



S R D A
MEALS ON WHEELS MENU
April 2024



MENUS ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Apr	2-Apr	3-Apr	4-Apr	5-Apr
Pineapple Chicken (20) Fried Rice (23) Vegetable Stir Fry Egg Roll (14) Fruit Parfait (14) Milk (12) Calories: 710 Carbs: 110g Fiber: 8g Protein: 44g Fat: 15g Sodium: 730mg	Beef & Corn Tamale Pie (41) Seasoned Pinto Beans (22) Calabacitas (6) Mandarin Oranges (15) Banana Chocolate Bar (24) Milk (12) Calories: 880 Carbs: 116g Fiber: 16g Protein: 49g Fat: 28g Sodium: 745mg	Meatloaf w/ Gravy (13) Garlic Mashed Potatoes (18) Seasoned Spinach (5) Beef-Barley Soup (12) Ambrosia(18) Milk (12) / Cracker (5) Calories: 790 Carbs: 81g Fiber: 8g Protein: 40g Fat: 38g Sodium: 1105mg	Pecan Crusted Cod (21) Orzo (34) Peas & Mushrooms (13) Dinner Roll w/ Margarine (22) Chocolate Chip Cookie (16) Milk (12) / Cranberry Juice () Calories: 1000 Carbs: 128g Fiber: 10g Protein: 48g Fat: 37g Sodium: 790mg	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
8-Apr	9-Apr	10-Apr	11-Apr	12-Apr
Chuck Wagon Steak (14) w/ gra 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	Jambalaya Red Beans Cornbread Creole Green Beans Pineapple & Peaches Milk (12) Calories: 1000 Carbs: 114g Fiber: 15g Protein: 54g Fat: 40g Sodium: 1390mg 	Chicken Scallopini (5) Wild Rice (17) Asparagus Veg Florentine Soup (13) Apple Fruit Cup (12) Milk (12) / Dinner Roll w Marg (2) Calories: 850 Carbs: 113g Fiber: 8g Protein: 40g Fat: 31g Sodium: 675mg	Spinach & Swiss Quiche (26) Roasted Broccoli w/ bacon (5) Hot Fruit Compote (21) Side Salad w/Dressing (8) Oatmeal Cookie (17) Milk (12) Calories: 835 Carbs: 93g Fiber: 9g Protein: 34g Fat: 41g Sodium: 905mg	Turkey Tetrzzini (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
15-Apr	16-Apr	17-Apr	18-Apr	19-Apr
Braised Beef (13) Roasted Rosemary Potatoes (22) Beets & Carrots (10) Sliced Oranges (16) Dinner Roll w/ Margarine (22) Milk (12) Calories: 710 Carbs: 88g Fiber: 10g Protein: 39g Fat: 26g Sodium: 510mg	Chicken Alfredo w/pasta (55) Roasted Broccoli (6) Garlic Bread (15) Strawberry Spinach Salad (8) Seedless Grapes (18) Milk (12) Calories: 965 Carbs: 97g Fiber: 7g Protein: 52g Fat: 47g Sodium: 1015mg	Cuban Roasted Pork (2) Roasted Rosemary Potatoes (22) Seasoned Asparagus (4) Black Bean & Clantro Soup (18) Diced Peaches (15) Milk (12) Calories: 615 Carbs: 72g Fiber: 9g Protein: 43g Fat: 23g Sodium: 245mg*	Sloppy Joe Sandwich (21) on Hamburger Bun (27) Italian Vegetable Toss Seasoned Spinach (5) Mandarin Oranges (17) Milk (12) Calories: 745 Carbs: 96g Fiber: 15g Protein: 41g Fat: 25g Sodium: 1205mg	Cheese Enchilada Casserole(33) Cilantro Rice (18) Hacienda Corn & Black Beans (23) Blueberry Fruit Cup Milk (12) Calories: 870 Carbs: 126g Fiber: 13g Protein: 38g Fat: 30g Sodium: 760mg
22-Apr	23-Apr	24-Apr	25-Apr	26-Apr
Hamburger on Bun (27) German Potato Salad (17) Lettuce, Tom, Onion (7) Ketchup& Mustard Chocolate ice cream (19) Milk (12) / Cantaloupe (3) Calories: 905 Carbs: 101g Fiber: 11g Protein: 53g Fat: 37g Sodium: 750mg	Cheese Tortellini w/Sauce (28) Sugar Snap Peas (6) Side Salad w/ dressing (11) Cinn-Apple Slices (19) Breadstick (14) Milk (12) Calories: 735 Carbs: 119g Fiber: 11g Protein: 28g Fat: 22g Sodium: 795mg	Butter Crumb Pollock Chuckwagon corn Broccoli Polonaise Carrot & Swt Potato Soup Pineapple Lime Gelatin Milk (12) / Dinner Roll (22) Calories: 865 Carbs: 118g Fiber: 12g Protein: 54g Fat: 26g Sodium: 685mg 	Lasagna - meat (28) Cauliflower (5) Garlic Bread (15) Side-Salad w/Dressing (8) Oranges w/ whipped topping (18) Milk (12) Calories: 85 Carbs: 86g Fiber: 8g Protein: 36g Fat: 44g Sodium: 1430mg*	Beef Tacos w/ Corn Tortillas (17) Spanish Rice (20) Pinto Beans (20) Tomato Cilantro Corn Salad (18) Cherry Crisp (36) Milk (12) Calories: 820 Carbs: 104g Fiber: 15g Protein: 40g Fat: 33g Sodium: 730mg
29-Apr	30-Apr	1-May	2-May	3-May
Open Faced Hot Turkey Sandwich w/Gravy (21) Vegetable CousCous (17) Honey glazed Carrots (17) Grape Fruit-Cup (15) Milk (12) Calories: 635 Carbs: 82g Fiber: 8g Protein: 44g Fat: 18g Sodium: 595mg	Pecan Crusted Chicken (13) Rosemary Polenta (18) Asparagus (2) German Chocolate Cake (32) Honeydew Melon (5) Milk (12) Calories: 825 Carbs: 82g Fiber: 8g Protein: 42g Fat: 41g Sodium: 700mg 	Mostaccioli w/ Meatsauce (29) Oven Roasted Vegetables (5) Orange, Beet & Spinach Salad () Squash Bisque Soup (15) Sliced Apple (22) Milk (12) Calories: 650 Carbs: 57g Fiber: 9g Protein: 30g Fat: 39g Sodium: 755mg	Bruschetta Chicken (8) Risotto (23) Garden Vegetables (5) Side Salad (5) /Crackers (5) Fresh Banana (26) Milk (12) / Italian Dressing (2) Calories: 730 Carbs: 80g Fiber: 6g Protein: 36g Fat: 33g Sodium: 875mg	Beef Chili Mac (24) Cheesy Cauliflower (6) Cape Cod Mixed Vegetables (8) Cinnamon Applesauce (11) Butterscotch Pudding (27) Milk (12) Calories: 700 Carbs: 96g Fiber: 11g Protein: 33g Fat: 25g Sodium: 810g

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>Food Allergen Warning The following major food allergens are used as ingredients: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame.</p>	<p>Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.</p>	<p align="center">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 Nutririion 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.