



SRDA MEALS ON WHEELS MENU September 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1-Sep
				Chicken Salad on Croissant (27) Apple Pear & Walnut Salad (19) Assorted Pudding (6) V-8 juice (8) / Sun Chips (19) Frozen Meal for Holiday Milk (12) Calories: 815 Carbs: 76g Fiber: 11g Protein: 37g Fat: 32g Sodium: 835mg
4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
 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	Chicken Orzo w /Artichoke (11) Roasted Cauliflower (5) Baby Carrots(8) Mushroom Barley Soup (5) Nilla Wafers (22) /Banana Pudding (31) Milk (12) / Blueberry Fruit Cup (14) Calories: 890 Carbs: 111g Fiber: 11g Protein: 37g Fat: 41g Sodium: 1055mg	Pork Tips (3) Rice Pilaf (18) Honey Dijon Brussel Sprouts Dinner Roll w/Margarine (22) Apple Fruit Cup (13) Milk (12) / Carrot Cake (46) Calories: 1035 Carbs: 123 Fiber: 10g Protein: 53g Fat: 42g Sodium: 1100mg 	Penne w/ Meat Sauce (29) Italian Mixed Vegetables (5) Garlic Bread (16) Mand Oranges & Bananas (18) Butterscotch Blondie (51) Milk (12) Calories: 110 Carbs: 138g Fiber: 12g Protein: 416g Fat: 46g Sodium: 665mg
11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
Chicken Tarragon (6) Penne Pasta (16) Garden Vegetables (5) Side Salad (5) w/ dressing (2) Sliced Oranges (8) Milk (12) / Pudding (25) Calories: 865 Carbs: 109g Fiber: 10g Protein: 44g Fat: 31g Sodium: 605mg	Pulled Pork Sandwich (13) on Hamburger Bun (27) Scalloped Potatoes (15) Rancho Fiesta Vegetables (11) Claremont Salad (5) Milk (12) /Apple Fruit Cup (13) Calories: 695 Carbs: 90g Fiber: 14g Protein: 46g Fat: 20g Sodium: 1235mg	Frittata (4) Fall Harvest Couscous (25) Split Pea Soup (20) Pineapple chnks (20) Applesauce Cake (65) Milk (12) / Crackers (5) Calories: 1040 Carbs: 147g Fiber: 11g Protein: 41g Fat: 39g Sodium: 850mg	Bruschetta Chicken (8) Risotto (23) Green Peas (13) Peach Crisp (32) / Ice Cream (2) Dinner Roll w/ Margarine (22) Milk (12) Calories: 1115 Carbs: 137g Fiber: 11g Protein: 48g Fat: 46g Sodium: 835mg	Fish Tacos (30) Calabacita (6) Cilantro Rice (18) Pozole (18) Ambrosia (18) Milk (12) Calories: 695 Carbs: 99g Fiber: 10g Protein: 42g Fat: 20g Sodium: 850mg
18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
Pork Diablo (7) Mashed Potatoes (27) Steamed Carrots (6) Side Salad (5) Fresh Banana (17) Milk (12) / Ranch Dressing (2) Calories: 630 Carbs: 77g Fiber: 9g Protein: 34g Fat: 25g Sodium: 500mg	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	Beef Picadillo (12) Steamed Rice (19) Sugar Snap Peas (7) Cornbread (42)/Black Bean Soup Orange, sliced (16) Milk (12) Calories: 890 Carbs: 123g Fiber: 13g Protein: 40g Fat: 31g Sodium: 495mg*	Tuna Noodle Casserole (26) Harvard Beets (14) Italian Vegetable Toss (17) Chocolate Pudding (6) Orge Juice (15) Milk (12) Calories: 60 Carbs: 90g Fiber: 10g Protein: 40g Fat: 19g Sodium: 1000mg	Meatloaf w/ Gravy (13) Cheesy Potato Pearls (18) Seasoned Spinach (5) Heavenly Hash () Milk (12) Calories: 670 Carbs: 86g Fiber: 10g Protein: 47g Fat: 35g Sodium: 780mg
25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
Manicotti (18) Seasoned Asparagus (8) Tomato Cucumber Salad (5) Whole Wheat Breadstick Apricots (22) Milk (12) Calories: 885 Carbs: 96g Fiber: 10g Protein: 43g Fat: 41g Sodium: 1005mg	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	Fish w/Vegetable Sauce (3) Rice Pilaf (18) Green Bean Almondine (7) Corn Chowder (25) Choc Pudding (6) Milk (12) / Dinner Roll (22) Calories: 800 Carbs: 106g Fiber: 10g Protein: 51g Fat: 26g Sodium: 1115mg	Salisbury Steak w/ Gravy (9) Roasted Red Potatoes (19) Lemon Butter Broccoli (10) Cherry Crisp (33) Dinner Roll w/Margarine (22) Milk (12) Calories: 750 Carbs: 90g Fiber: 10g Protein: 37g Fat: 34g Sodium: 685mg	Tuna Salad on WW Bread () Broccoli Salad (11) Fresh Pear (29) Chips (19) Milk (12) Calories: 890 Carbs: 98g Fiber: 13g Protein: 43g Fat: 33g Sodium: 1045mg

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

<h2 style="margin: 0;">MENUS ARE SUBJECT TO CHANGE</h2>	<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 . 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</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.