



# SRDA MEALS ON WHEELS MENU May 2024

Hope your month  
is positively  
a **May**zing

MENUS ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-May	2-May	3-May
		Mostaccioli w/ Meatsauce (29) Oven Roasted Vegetables (5) Orange, Beet & Spinach Salad (6) 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
6-May	7-May	8-May	9-May	10-May
Ham & Potato Casserole (24) Fall Harvest Couscous (25) Capri Mixed Vegetables (6) Fruit Cocktail (17) Butterscotch Blondie (54) Milk (12) Calories: 890 Carbs: 133g Fiber: 9g Protein: 36g Fat: 31g Sodium: 1145mg	Chicken Fried Rice (17) Egg Roll (23) Mandarin Stir Fry (6) Strawberries & Peaches (12) Yogurt w Granola (21) Milk (12) Calories: 785 Carbs: 95g Fiber: 10g Protein: 59g Fat: 22g Sodium: 1015mg	Honey Mustard Chicken (10) Potato Au Gratin (23) Roasted Brussel Sprouts (7) Minestrone Soup Berry Crisp (27) Milk (12) / Crackers (5) Calories: 945 Carbs: 116g Fiber: 13g Protein: 55g Fat: 3g Sodium: 880mg	French Onion Pork Chop (12) Herbed Rice (25) Honey Glazed Carrots (17) Dinner Roll w/margarine (22) Pineapple Tid Bits (10) Milk (12) / Choc. Banana Bar (24) Calories: 970 Carbs: 126g Fiber: 12g Protein: 49g Fat: 36g Sodium: 830mg	Marinated Chicken (2) Garlic Mashed Potatoes (17) Baby Carrots w/ Dill (8) Italian Vegetable Toss (17) Berry Cobbler (33) Milk (12) Calories: 850 Carbs: 89g Fiber: 11g Protein: 47g Fat: 38g Sodium: 940mg
13-May	14-May	15-May	16-May	17-May
Vegetable Lasagna (10) Harvard Beets (13) Broccoli Walnut Parmesan (5) Fresh Pear, sliced (14) Garlic Bread (17) Milk (12) Calories: 560 Carbs: 71g Fiber: 11g Protein: 22g Fat: 25g Sodium: 1,015mg	Chicken Greek Salad (3) Mediterranean Brown Rice (9) Parm Baked Zucchini (6) Broccoli & Cheese Soup (13) Diced pears (16) Milk (12) / Dinner Roll (22) Calories: 730 Carbs: 81g Fiber: 10g Protein: 40g Fat: 33g Sodium: 950mg	Beef Picadillo (12) Steamed Rice (19) Sugar Snap Peas (7) Lentil Soup (14) Orange, sliced (16) Milk (12) / Cornbread (42) Calories: 860 Carbs: 122g Fiber: 13g Protein: 39g Fat: 30g Sodium: 845mg	Chicken Fried Chicken w/ gravy Mashed Potatoes Haricort Green Beans Pumpernickle Rolls Double Chocolate Cake Milk (12) Calories: 975 Carbs: 119g Fiber: 10g Protein: 54g Fat: 36g Sodium: 835mg	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
20-May	21-May	22-May	23-May	24-May
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	Beef & Corn Tamale Pie (41) Seasoned Pinto Beans (22) Calabacitas (6) Mandarin Oranges (15) Banana Chocolate Bar (24) Milk (12) Calories: 845 Carbs: 120g Fiber: 13g Protein: 42g Fat: 27g Sodium: 1180mg	Chicken Orzo w /Artichoke (11) Roasted Cauliflower (5) Hawaiian Asparagus (3) Carrot & Sweet Potato Soup Nilla Wafers (22) /Banana Pudding (31) Milk (12) / Blueberry Fruit Cup (14) Calories: 970 Carbs: 108g Fiber: 10g Protein: 56g Fat: 39g Sodium: 1060mg	Pork Tips Rice Pilaf Honey Dijon Brussel Sprouts Dinner Roll w/Margarine (22) Apple Fruit Cup (13) Milk (12) / Carrot Cake Calories: 1040 Carbs: 127g Fiber: 10g Protein: 55g Fat: 41g Sodium: 1210mg	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*
27-May	28-May	29-May	30-May	31-May
<div style="text-align: center;">   <b>MEMORIAL DAY</b>  <i>Remember &amp; Honor</i> </div> <p style="text-align: center;">No Meal Service Today</p>	Potato Crusted Fish (14) w/Mango Sauce (8) Vegetable Couscous (17) Green Beans Almondine (7) Grape Fruit Cup (17) / Fig Bar (41) Milk (12) / Dinner Roll w/ Marg (22) Calories: 840 Carbs: 123g Fiber: 13g Protein: 48g Fat: 25g Sodium: 835mg	Polish Sausage (5) w/ Bun Roasted Rosemary Potatoes (22) Creole Green Beans (5) Italian Wedding Soup Fresh Banana (17) Milk (12) /Mustard Pkt. (1) Calories: 960 Carbs: 88g Fiber: 8g Protein: 32g Fat: 59g Sodium: 1505mg*	Meatloaf w/ Gravy (13) Garlic Mashed Potatoes (18) Seasoned Spinach (5) Side-Salad w/Italian Dressing Ambrosia(18) Milk (12) / Cracker (5) Calories: 790 Carbs: 81g Fiber: 8g Protein: 40g Fat: 38g Sodium: 1105mg	Chicken Fajitas 2 Corn Tortillas (58) Spanish Rice (20) Mexican Coarn Strawberries w/ topping (14) Milk (12) Calories: 830 Carbs: 150g Fiber: 14g Protein: 23g Fat: 23g Sodium: 845mg



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

**Food Allergen Warning** The following major food allergens are used as ingredients: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame.

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 Nutrition 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.