Carbs: 132g Fiber: 14g Protein: 47g Fat: 30g Sodium: 545mg	Tuna Salad on WW Bread () Broccoli Salad (11) Fresh Pear (29) Chips (19) Milk (12) & Frozen Meal for 6/19 Calories: 890 Carbs: 98g Fiber: 13g Protein: 43g Fat: 33g Sodium: 1045mg
19-Jun	20-Jun	21-Jun	22-Jun	23-Jun
<div style="text-align: center;"></div> <p style="text-align: center;">No Meal Service Today</p>	Stuffed Bell Peppers (21) Mexican Corn (17) Seasoned Green Beans (6) Apple Slices (17) Oatmeal Raisin Cookie (47) Milk (12) Calories: 755 Carbs: 123g Fiber: 13g Protein: 24g Fat: 10g Sodium: 900mg	Chuck Wagon Steak (14) w/ gra Noodles Romanoff w/peas () Calico Cabbage Cinnamon Applesauce Dinner Roll w/Marg (22) Milk (12) / Cookie (17) Calories: 1005 Carbs: 126g Fiber: 11g Protein: 39g Fat: 45g Sodium: 1100mg	Marinated Chicken (2) Roasted Red Potatoes (17) Baby Carrots w/ Dill (8) Italian Vegetable Toss (17) Berry Cobbler (33) Milk (12) Calories: 870 Carbs: 91g Fiber: 12g Protein: 47g Fat: 39g Sodium: 795mg	Mostaccioli w/ Meatsauce (29) Oven Roasted Vegetables (5) Dinner Roll w/Margarine (22) Orange, Beet & Spinach Salad (5) Diced peaches (14) Milk (12) Calories: 610 Carbs: 73g Fiber: 11g Protein: 32g Fat: 28g Sodium: 1165mg
26-Jun	27-Jun	28-Jun	29-Jun	30-Jun
Turkey Tetraxini (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	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 <div style="text-align: center;"></div>	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 Salad on Corissant (27) Strawberry Spinach Salad (10) Cookie (41) Jello (15) & Frozen Meal for 4/3 Milk (12) Calories: 930 Carbs: 105g Fiber: 6g Protein: 36g Fat: 46g Sodium: 1200mg	Chicken Bacon Ceasar Wrap (14) Apple Pear & Walnut Salad (19) Assorted Pudding (6) V-8 juice (8) / Sun Chips (19) & Frozen Meal for 4/4 Milk (12) Calories: 720 Carbs: 76g Fiber: 11g Protein: 35g Fat: 30g Sodium: 1015mg

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 style="font-size: 1.2em;">719-543-0100</p> <p>For Important Nutririon 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.