



SRDA MEALS ON WHEELS MENU December 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1-Dec
				Beef Tips w/ Gravy (12) Scalloped Potatoes (15) Lima Beans & Carrots (12) Dinner Roll w/Marg (22) Sliced Oranges (8) Milk (12) Calories: 600 Carbs: 82g Fiber: 10g Protein: 43g Fat: 16g Sodium: 595mg
4-Dec	5-Dec	6-Dec	7-Dec	8-Dec
Irish Bangers w/ Onion Gravy (1) Mashed Potatoes (19) Capri Vegetables (12) Blueberry Scone (57) Diced Peaches (15) Milk (12) Calories: 1170 Carbs: 128g Fiber: 7g Protein: 43g Fat: 59g Sodium: 1725mg 	Apple Ginger Pork Chop (3) Potatoes Delmonico (14) Sauteed Brussel Sprouts (8) Vanilla Yogurt w/ Blueberries (14) and Granola Topping (16) Milk (12) / Dinner Roll (22) Calories: 770 Carbs: 86g Fiber: 11g Protein: 47g Fat: 32g Sodium: 690mg	Citrus & Herb Fish (54) Brown & Wild Rice Pilaf (38) Peas & carrots (10) Squash Bisque (14) Ambrosia (20) / Dinner roll (22) Milk (12) Calories: 940 Carbs: 118g Fiber: 11g Protein: 49g Fat: 37g Sodium: 755mg	Cheese Enchilada (33) Tomato Cilantro Corn Salad (18) Pinto Beans (20) Sliced Oranges (8) Graham Crackers (17) Milk (12) Calories: 750 Carbs: 93g Fiber: 12g Protein: 36g Fat: 31g Sodium: 1170mg 	Chicken Pot Pie (23) Mixed Vegetables (11) Side Salad w/ Dressing (8) Lemon Bar (26) Sliced Apples (13) Milk (12) Calories: 675 Carbs: 90g Fiber: 10g Protein: 40g Fat: 21g Sodium: 1185mg
11-Dec	12-Dec	13-Dec	14-Dec	15-Dec
Pasta Tortelloni Primavera (72) Roasted Winter Veggies (7) Coconut Fruit Salad (17) Breadstick (20) Apple Juice (14) Milk (12) Calories: 960 Carbs: 119g Fiber: 11g Protein: 32g Fat: 44g Sodium: 1040mg 	Roast Beef w/ Rosemary Au Jus (1) Blue Cheese Potatoes (27) Broccoli Florets (5) Dinner Roll w/ Margarine (22) Fruit Parfait (14) Milk (12) Calories: 820 Carbs: 84g Fiber: 10g Protein: 42g Fat: 41g Sodium: 825mg 	Herbed Turkey w/ Gravy (5) Mashed Potatoes (17) Green Beans Almondine (6) Chicken Noodle Soup Pumpkin Mousse (44) Milk (12) / Dinner Roll (22) Calories: 880 Carbs: 121g Fiber: 8g Protein: 46g Fat: 28g Sodium: 930mg 	Beef Pot Pie (23) Roasted Cauliflower (6) Green Peas (13) Pineapple Tid Bits (10) Butterscotch Blondie (54) Milk (12) Calories: 1040 Carbs: 128g Fiber: 11g Protein: 38g Fat: 48g Sodium: 630mg 	Pueblo Green Chili Cilantro Rice (18) Calabacitas (6) Whole Wheat Tortilla (27) Pear Crisp (41) Milk (12) Calories: 945 Carbs: 116g Fiber: 12g Protein: 46g Fat: 37g Sodium: 895mg
18-Dec	19-Dec	20-Dec	21-Dec	22-Dec
Pork Tips Roasted Rosemary Potatoes (22) Honey Dijon Brussel Sprouts Dinner Roll w/Margarine (22) Apple Fruit Cup (13) Milk (12) Calories: 825 Carbs: 81g Fiber: 10g Protein: 50g Fat: 38g Sodium: 540mg	Shepard's Pie (30) Seasoned Spinach (5) Corn O'Brien (12) Diced Peaches (15) Confetti Birthday Cake (40) Milk (12) Calories: 810 Carbs: 109g Fiber: 10g Protein: 37g Fat: 31g Sodium: 1005mg 	Baked Ham w/ Glaze (11) Roasted Red & Swt Potatoes (19) Green Beans Almondine (7) Cranberry Pear Salad (31) Corn Chowder Milk (12) / Dinner Roll w/Marg (22) Calories: 825 Carbs: 127g Fiber: 11g Protein: 42g Fat: 24g Sodium: 1205mg	Chicken Salad on Croissant (27) Italian Vegetable Toss (17) Cookie (41) Jello (15) Milk (12) & Frozen Meal for Christmas Calories: 880 Carbs: 122g Fiber: 11g Protein: 40g Fat: 30g Sodium: 1110mg	Tuna Salad Sandwich (6) w/ 2 Slices WW Bread (22) Cucumber Salad (10) Diced Pears (16) Milk (12) / V8-juice (8) & Frozen Meal for Christmas Calories: 565 Carbs: 76g Fiber: 6g Protein: 39g Fat: 16g Sodium: 1030mg
25-Dec	26-Dec	27-Dec	28-Dec	29-Dec
 (frozen meal to be delivered 12/23) No Meal Service Today		Frittata (4) Fall Harvest Couscous (25) Split Pea Soup (20) Oatmeal Cookie (15) Apple Slices (22) Milk (12) / Crackers (5) Calories: 810 Carbs: 92g Fiber: 12g Protein: 39g Fat: 36g Sodium: 660mg	Lasagna - meat (28) Brussel Sprouts (8) Garlic Bread (15) Side Salad w/Dressing (8) Oranges w/ whipped topping (18) Milk (12) Calories: 815 Carbs: 89g Fiber: 10g Protein: 39g Fat: 39g Sodium: 1425mg	BLT Sandwich on WW Bread (27) Broccoli Salad (11) Fresh Banana (18) Butterscotch Pudding Parfait (32) Milk (12) & Frozen Meal for New Years Day Calories: 740 Carbs: 101g Fiber: 8g Protein: 27g Fat: 28g Sodium: 1200mg

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

MENUS ARE SUBJECT TO CHANGE	Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.	<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.