



SRDA MEALS ON WHEELS MENU January-24



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Jan	2-Jan	3-Jan	4-Jan	5-Jan
 (frozen meal to be delivered 12/30) No Meal Service Today	Hoppin' John (48) (ham, blackeyed peas & rice) Collard Greens (6) Cornbread (19) Strawberry Gelatin (15) Milk (12) Calories: 675 Carbs: 100g Fiber: 13g Protein: 21g Fat: 25g Sodium: 1150mg <div style="text-align: right;">new</div>	Apple Ginger Pork Chop (3) Potatoes Delmonico (14) Sauteed Brussel Sprouts (8) Angel Food Cake (27) Blueberries w/ topping (16) Milk (12) / Dinner Roll (22) Calories: 765 Carbs: 102g Fiber: 11g Protein: 44g Fat: 26g Sodium: 825mg <div style="text-align: right;">new</div>	Meatloaf w/ Gravy (13) Mashed Winter Squash (25) Seasoned Spinach (5) Beef Barley Soup (12) Ambrosia(18) Milk (12) / Cracker (5) Calories: 820 Carbs: 90g Fiber: 11g Protein: 47g Fat: 35g Sodium: 1010mg	Bean Burrito w/Green Chili (62) Cilantro Rice (18) Calabacita (6) Pozole (10) Fresh Banana (26) Milk (12) Calories: 835 Carbs: 135g Fiber: 12g Protein: 38g Fat: 21g Sodium: 1160mg
8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
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	Tuna Noodle Casserole (26) Harvard Beets (14) Italian Vegetable Toss (17) Chocolate Pudding (6) Sliced Apples (22) Milk (12) Calories: 680 Carbs: 96g Fiber: 14g Protein: 39g Fat: 19g Sodium: 970mg	Roast Beef w/ Rosemary Au Jus Blue Cheese Potatoes (27) Broccoli Florets (5) Roasted Beets (11) Dinner Roll w/ Margarine (22) Milk (12) / Fruit Parfait (14) Calories: 905 Carbs: 92g Fiber: 13g Protein: 43g Fat: 47g Sodium: 615mg	Ham & Potato Casserole (24) Fall Harvest Couscous (25) Capri Mixed Vegetables (6) Summer Fruit Salad (26) Chocolate Cake (41) Milk (12) Calories: 820 Carbs: 129g Fiber: 9g Protein: 32g Fat: 25g Sodium: 1045mg 	Chicken Bacon Ceasar Wrap (14) Apple Pear & Walnut Salad (19) Assorted Pudding (6) V-8 juice (8) Milk (12) & Frozen Meal for MLK Day Calories: 610 Carbs: 61g Fiber: 7g Protein: 31g Fat: 32g Sodium: 850mg
15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
 (frozen meal to be delivered 1/13) No Meal Service Today	Cuban Roasted Pork (2) Rosemary Potatoes (15) Seasoned Asparagus (4) Squash Bisque Soup (15) Diced Peaches (15) Milk (12) Calories: 845 Carbs: 93g Fiber: 10g Protein: 49g Fat: 36g Sodium: 515mg	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	Chicken Alfredo w/Pasta (31) Roasted Broccoli (6) Garlic Bread (15) Minestrone Soup (19) Fresh Grapes (18) Milk (12) Calories: 975 Carbs: 119g Fiber: 10g Protein: 54g Fat: 36g Sodium: 835mg	Beef Pot Pie (23) Seasoned Spinach (5) Corn O'Brien (12) Diced Pears (16) Butterscotch Blondie (54) Milk (12) Calories: 975 Carbs: 122g Fiber: 10g Protein: 37g Fat: 42g Sodium: 815mg
22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
Baked Ham w/Glaze (11) Roasted Red & Swt Potatoes (19) Green Beans Almondine (7) Cranberry Pear Salad (31) Side Salad w/Dressing (8) Milk (12) / Dinner Roll w/Marg (22) Calories: 730 Carbs: 111g Fiber: 10g Protein: 38g Fat: 22g Sodium: 1070mg	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	Beef Pot Roast Garlic Mashed Potatoes Ratatoulli Peach and Yogurt Parfait Dinner Roll w/Margarine (22) Milk (12) Calories: 775 Carbs: 102g Fiber: 10g Protein: 43g Fat: 28g Sodium: 575mg <div style="text-align: right;">new</div>	Pecan Crusted Cod (21) Orzo (34) Peas & Mushrooms (13) Dinner Roll w/ Margarine (22) Chocolate Chip Cookie (16) Milk (12) / Cranberry Juice () Calories: 1055 Carbs: 135g Fiber: 10g Protein: 54g Fat: 39g Sodium: 925mg	Chicken Tahitian (8) Red Mashed Potatoes (22) Roasted Winter Vegetables (7) Vegetable Soup (9) Fruit-of Choice (15) Milk (12) Calories: 970 Carbs: 95g Fiber: 11g Protein: 46g Fat: 51g Sodium: 1025mg <div style="text-align: right;">new</div>
29-Jan	30-Jan	31-Jan	1-Feb	2-Feb
Beef Chili Mac (24) Cheesy Cauliflower (6) Cape Cod Mixed Vegetables (8) Cinnamon Applesauce (11) Butterscotch Pudding (27) Milk (12) Calories: 700 Carbs: 97g Fiber: 11g Protein: 33g Fat: 25g Sodium: 810mg	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*	Mostaccioli w/ Meatsauce (29) Oven Roasted Vegetables (5) Dinner Roll w/Margarine (22) Orange, Beet & Spinach Salad () Diced peaches (14) Milk (12) Calories: 620 Carbs: 73g Fiber: 11g Protein: 32g Fat: 28g Sodium: 1165mg	Mesquite Roasted Turkey (1) Browned Potatoes & Onions (25) Green Peas (13) Dinner Roll w/ Margarine (22) Pumpkin Mousse (44) Milk (12) Calories: 935 Carbs: 117g Fiber: 10g Protein: 66g Fat: 28g Sodium: 1150mg	Pinto Beans & Ham (39) Sweet & Red Potatoes (19) Seasoned Green Beans (6) Cornbread (42) / Apple (13) Broccoli Salad (11) Milk (12) Calories: 915 Carbs: 142g Fiber: 18g Protein: 42g Fat: 24g Sodium: 980 mg

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.	In order to prevent waste, we are on a Reservation System . Please call the day before or the morning of, before 9:00 A.M. , to CANCEL your Meal YOU MUST BE HOME TO RECEIVE YOUR MEAL!!! 719-543-0100 For Important Nutririon 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.