



SRDA MEALS ON WHEELS MENU August 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31-Jul	1-Aug	2-Aug	3-Aug	4-Aug
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	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	Chicken Tarragon (6) Penne Pasta (16) Garden Vegetables (5) Side Salad (5) /Crackers (5) Sliced Apples (22) Milk (12) / Italian Dressing (2) Calories: 765 Carbs: 89g Fiber: 10g Protein: 48g Fat: 27g Sodium: 620mg	Cuban Roasted Pork (2) Rosemary Potatoes (15) Seasoned Asparagus (4) Squash Bisque Soup (15) Pineapple w/ Strawberries (18) Milk (12) / Choc Chip Bar (25) Calories: 905 Carbs: 97g Fiber: 10g Protein: 46g Fat: 44g Sodium: 510mg	Tuna Salad on WW Bread () Broccoli Salad (11) Fresh Pear (29) Chips (19) Milk (12) & Frozen Meal for Holiday Calories: 780 Carbs: 101g Fiber: 12g Protein: 43g Fat: 26g Sodium: 1140mg
7-Aug	8-Aug	9-Aug	10-Aug	11-Aug
 COLORADO DAY (observed) No Meal Service Today	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	Marinated Chicken (2) Roasted Red Potatoes (17) Baby Carrots w/ Dill (8) Italian Vegetable Toss (17) Berry Cobbler (33) Milk (12) Calories: 750 Carbs: 87g Fiber: 12g Protein: 38g Fat: 31g Sodium: 660mg	Egg Salad Sandwich (5) Carrot & Raisin Salad (18) Broccoli & Cheese Soup (13) Strawberries & Applesauce (12) 2 Slices Bread (22) Milk (12) Calories: 725 Carbs: 81g Fiber: 12g Protein: 33g Fat: 36g Sodium: 1210mg	Baked Salmon Dijon (12) Herbed Potatoes (22) Seasoned Spinach (5) Apple Fruit Cup Mini Butter Croissant (13) Milk (12) Calories: 600 Carbs: 81 g Fiber: 8g Protein: 24g Fat: 24g Sodium: 780mg
14-Aug	15-Aug	16-Aug	17-Aug	18-Aug
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	Open Faced Hot Turkey Sandwich w/Gravy (13) Vegetable CousCous (16) Seasoned Asparagus (2) Apple Fruit-Cup (11) Milk (12) Calories: Carbs: Fiber: Protein: Fat: Sodium:	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	Chili Relleno Casserole (10) Seasoned Black Beans (22) Vegetable Blend (12) Pineapple Chunks (18) Applesauce Cake (67) Milk (12) Calories: 940 Carbs: 142g Fiber: 15g Protein: 41g Fat: 29g Sodium: 945mg	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: 765 Carbs: 89g Fiber: 12g Protein: 47g Fat: 31g Sodium: 560mg
21-Aug	22-Aug	23-Aug	24-Aug	25-Aug
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: 1135mg	Slopper w/Green Chili (11) Ranch Beans (26) Creamy Coleslaw (10) Hamburger Bun (27) Fruit Cup w/ Grapes (16) Milk (12) / Garnish (1) Calories: 960 Carbs: 109g Fiber: 13g Protein: 53g Fat: 41g Sodium: 870mg	Manicotti (18) Seasoned Spinach (6) Side Salad (5) /Crackers (4) Raspberry Vin. Dressing (9) Apricots (22) Milk (12) Calories: 635 Carbs: 97g Fiber: 15g Protein: 26g Fat: 20g Sodium: 1180mg	Brunswick Stew (17) Mixed Vegetables (13) Garlic & Cheddar Biscuit (19) Chilled Apricots (15) Raisin Nut Cup (22) Milk (12) Calories: 800 Carbs: 104g Fiber: 13g Protein: 48g Fat: 28g Sodium: 810mg	Potato Crusted Fish (14) w/Mango Sauce (8) Vegetable Couscous (17) Green Beans Almondine (7) Fruit Cocktail (15) / Fig Bar (41) Milk (12) / Dinner Roll w/ Marg (22) Calories: 800 Carbs: 118g Fiber: 11g Protein: 46g Fat: 23g Sodium: 785mg
28-Aug	29-Aug	30-Aug	31-Aug	
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: 755 Carbs: 110g Fiber: 8g Protein: 45g Fat: 19g Sodium: 675mg	Beef Tacos w/ Corn Tortillas (17) Tomato Cilantro Corn Salad (18) Pinto Beans (20) Pozole (10) Sliced Oranges (8) Milk (12) Calories: 660 Carbs: 82g Fiber: 13g Protein: 41g Fat: 24g Sodium: 910mg	Pineapple Chicken (20) Fried Rice (23) Vegetable Stir Fry (7) Egg Roll (14) Peach and Yogurt Parfait Milk (12) Calories: 730 Carbs: 110g Fiber: 10g Protein: 51g Fat: 16g Sodium: 770mg	Beef Pot Roast Garlic Mashed Potatoes Peas & Mushrooms (13) Banana Pudding Parfait (50) Dinner Roll w/Margarine (22) Milk (12) Calories: 965 Carbs: 119g Fiber: 11g Protein: 54g Fat: 35g Sodium: 915mg	

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

<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 .</p> <p>To Cancel your meal for the day, Please call the day before or the morning of, before 9:00 A.M.</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.