



**SRDA**  
**MEALS ON WHEELS MENU**  
**July 2024**  
**MENUS ARE SUBJECT TO CHANGE**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Jul	2-Jul	3-Jul	4-Jul	5-Jul
Pasta w/ maranara (36) Roasted Zucchini (5) Dinner Roll w/Margarine (22) Grape Fruit Cup (15) Milk (12) Calories: 710 Carbs: 100g Fiber: 9g Protein: 35g Fat: 23g Sodium: 890mg	Egg Salad Sandwich Broccoli Salad (11) Fresh Pear (29) Baked Potato Chips (19) Milk (12) & Frozen Meal for 4/4 Calories: 830 Carbs: 104g Fiber: 11g Protein: 36g Fat: 33g Sodium: 950mg	Chicken Bacon Ceasar Wrap (14) Apple Pear & Walnut Salad (19) Orange Gelatin (15) Sun Chips (19) Milk (12) & Frozen Meal for 4/5 Calories: 820 Carbs: 106g Fiber: 12g Protein: 31g Fat: 38g Sodium: 1195mg	 <b>HAPPY</b> <b>Independence</b> <b>DAY</b>	
8-Jul	9-Jul	10-Jul	11-Jul	12-Jul
Sloppy Joe Sandwich (21) on Hamburger Bun (27) German Potato Salad (17) Seasoned Spinach (5) Sliced Orange (8) Milk (12) Calories: 705 Carbs: 89g Fiber: 11g Protein: 38g Fat: 25g Sodium: 1100mg	Cheese Enchiladas (33) Seasoned Pinto Beans (22) Calabacitas (6) Pineapple Tidbits (20) Oatmeal & Raisin Cookie (20) Milk (12) Calories: 795 Carbs: 98g Fiber: 10g Protein: 36g Fat: 33g Sodium: 1185mg	Turkey Club Hoagie Cream of Broccoli Soup Tomato & Cucumber Salad Mandarin Oranges w/ topping (1) Crackers (5) Milk (12) Calories: 755 Carbs: 82g Fiber: 9g Protein: 42g Fat: 39g Sodium: 1200mg	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	Pork Tips (4) Multi Grain Rice w/ Peppers (27) Honey Dijon Brussel Sprouts (11) Dinner Roll w/Margarine (22) Apple Fruit Cup (13) Milk (12) Calories: 860 Carbs: 82g Fiber: 9g Protein: 53g Fat: 39g Sodium: 810mg
15-Jul	16-Jul	17-Jul	18-Jul	19-Jul
Cheese Tortellini w/Sauce (28) Sugar Snap Peas (6) Cinn-Apple Slices (19) Breadstick (14) Milk (12) ~ Calories: 750 Carbs: 112g Fiber: 10g Protein: 33g Fat: 22g Sodium: 1160mg	Meatloaf w/ Gravy (13) Garlic Mashed Potatoes (18) Seasoned Spinach (5) Side-Salad w/Italian Dressing Ambrosia(18) Milk (12) / Dinner roll (22) Calories: 830 Carbs: 88g Fiber: 9g Protein: 40g Fat: 41g Sodium: 1190mg	Cheesesteak Hoagie Vegetable Florentine Soup Honey Apple Cider Brussel Spro BlueBerry Cottage Cheese Crackers (5) Milk (12) / Pickle Spear Calories: 680 Carbs: 73g Fiber: 10g Protein: 56g Fat: 22g Sodium: 1285mg	Cajun Pork Roast (1) Cheesy Grits (17) Green Bean Medley (9) Dinner Roll w/ Margarine (22) Cantaloupe & Hoenydedew (30) Milk (12) Calories: 860 Carbs: 86g Fiber: 9g Protein: 43g Fat: 44g Sodium: 620mg	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: 710mg
22-Jul	23-Jul	24-Jul	25-Jul	26-Jul
Cheese Pizza (33) Roasted Broccoli (6) Caprese Salad (10) Grape Fuit Cup (15) Milk (12) ~ Calories: 625 Carbs: 66g Fiber: 9g Protein: 36g Fat: 29g Sodium: 755mg	Beef Pot Roast (5) Mashed Potatoes (17) Peas & Mushrooms (13) Banana Pudding Parfait (38) Dinner Roll w/Margarine (22) Milk (12) / Graham Cracker (17) Calories: 915 Carbs: 120g Fiber: 9g Protein: 49g Fat: 30g Sodium: 885mg	Chipotle Chicken Torta Mexican Street Corn Soup (17) Diced Mango (14) Vanilla Ice Cream (27) Milk (12) ~ Calories: 910 Carbs: 100g Fiber: 13g Protein: 39g Fat: 44g Sodium: 1170mg	Ham & Potato Casserole (24) Fall Harvest Couscous (25) Capri Mixed Vegetables (6) Fruit-Cocktail (17) Buttersctch Blondie (54) Milk (12) Calories: 840 Carbs: 137g Fiber: 9g Protein: 34g Fat: 27g Sodium: 1200mg	Fish w/Vegetable Sauce (3) Rice Pilaf (18) Green Bean Almondine (7) Chocolate Pudding (6) Apple (22) Milk (12) / Dinner Roll w/ Marg (2) Calories: 600 Carbs: 76g Fiber: 9g Protein: 40g Fat: 19g Sodium: 540mg
29-Jul	30-Jul	31-Jul	1-Aug	2-Aug
Bean Burrito (51) w/Green Chili (11) Cilantro Rice (18) Rancho Fiesta Vegetables (11) Diced Pears Milk (12) Calories: 760 Carbs: 112g Fiber: 18g Protein: 38g Fat: 21g Sodium: 760mg	Beef Teriyaki (8) Fried Rice (23) Green Peas (13) Confetti cake (45) Sliced Strawberries (11) Milk (12) Calories: 835 Carbs: 116g Fiber: 9g Protein: 53g Fat: 22g Sodium: 930mg	Fish Sandwich w/ Tartar Slaw Lima Beans & Carrots Cajun Chowder Saltine Crackers Fresh Banana Milk (12) Calories: 665 Carbs: 94g Fiber: 11g Protein: 35g Fat: 19g Sodium: 970mg	Italian Chicken Orzo (10) Seasoned Asparagus (2) Italian Mixed Vegetables (5) Dinner Roll w/ Margarine (22) Peaches & Yogurt Parfait (35) Milk (12) Calories: 710 Carbs: 90g Fiber: 11g Protein: 43g Fat: 24g Sodium: 665mg	Beef & Corn Tamale Pie (41) Cilantro Rice (18) Hacienda Corn & Black Beans Mandarin Oranges (15) Banana Chocolate Bar (24) Milk (12) Calories: 870 Carbs: 135g Fiber: 11g Protein: 402g Fat: 23g Sodium: 830mg

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

<p><b>Food Allergen Warning</b> 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 .  <b>To Cancel your meal for the day, Please call the day before or the morning of, before 9:00 A.M.</b>  <b>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</b>  <b>719-543-0100</b>  <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.