



# SRDA MEALS ON WHEELS MENU March-24

It was one  
of those  
*March*  
days when the **SUN** shines hot  
and the  
*wind blows* cold:  
when it is summer in the *light*  
and winter in the  
shade.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1-Mar</b>
				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
<b>4-Mar</b>	<b>5-Mar</b>	<b>6-Mar</b>	<b>7-Mar</b>	<b>8-Mar</b>
Turkey Tetrazzini (23) Calico Corn (18) Cucumber & Tomato Salad (5) Yogurt w/ granola (24) Diced Pears (17) Milk (12) Calories: 890 Carbs: 111g Fiber: 9g Protein: 41g Fat: 37g Sodium: 1010mg	Pecan Crusted Chicken (13) Rosmary Polenta (18) Asparagus (2) German Chocolate Cake (32) Cinn Apple Slices (19) Milk (12) Calories: 995 Carbs: 112g Fiber: 8g Protein: 47g Fat: 46g Sodium: 875mg <div style="text-align: center;"></div>	Cajun Pork Roast (1) Rice Pilaf (18) Green Bean Medley (9) Broccoli & Cheese Soup (16) Dinner Roll w/Margarine (22) Milk (12) / Banana (18) Calories: 785 Carbs: 89g Fiber: 11g Protein: 49g Fat: 31g Sodium: 740mg	Slopper w/Green Chili (11) Ranch Beans (26) Creamy Coleslaw (10) Hamburger Bun (27) Fruit Cup w/ Grapes (16) Milk (12) / Garnish (1) Calories: 950 Carbs: 103g Fiber: 15g Protein: 52g Fat: 40g Sodium: 730mg	Fish w/Vegetable Sauce (3) Rice Pilaf (18) Green Bean Almondine (7) Sliced Orange (22) Choc Pudding (6) Milk (12) / Dinner Roll (22) Calories: 610 Carbs: 74g Fiber: 10g Protein: 46g Fat: 19g Sodium: 620mg
<b>11-Mar</b>	<b>12-Mar</b>	<b>13-Mar</b>	<b>14-Mar</b>	<b>15-Mar</b>
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: 1160g	Chicken a la Orange (17) Herbed Rice (24) Green Beans (6) Dinner Roll w/Margarine (22) Hummingbird Cake (42) Milk (12) Calories: 1005 Carbs: 137g Fiber: 10g Protein: 51g Fat: 35g Sodium: 990mg	Vegetable Wrap (4) Italian Vegetable Toss (17) Fruit Cocktail (17) Roasted Red Pepper Soup (15) Crackers (5) Milk (12) Calories: 815 Carbs: 106g Fiber: 13g Protein: 34g Fat: 32g Sodium: 1665mg* <div style="text-align: center;"></div>	Beef Teriyaki (8) Fried Rice (23) Green Peas (13) Confetti cake (45) Sliced Strawberries (11) Milk (12) Calories: 815 Carbs: 112g Fiber: 9g Protein: 54g Fat: 22g Sodium: 835mg <div style="text-align: center;"></div>	Macaroni and Cheese (40) Lemon Butter Broccoli (10) Glazed Carrots (17) Blueberry Fruit Cup (14) Cookie (17) Milk (12) Calories: 850 Carbs: 113g Fiber: 10g Protein: 34g Fat: 35g Sodium: 700mg
<b>18-Mar</b>	<b>19-Mar</b>	<b>20-Mar</b>	<b>21-Mar</b>	<b>22-Mar</b>
Corned Beef & Cabbage Boiled Potatoes Peas & Carrots Sliced Peaches Soda Bread Milk (12) Calories: 730 Carbs: 80g Fiber: 12g Protein: 36g Fat: 28g Sodium: 1605mg* <div style="text-align: center;"></div>	Pinto Beans & Ham (39) Seasoned Green Beans (6) Broccoli Salad (11) Cornbread (42) Mixed Melon (30) Milk (12) Calories: 900 Carbs: 140g Fiber: 17g Protein: 43g Fat: 25g Sodium: 1000mg	Chicken Fajitas 2 Corn Tortillas (58) Spanish Rice (20) Sweet Potato Tortilla Soup (46) Strawberries w/ topping (14) Milk (12) Calories: 830 Carbs: 150g Fiber: 14g Protein: 23g Fat: 23g Sodium: 845mg	Beef Pot Roast (5) Garlic Mashed Potatoes (22) Ratatoulli (6) Peach and Yogurt Parfait (35) Dinner Roll w/Margarine (22) Milk (12) Calories: 745 Carbs: 96g Fiber: 10g Protein: 44g Fat: 25g Sodium: 490mg	Fish Tacos (30) Calabacita (6) Seasoned Black Beans (18) Condiments (cabbage, lime, tomato) Ambrosia Milk (12) Calories: 565 Carbs: 91g Fiber: 13g Protein: 37g Fat: 10g Sodium: 425mg
<b>25-Mar</b>	<b>26-Mar</b>	<b>27-Mar</b>	<b>28-Mar</b>	<b>29-Mar</b>
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	Honey Mustard Chicken (10) Potato Au Gratin (23) Roasted Brussel Sprouts (7) Dinner Roll w/Margarine (22) Berry Crisp (27) Milk (12) Calories: 910 Carbs: 112g Fiber: 13g Protein: 48g Fat: 37g Sodium: 860mg	Ham & Swiss Wrap (29) Greek Pasta Salad (23) Zesty Bean Soup (25) Chilled Apricots (21) Crackers (5) Milk (12) Calories: 875 Carbs: 115g Fiber: 15g Protein: 45g Fat: 31g Sodium: 1165mg <div style="text-align: center;"></div>	Bruschetta Chicken (8) Risotto (23) 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	Chili Relleno Casserole (10) Seasoned Black Beans (18) Capri Vegetable Mix (12) Pineapple Tidbits (11) w/ Cottage Cheese (4) Milk (12) Calories: 675 Carbs: 79g Fiber: 11g Protein: 44g Fat: 26g Sodium: 735mg

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

\*reassessing recipe for accuracy

<p><b>MENUS ARE SUBJECT TO CHANGE</b></p>	<p>Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.</p>	<p><b>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!!!</b></p> <p><b>719-543-0100</b></p> <p><b>For Important Nutrition Information, Please Turn Menu Over</b></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.