



SRDA
MEALS ON WHEELS MENU
June 2024
MENUS ARE SUBJECT TO CHANGE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Jun	4-Jun	5-Jun	6-Jun	7-Jun
Chuck Wagon Steak (14) w/ gra Noodles Romanoff w/peas (23) Calico Cabbage (7) Cinnamon Applesauce (14) Dinner Roll w/Marg (22) Milk (12) / Grahmn Cracker (17) Calories: 850 Carbs: 103g Fiber: 10g Protein: 40g Fat: 38g Sodium: 1135mg	Stuffed Bell Peppers (24) Mexican Corn (17) Seasoned Green Beans (6) Banana Pudding Parfait (38) Fig Bar (31) Milk (12) Calories: 740 Carbs: 128g Fiber: 8g Protein: 27g Fat: 18g Sodium: 950mg	Chicken Caesar Wrap (15) Strawberry Spinach Salad (8) Cookie (18) Orange Banana Gelatin (21) Garden Vegetable Soup (8) Milk (12) Calories: 640 Carbs: 82g Fiber: 10g Protein: 31g Fat: 29g Sodium: 1195mg	Sloppy Joe Sandwich (21) on Hamburger Bun (27) German Potato Salad (17) Seasoned Spinach (5) Mandarin Oranges (17) Milk (12) Calories: 725 Carbs: 97g Fiber: 11g Protein: 38g Fat: 25g Sodium: 1065mg	Pineapple Chicken (20) Fried Rice (23) Vegetable Stir Fry (7) Egg Roll (14) Peaches & Yogurt Parfait (35) Milk (12) / Granola topping (16) Calories: 850 Carbs: 126g Fiber: 11g Protein: 48g Fat: 22g Sodium: 740mg
10-Jun	11-Jun	12-Jun	13-Jun	14-Jun
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	Cheese Pizza (33) Roasted Broccoli (6) Caprese Salad (10) Grape Fuit Cup (15) Milk (12) Calories: 715 Carbs: 76g Fiber: 10g Protein: 41g Fat: 33g Sodium: 885mg	Southwest Chicken Wap (27) Tomato Cilantro Corn Salad (18) Pozole (10) Diced Mango (14) Milk (12) Calories: 670 Carbs: 86g Fiber: 44g Protein: 44g Fat: 21g Sodium: 1320mg	Chicken Tarragon (6) Penne Pasta (16) Garden Vegetables (5) Side Salad (5) /Crackers (5) Apple Slices (17) Milk (12) / Italian Dressing (2) Calories: 715 Carbs: 75g Fiber: 10g Protein: 38g Fat: 32g Sodium: 605mg	Butter Crumb Pollock Chuckwagon corn (19) Broccoli Polonaise (6) Dinner Roll (22) Pineapple Lime Gelatin (32) Milk (12) Calories: 715 Carbs: 98g Fiber: 9g Protein: 46g Fat: 21g Sodium: 585mg
17-Jun	18-Jun	19-Jun	20-Jun	21-Jun
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	Crispy Buffalo Chcken Wrap (19) Tomato & Cucumber Salad (5) Fruit Cup w/ Grapes (16) Baked Potato Chips (16) - Holiday Meal Milk (12) Calories: 740 Carbs: 66g Fiber: 9g Protein: 27g Fat: 47g Sodium: 1145mg	 No Meal Service Today	Honey Mustard Chicken (10) Potato Au Gratin (23) Roasted Brussel Sprouts (7) Dinner Roll w/Margarine (22) Berry Crisp (27) Milk (12) Calories: 920 Carbs: 112g Fiber: 13g Protein: 48g Fat: 37g Sodium: 860mg	Roasted Pork Loin (1) w/Apple Chutney (11) Rice Pilaf (18) Seasoned Asparagus (2) Heavenly Hash (21) Milk (12) /Dinner Roll (22) Calories: 780 Carbs: 97g Fiber: 10g Protein: 43g Fat: 31g Sodium: 695mg
24-Jun	25-Jun	26-Jun	27-Jun	28-Jun
Mostaccioli w/ Meatsauce (29) Oven Roasted Vegetables (5) Dinner Roll w/Margarine (22) Orange, Beet & Spinach Salad (5) Diced peaches (14) Milk (12) Calories: 590 Carbs: 62g Fiber: 9g Protein: 32g Fat: 29g Sodium: 720mg	Hamburger on Bun (27) Mustard Potato Salad (21) Lettuce, Tom, Onion (7) Baked Beans (34) Watermelon (16) Milk (12) / Ketchup & Mustard (2) Calories: 1005 Carbs: 119g Fiber: 14g Protein: 57g Fat: 38g Sodium: 1560mg 	Roasted Vegetable Falafel Sandwich (63) Tri Color Pasta Salad (26) Zesty Bean Soup (25) Cinnamon Apples (19) Milk (12) Calories: 840 Carbs: 145g Fiber: 19g Protein: 37g Fat: 17g Sodium: 1030mg	Beef Chow Mein (29) Sweet & Sour Carrots (32) Oriental Green Beans (7) Vanilla Ice Cream (27) Sliced Oranges (11) Milk (12) Calories: 915 Carbs: 126g Fiber: 14g Protein: 48g Fat: 29g Sodium: 1110mg	Pecan Crusted Chicken (13) Rosmary Polenta (18) Asparagus (2) Confetti Cake () Red White & Blueberry Fruit Sal Milk (12) Calories: 1005 Carbs: 128g Fiber: 8g Protein: 46g Fat:40 g 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

<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 Nutririon 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.