



S R D A
MEALS ON WHEELS MENU
August 2024



MENUS ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1-Aug	2-Aug
			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	Chicken Salad on Croissant (32) Broccoli Salad (11) Sun Chips (45) Cinnamon Applesauce () Milk (12) & Holiday Meal Calories: 1050 Carbs: 123g Fiber: 11g Protein: 34g Fat: 50g Sodium: 1160mg
5-Aug	6-Aug	7-Aug	8-Aug	9-Aug
 (observed) No Meal Service Today	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	Open Faced Turkey Sandwich () Carrot & Raisin Salad (18) Broccoli & Cheese Soup (18) Strawberries (11) Vanilla Ice Cream (27) Milk (12) Calories: 845 Carbs: 97g Fiber: 10g Protein: 55g Fat: 30g Sodium: 810mg	Marinated Chicken (2) Roasted Red Potatoes (17) Baby Carrots w/ Dill (8) Italian Vegetable Toss (17) Berry Cobbler (33) Milk (12) Calories: 750 Carbs: 87g Fiber: 12g Protein: 38g Fat: 31g Sodium: 660mg	Baked Salmon Dijon (12) Confetti Couscous (22) Seasoned Spinach (5) Grape Fruit Cup (15) Mini Butter Croissant (13) Milk (12) Calories: 735 Carbs: 79g Fiber: 9g Protein: 45g Fat: 31g Sodium: 745mg
12-Aug	13-Aug	14-Aug	15-Aug	16-Aug
Manicotti (18) Roasted Cauliflower (6) Cucumber & Tomato Salad (5) Garlic Bread (15) Apricots (21) Milk (12) Calories: 960 Carbs: 99g Fiber: 9g Protein: 40g Fat: 51g Sodium: 900mg	Slopper w/Green Chili (11) Ranch Beans (26) Creamy Coleslaw (10) Hamburger Bun (27) Watermelon Milk (12) / Garnish (1) Calories: 910 Carbs: 99g Fiber: 12g Protein: 51g Fat: 38g Sodium: 840mg	Chicken Caesar Wrap (15) Strawberry Spinach Salad (8) Garden Vegetable Soup (8) Orange Banana Gelatin (21) Cookie (18) Milk (12) Calories: 610 Carbs: 82g Fiber: 10g Protein: 30g Fat: 26g Sodium: 1115mg	Chili Relleno Casserole (10) Seasoned Black Beans (22) Vegetable Blend (12) Pineapple Chunks (18) Applesauce Cake (67) Milk (12) Calories: 950 Carbs: 144g Fiber: 12g Protein: 41g Fat: 30g Sodium: 865mg	Apple Ginger Pork Chop (3) Potatoes Delmonico (14) Roasted Brussel Sprouts (8) Vanilla Yogurt w/ Blueberries (14) & Granola Topping (16) Milk (12) / Dinner Roll w/ Marg (22) Calories: 765 Carbs: 85g Fiber: 11g Protein: 48g Fat: 31g Sodium: 390mg
19-Aug	20-Aug	21-Aug	22-Aug	23-Aug
Turkey Tetrizzini (23) Calico Corn (18) Cucumber & Tomato Salad (5) Yogurt w/ granola (24) Diced Pears (17) Milk (12) Calories: 890 Carbs: 110g Fiber: 10g Protein: 41g Fat: 37g Sodium: 1135mg	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	Shrimp Po Boy Sandwich (41) Hot and Sour Cabbage (16) Street Corn (47) Zesty Bean Soup (25) Mandarin Oranges (16) Milk (12) Calories: 1015 Carbs: 150g Fiber: 18g Protein: 41g Fat: 34g Sodium: 1280mg	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	Potato Crusted Fish (14) w/Mango Sauce (8) Vegetable Couscous (17) Green Beans Almondine (7) Mixed Melon Milk (12) / Dinner Roll w/ Marg (22) Calories: 790 Carbs: 113g Fiber: 12g Protein: 43g Fat: 25g Sodium: 590mg
26-Aug	27-Aug	28-Aug	29-Aug	30-Aug
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: 815mg	Chicken Fajitas 2 Corn Tortillas (58) Spanish Rice (20) Mexican Corn (17) Strawberries w/ topping (14) Milk (12) Calories: 650 Carbs: 121g Fiber: 10g Protein: 22g Fat: 12g Sodium: 405mg	Three Grilled Cheese Sandwich Tomato Basil Bisque Lemon butter Broccoli (3) Red White & Blueberry Fruit Sal Oatmeal Cookie Milk (12) Calories: 1025 Carbs: 95g Fiber: 8g Protein: 35g Fat: 37g Sodium: 1025mg	Salisbury Steak w/ Gravy (9) Roasted Red Potatoes (19) Honey glazed Carrots (17) Pineapple & Mandarin Oranges Dinner Roll w/Margarine (22) Milk (12) Calories: 720 Carbs: 93g Fiber: 10g Protein: 32g Fat: 29g Sodium: 475mg	Beef & Corn Tamale Pie (41) Cilantro Rice (18) Hacienda Corn & Black Beans Diced Mango (14) Banana Chocolate Bar (24) Milk (12) Calories: 860 Carbs: 133g Fiber: 10g Protein: 40g Fat: 23g Sodium: 830mg

IMPORTANT INFORMATION: Numbers in parentheses next to each meal item indicate the number of carbohydrates in grams for that item.
*reassessing recipe for accuracy, estimating sodium to be between 1000-1200 for meal

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.	<p>In order to prevent waste, we are on a Reservation System .</p> <p>To Cancel your meal for the day, Please call the day before or the morning of, before 9:00 A.M.</p> <p>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</p> <p>719-543-0100</p> <p>For Important Nutrition 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.