



SRDA MEALS ON WHEELS MENU February 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1-Feb	2-Feb
			Chicken Pot Pie (23) Mixed Vegetables (11) Side Salad w/ Dressing (8) Lemon Pudding (32) Diced Pears (16) Milk (12) Calories: 705 Carbs: 100g Fiber: 9g Protein: 42g Fat: 20g Sodium: 1185mg	Pinto Beans & Ham (39) Sweet & Red Potatoes (19) Seasoned Green Beans (6) Cornbread (42) Sliced Apples (13) Milk (12) Calories: 800 Carbs: 131g Fiber: 16g Protein: 39g Fat: 17g Sodium: 795mg
5-Feb	6-Feb	7-Feb	8-Feb	9-Feb
Chicken Alfredo w/pasta (55) Roasted Broccoli (6) Garlic Bread (15) Side Salad w/ Dressing (8) Seedless Grapes (18) Milk (12) Calories: 925 Carbs: 109g Fiber: 10g Protein: 46g Fat: 40g Sodium: 790mg	Beef Tips w/ Gravy (12) Scalloped Potatoes (15) Lima Beans & Carrots (12) Dinner Roll w/Marg (22) Sliced Oranges (8) Milk (12) Calories: 590 Carbs: 78g Fiber: 10g Protein: 44g Fat: 16g Sodium: 450mg	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	Cajun Pork Roast (1) Cheesy Grits (17) Green Bean Medley (9) Hummingbird Cake (42) Dinner Roll w/ Margarine (22) Milk (12) / Fresh Banana (18) Calories: 1095 Carbs: 120g Fiber: 10g Protein: 44g Fat: 55g Sodium: 815mg 	Tuna Salad on WW Bread () Southwestern Corn Salad (18) Diced Pears (16) Chips (19) Milk (12) Calories: 930 Carbs: 121g Fiber: 12g Protein: 45g Fat: 34g Sodium: 1440mg*
12-Feb	13-Feb	14-Feb	15-Feb	16-Feb
Brunswick Stew (17) Mixed Vegetables (13) Garlic & Cheddar Biscuit (19) Chilled Apricots (15) Oatmeal Cookie (17) Milk (12) Calories: 790 Carbs: 102g Fiber: 11g Protein: 45g Fat: 26g Sodium: 920mg	Shepard's Pie (30) Seasoned Spinach (5) Corn O'Brien (12) Diced Peaches (15) Confetti Birthday Cake (40) Milk (12) Calories: 810 Carbs: 108g Fiber: 10g Protein: 37g Fat: 31g Sodium: 1005mg	Beef Tacos w/ Corn Tortillas (17) Tomato Cilantro Corn Salad (18) Pinto Beans (20) Pozole (10) Sliced Oranges (8) Milk (12) Calories: 800 Carbs: 89g Fiber: 16g Protein: 47g Fat: 33g Sodium: 915mg	Marinated Chicken (2) Roasted Red Potatoes (17) Brussel Sprouts (8) Italian Vegetable Toss (17) Berry Cobbler (33) Milk (12) Calories: 810 Carbs: 89g Fiber: 13g Protein: 41g Fat: 35g Sodium: 690mg	Crispy Buffalo Chicken Wrap (19) Tomato & Cucumber Salad (5) Fruit Cup w/ Grapes (16) Baked Potato Chips (16) & Holiday Meal Milk (12) Calories: 740 Carbs: 67g Fiber: 9g Protein: 27g Fat: 47g Sodium: 1155mg
19-Feb	20-Feb	21-Feb	22-Feb	23-Feb
 (frozen meal to be delivered 2/16) No Meal Service Today	Lasagna - meat (28) Brussel Sprouts (8) Garlic Bread (15) Side Salad w/Dressing (8) Oranges w/ whipped topping (18) Milk (12) Calories: 85 Carbs: 89g Fiber: 10g Protein: 38g Fat: 42g Sodium: 1425mg*	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	Walnut Crusted Salmon w/ Maple Wild Rice Winter blend Vegetables Toasted Baguette w/ Butter Snicker Doodle Bar Milk (12) / Fruit Cocktail Calories: 1160 Carbs: 161g Fiber: 9g Protein: 46g Fat: 41g Sodium: 645mg 	Stuffed Bell Pepper (24) Mexican Corn (17) Seasoned Green Beans (6) Banana Pudding Parfait (38) Graham Crackers (17) Milk (12) Calories: 680 Carbs: 114g Fiber: 8g Protein: 27g Fat: 17g Sodium: 940mg
26-Feb	27-Feb	28-Feb	29-Feb	1-Mar
Chuck Wagon Steak (14) w/ gravy Noodles Romanoff w/peas () Calico Cabbage Cinnamon Applesauce Dinner Roll w/Marg (22) Milk (12) / Cookie (17) Calories: 1005 Carbs: 132g Fiber: 13g Protein: 39g Fat: 44g Sodium: 1190mg	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: 660 Carbs: 100g Fiber: 7g Protein: 36g Fat: 18g Sodium: 905g	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	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	Bean Burrito (51) w/Green Chili (11) Cilantro Rice (18) Rancho Fiesta Vegetables (11) Fruit Cup w/ Grapes (16) Milk (12) Calories: 780 Carbs: 111g Fiber: 18g Protein: 40g Fat: 23g Sodium: 760mg

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.	<p>In order to prevent waste, we are on a Reservation System .</p> <p>Please call the day before or the morning of, before 9:00 A.M., to CANCEL your Meal</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.