



# SRDA MEALS ON WHEELS MENU November 2023



| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
|  |   | <b>1-Nov</b>   | <b>2-Nov</b>  | <b>3-Nov</b>   |
|  |   | Citrus & Herb Fish (54)<br>Brown & Wild Rice Pilaf (38)<br>Peas & carrots (10)<br><b>Garden Vegetable Soup (8)</b><br>Ambrosia (20) / Crackers (5)<br>Milk (12)<br>Calories: 745<br>Carbs: 104g<br>Fiber: 10g<br>Protein: 44g<br>Fat: 21g<br>Sodium: 785mg | Baked Ham w/Glaze (11)<br>Roasted Red & Swt Potatoes (19)<br>Cranberry Pear Salad (31)<br>Side Salad w/Dressing (8)<br>Dinner Roll w/Marg (22)<br>Milk (12)<br>Calories: 730<br>Carbs: 111g<br>Fiber: 10g<br>Protein: 38g<br>Fat: 22g<br>Sodium: 1070mg | Bean Burrito (51)<br>w/Green Chili (11)<br>Cilantro Rice (18)<br>Rancho Fiesta Vegetables (11)<br>Fruit-Cup w/ Grapes (16)<br>Milk (12)<br>Calories: 730<br>Carbs: 110g<br>Fiber: 14g<br>Protein: 32g<br>Fat: 21g<br>Sodium: 815mg                               |
|  |   | <b>6-Nov</b>   | <b>7-Nov</b>  | <b>8-Nov</b>   |
| Pecan Crusted Cod (21)<br>Orzo (34)<br>Peas & Mushrooms (13)<br>Dinner Roll w/ Margarine (22)<br>Chocolate Chip Cookie (16)<br>Milk (12)<br>Calories: 970<br>Carbs: 120g<br>Fiber: 11g<br>Protein: 49g<br>Fat: 38g<br>Sodium: 840mg                      | Pueblo Beef Stew (17)<br>Cilantro Rice (18)<br>Calabacitas (6)<br>Mexican Cornbread (17)<br>Pear Crisp (41)<br>Milk (12)<br>Calories: 795<br>Carbs: 111g<br>Fiber: 10g<br>Protein: 40g<br>Fat: 25g<br>Sodium: 815mg   | Lasagna - meat (28)<br>Brussel Sprouts (8)<br>Garlic Bread (15)<br>Minestrone Soup (18)<br>Oranges w/ whipped topping (18)<br>Milk (12)<br>Calories: 780<br>Carbs: 99g<br>Fiber: 14g<br>Protein: 43g<br>Fat: 29g<br>Sodium: 1170mg                         | Chicken Bacon Ceasar Wrap (14)<br>Apple Pear & Walnut Salad (19)<br>Assorted Pudding (6)<br>Sun Chips (19)<br>Milk (12)<br>& Frozen Holiday Meal<br>Calories: 720<br>Carbs: 76g<br>Fiber: 11g<br>Protein: 35g<br>Fat: 30g<br>Sodium: 1015mg             | <br>(observed)<br>No Meal Service Today<br>(frozen meal to be delivered 11/9)  |
|  |   | <b>13-Nov</b>  | <b>14-Nov</b>   | <b>15-Nov</b>  |
| Slopper w/Green Chili (11)<br>Ranch Beans (26)<br>Creamy Coleslaw (10)<br>Hamburger Bun (27)<br>Fruit Cup w/ Grapes (16)<br>Milk (12) / Garnish (1)<br>Calories: 950<br>Carbs: 103g<br>Fiber: 13g<br>Protein: 52g<br>Fat: 41g<br>Sodium: 840mg           | Chicken Fried Rice (17)<br>Egg Roll (23)<br>Mandarin Stir Fry (6)<br>Strawberries & Peaches (12)<br>Yogurt w Granola (21)<br>Milk (12)<br>Calories: 970<br>Carbs: 89g<br>Fiber: 10g<br>Protein: 64g<br>Fat: 43g<br>Sodium: 780mg                              | Meatloaf w/ Gravy (13)<br>Roasted Red Poatoes (19)<br>Seasoned Spinach (5)<br>Navy Bean Soup (25)<br>Ambrosia(18)<br>Milk (12) / Cracker (5)<br>Calories: 805<br>Carbs: 97g<br>Fiber: 11g<br>Protein: 42g<br>Fat: 32g<br>Sodium: 1005mg                    | Chicken & Dumplings (13)<br>Mixed Vegetables (11)<br>Side Salad w/ Dressing (8)<br>Lemon Bar (26)<br>Sliced Apples (13)<br>Milk (12)<br>Calories: 645<br>Carbs: 80g<br>Fiber: 8g<br>Protein: 4g<br>Fat: 20g<br>Sodium: 785mg                            | Turkey & Rice Casserole (22)<br>Creole Green Beans (8)<br>Roaster Cauliflower (5)<br>Tapioca Pudding (25)<br>Fruit Cocktail (17)<br>Milk (12) / Animal Crackers (22)<br>Calories: 875<br>Carbs: 124g<br>Fiber: 11g<br>Protein: 37g<br>Fat: 31g<br>Sodium: 1205mg |
|  |   | <b>20-Nov</b>  | <b>21-Nov</b>   | <b>22-Nov</b>  |
| Herbed Turkey w/ Gravy (5)<br>Mashed Potatoes (17)<br>Green Beans Almondine (6)<br>Cranberry Sauce (15)<br>Pumpkin Mousse (44)<br>Milk (12) / Dinner Roll (22)<br>Calories: 880<br>Carbs: 121g<br>Fiber: 8g<br>Protein: 46g<br>Fat: 28g<br>Sodium: 930mg | Southwest Chicken Wrap (30)<br>Baked potato chips (16)<br>Diced Peaches (15)<br>Cottage Cheese (2)<br>Milk (12)<br>& Frozen Holiday Meal<br>Calories: 650<br>Carbs: 75g<br>Fiber: 42g<br>Protein: 36g<br>Fat: 28g<br>Sodium: 985mg                            | BLT Sandwich on WW Bread (27)<br>Broccoli Salad (11)<br>Fresh Banana (18)<br>Vanilla Yogurt & Blueberries (14)<br>Milk (12)<br>& Frozen Holiday Meal<br>Calories: 640<br>Carbs: 83g<br>Fiber: 8g<br>Protein: 27g<br>Fat: 25g<br>Sodium: 855mg              | <br>No Meal Service Today<br>(frozen meal to be delivered 11/21)  |  |
|  |   | <b>27-Nov</b>  | <b>28-Nov</b>   | <b>29-Nov</b>  |
| Chicken Alfredo w/pasta (55)<br>Roasted Broccoli (6)<br>Garlic Bread (15)<br>Side Salad w/ Dressing (8)<br>Berries & Pineapple (10)<br>Milk (12)<br>Calories: 940<br>Carbs: 111g<br>Fiber: 11g<br>Protein: 50g<br>Fat: 39g<br>Sodium: 935mg              | Cajun Pork Roast (1)<br>Cheesy Grits (17)<br>Green Bean Medley (9)<br>Hummingbird Cake (42)<br>Dinner Roll w/ Margarine (22)<br>Milk (12) / Fresh Banana (18)<br>Calories: 1105<br>Carbs: 12g4<br>Fiber: 10g<br>Protein: 43g<br>Fat: 53g<br>Sodium: 960mg<br> | Spinach & Swiss Quiche (26)<br>Honey Glazed Carrots (17)<br>Squash Bisque (14)<br>Hot Fruit Compote (21)<br>Oatmeal Cookie (17)<br>Milk (12)/Crackers (5)<br>Calories: 1015<br>Carbs: 113g<br>Fiber: 10g<br>Protein: 32g<br>Fat: 52g<br>Sodium: 725mg      | Tuna Salad<br>on WW Bread ( )<br>Broccoli Salad (11)<br>Fresh Pear (29)<br>Chips (19)<br>Milk (12)<br>Calories: 890<br>Carbs: 98g<br>Fiber: 13g<br>Protein: 43g<br>Fat: 33g<br>Sodium: 1045mg   | Beef Tips w/ Gravy (12)<br>Scalloped Potatoes (15)<br>Lima Beans & Carrots (12)<br>Dinner Roll w/Marg (22)<br>Sliced Oranges (8)<br>Milk (12)<br>Calories: 600<br>Carbs: 82g<br>Fiber: 10g<br>Protein: 43g<br>Fat: 16g<br>Sodium: 595mg                          |

**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.

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**

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.