



# SRDA MEALS ON WHEELS MENU October 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
Brunswick Stew (17) Mixed Vegetables (13) Garlic & Cheddar Biscuit (19) Chilled Apricots (15) Oatmeal Cookie Milk (12) Calories: 800 Carbs: 104g Fiber: 13g Protein: 48g Fat: 28g Sodium: 810mg	Marinated Chicken (2) Roasted Red Potatoes (17) Brussel Sprouts Italian Vegetable Toss (17) Berry Cobbler (33) Milk (12) Calories: 750 Carbs: 87g Fiber: 12g Protein: 38g Fat: 31g Sodium: 660mg	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	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 	Chicken Bacon Ceasar Wrap (14) Apple Pear & Walnut Salad (19) Assorted Pudding (6) V-8 juice (8) / Sun Chips (19) & Frozen Meal for 10/9 Milk (12) Calories: 720 Carbs: 76g Fiber: 11g Protein: 35g Fat: 30g Sodium: 1015mg
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
 No Meal Service Today frozen meal to be delivered on 10/6	Sloppy Joe Sandwich (19) on Hamburger Bun (27) German Potato Salad (17) Broccoli Mandarin Oranges (25) Milk (12) Calories: 725 Carbs: 97g Fiber: 11g Protein: 38g Fat: 25g Sodium: 1065mg	Chicken Scallopini (5) Rice Pilaf (17) Asparagus Veg Florentine Soup (13) Apple Fruit Cup (12) Milk (12) / Crackers (5) Calories: 735 Carbs: 85g Fiber: 10g Protein: 37g Fat: 30g Sodium: 895mg	Cheese Tortellini w/Sauce (28) Sugar Snap Peas (6) Steamed Carrots (6) Cherry Crisp (36) Mandarin Oranges (15) Milk (12) / Breadstick (14) Calories: 735 Carbs: 112g Fiber: 11g Protein: 31g Fat: 22g Sodium: 795mg	Arroz con Pollo (32) Sugar Snap Peas (7) Mexican Corn (17) Cranberry Apple Crumble (30) Raisin Nut Cup (22) Milk (12) Calories: 920 Carbs: 159g Fiber: 13g Protein: 41g Fat: 17g Sodium: 380mg*
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
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	French Onion Pork Chop (12) Herbed Rice (25) Honey Glazed Carrots (17) Dinner Roll w/margarine (22) Pineapple Tid Bits (10) Milk (12) / Choc. Banana Bar (24) Calories: 915 Carbs: 120g Fiber: 13g Protein: 52g Fat: 31g Sodium: 850mg	Chicken Fajitas (6) Spanish Rice (19) Rancho Fiesta Vegetables (11) Black Bean & Cilantro Soup Corn Tortillas (2/each) Milk (12) / Melon, assorted (12) Calories: 840 Carbs: 132g Fiber: 13g Protein: 46g Fat: 20g Sodium: 1215mg	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	Red Beans and Rice (19) Seasoned Spinach (5) Hot Fruit Compote (21) Cornbread w/ margarine (42) Side Salad w/ vingigrette (5) Milk (12) Calories: 735 Carbs: 104g Fiber: 10g Protein: 25g Fat: 30g Sodium: 905mg
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
Beef Chow Mein (29) Sweet & Sour Carrots (32) Oriental Green Beans (7) Vanilla Ice Cream (27) Sliced Oranges (11) Milk (12) Calories: 850 Carbs: 118g Fiber: 13g Protein: 38g Fat: 31g Sodium: 1110mg	Pork Tips Roasted Rosemary Potatoes (22) 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	Herbed Baked Chicken (2) Rice Pilaf w/Mushrooms (18) Seasoned Succotash (13) Carrot & Swt. Potato Soup (17) Dinner Roll (22) Milk (12) /Smore Pudding (42) Calories: 940 Carbs: 13g Fiber: 10g Protein: 53g Fat: 21g Sodium: 950mg	Beef Pot Pie (23) Califlower Corn O'Brien (11) Fresh Pear (29) Butterscotch Blondie (54) Milk (12) / Juice (15) Calories: 1085 Carbs: 150g Fiber: 13g Protein: 38g Fat: 42g Sodium: 830mg	Chicken Parmesan (16) Pasta w/ maranara (36) Brussel Sprouts (11) Dinner Roll w/Margarine (22) Cinnamon Apple Slices (19) Milk (12) Calories: 825 Carbs: 113g Fiber: 14g Protein: 39g Fat: 30g Sodium: 1105mg
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
Roast Beef w/ Rosemary Au Jus Blue Cheese Potatoes (27) Broccoli Florets (5) Roasted Beets (11) Garlic Bread(16) Milk (12) / Fruit Parfait (14) Calories: 905 Carbs: 92g Fiber: 13g Protein: 43g Fat: 47g Sodium: 615mg	Grilled Chicken on Bun (1) Italian Vegetable Toss (17) Steamed Broccoli (3) Peach Crisp (30) Garnish (1) /Condiments (2) Milk (12) Calories: 780 Carbs: 92g Fiber: 14g Protein: 53g Fat: 26g Sodium: 735mg	Citrus & Herb Fish (54) Brown & Wild Rice Pilaf (38) Peas & carrots (10) Garden Vegetable Soup (8) Ambrosia (20) / Crackers (5) Milk (12) Calories: 745 Carbs: 104g Fiber: 10g Protein: 44g Fat: 21g Sodium: 785mg	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	Bean Burrito (51) w/Green Chili (11) Cilantro Rice (18) Rancho Fiesta Vegetables (11) Fruit Cup w/ Grapes (16) Milk (12) Calories: 730 Carbs: 110g Fiber: 14g Protein: 32g Fat: 21g Sodium: 815mg

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

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