



**SRDA
MEALS ON WHEELS MENU
July 2023**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Coming Soon to our Joseph Edwards Congregate Meal Site: Soup and Salad Alternate Meal Option				

3-Jul	4-Jul	5-Jul	6-Jul	7-Jul
 No Meal Service Monday or Tuesday		Pulled Pork Sandwich (13) on Hamburger Bun (27) Ranch Beans (26) Claremont Salad (5) Apple Fruit Cup (13) Milk (12) Calories: 740 Carbs: 119g Fiber: 12g Protein: 42g Fat: 17g Sodium: 1435mg	Bean Burrito (51) w/Green Chili (11) Cilantro Rice (18) Rancho Fiesta Vegetables (11) Sliced Orange (8) Milk (12) Calories: 730 Carbs: 110g Fiber: 14g Protein: 32g Fat: 21g Sodium: 815mg	Citrus & Herb Fish (54) Brown & Wild Rice Pilaf (38) Peas & carrots (10) Vegetable Spinach Soup (14) Ambrosia (20) / Crackers (5) Milk (12) Calories: 745 Carbs: 104g Fiber: 10g Protein: 44g Fat: 21g Sodium: 785mg
10-Jul	11-Jul	12-Jul	13-Jul	14-Jul
Hamburger on Bun (27) German Potato Salad (17) Lettuce, Tom, Onion (7) Ketchup & Mustard Chocolate ice cream (19) Milk (12) / Cantaloupe (3) Calories: 905 Carbs: 101g Fiber: 11g Protein: 53g Fat: 37g Sodium: 750mg	Chicken Greek Salad (3) Mediterranean Brown Rice (9) Parm Baked Zucchini (6) Broccoli & Cheese Soup (13) Diced pears (16) Milk (12) / Dinner Roll (22) Calories: 730 Carbs: 81g Fiber: 10g Protein: 40g Fat: 33g Sodium: 950mg	Pasta Tortelloni Primavera (72) Roasted Winter Veggies (7) Berry Crisp (18) Breadstick (20) Apple Juice (14) Milk (12) Calories: 1000 Carbs: 119g Fiber: 11g Protein: 34g Fat: 47g Sodium: 1020mg	Chicken Fried Rice (17) Egg Roll (23) Mandarin Stir Fry (6) Strawberries & Peaches (12) Yogurt w Granola (21) Milk (12) Calories: 970 Carbs: 89g Fiber: 10g Protein: 64g Fat: 43g Sodium: 780mg	Swiss Steak w/ Tomatoes (12) Roasted Potatoes (22) Sautéed Mushrooms (4) Dinner Roll w/Marg (22) Grape Fruit Cup (19) Milk (12) Calories: 745 Carbs: 193g Fiber: 10g Protein: 37g Fat: 31g Sodium: 615mg
17-Jul	18-Jul	19-Jul	20-Jul	21-Jul
Beef Chili Mac (24) Cheesy Cauliflower (6) Cape Cod Mixed Vegetables (8) Cinnamon Applesauce (11) Butterscotch Pudding (27) Milk (12) Calories: 700 Carbs: 96g Fiber: 11g Protein: 33g Fat: 25g Sodium: 810g	Honey Mustard Chicken (10) Potato Au Gratin (23) Roasted Brussel Sprouts (7) Lentil Soup (20) Red White & Blueberry Salad (2) Milk (12) / Crackers (5) Calories: 795 Carbs: 101g Fiber: 11g Protein: 52g Fat: 27g Sodium: 730mg	Fish w/Vegetable Sauce (3) Rice Pilaf (18) Green Bean Almondine (7) Chocolate Pudding (6) Apple (22) Milk (12) / Dinner Roll (22) Calories: 630 Carbs: 81g Fiber: 10g Protein: 4g Fat: 19g Sodium: 755mg	Shepard's Pie (30) Seasoned Spinach (5) Corn O'Brien (12) Diced Peaches (15) Confetti Birthday Cake (40) Milk (12) Calories: 850 Carbs: 105g Fiber: 9g Protein: 38g Fat: 32g Sodium: 975mg	Chef Salad (Turkey & Egg) w/ Italian Dressing (12) Navy Bean Soup (26) Cinnamon Roll (31) w/ Raisins (45) Milk (12) / Crackers (5) Calories: 1005 Carbs: 138g Fiber: 10g Protein: 44g Fat: 38g Sodium: 705mg
24-Jul	25-Jul	26-Jul	27-Jul	28-Jul
Beef Chow Mein (29) Sweet & Sour Carrots (32) Oriental Green Beans (7) Vanilla Ice Cream (27) Sliced Oranges (11) Milk (12) Calories: 915 Carbs: 126g Fiber: 14g Protein: 48g Fat: 29g Sodium: 1110mg	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	Roasted Pork Loin (1) w/Apple Chutney (11) Rice Pilaf (18) Seasoned Asparagus (2) Heavenly Hash (21) Milk (12) / Dinner Roll (22) Calories: 780 Carbs: 97g Fiber: 10g Protein: 43g Fat: 31g Sodium: 695mg	Polish Sausage (5) w/ Bun Roasted Rosemary Potatoes (22) Cabbage & Carrots (10) Tomato Cucumber Salad (4) Fresh Banana (17) Milk (12) / Mustard Pkt. (1) Calories: 940 Carbs: 86g Fiber: 8g Protein: 33g Fat: 57g Sodium: 1595mg*	Southwest Chicken Wrap (30) Baked potato chips (16) Garden Vegetable Soup (8) Peaches w/ cottage cheese (18) Milk (12) Calories: 710 Carbs: 87g Fiber: 46g Protein: 42g Fat: 19g Sodium: 1200mg

IMPORTANT INFORMATION: Numbers in parentheses next to each meal item indicate the number of carbohydrates in grams for that item.
 *reassessing recipe for accuracy, estimating sodium to be between 1000-1200 for meal

MENUS ARE SUBJECT TO CHANGE	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 . To Cancel your meal for the day, Please call the day before or the morning of, before 9:00 A.M. YOU MUST BE HOME TO RECEIVE YOUR MEAL!!! 719-543-0100 For Important Nutrition Information, Please Turn Menu Over
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Consumers attending the congregated 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.