



**S R D A**  
**MEALS ON WHEELS MENU**  
**September 2024**  
**MENUS ARE SUBJECT TO CHANGE**

**HAPPY SEPTEMBER!**  
**THE WORLD SHALL NOW**  
**TRANSFORM INTO**  
**PUMPKIN EVERYTHING.**  
— KEITH WYNN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
 No Meal Service Today	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	Chicken Schwarma Pita Couscous salad Chickpea Soup Apple Fruit Cup (12) ~~~~ Milk (12) Calories: 1115 Carbs: 153g Fiber: 18g Protein: 54g Fat: 37g Sodium: 1125mg	Manicotti (18) Roasted Cauliflower (6) Cucumber & Tomato Salad (5) Garlic Bread (15) Apricots (21) Milk (12) Calories: 1040 Carbs: 133g Fiber: 10g Protein: 39g Fat: 45g Sodium: 940mg	Chicken Tarragon (4) Penne Pasta (18) Garden Vegetables (12) Side Salad w/ dressing (11) Mixed Melon (20) / Pudding (23) Milk (12) /Crackers (5) Calories: 875 Carbs: 105g Fiber: 10g Protein: 42g Fat: 36g Sodium: 830mg
9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
Pasta Tortelloni Primavera (49) Roasted Winter Veggies (7) Coconut Fruit Salad (17) Breadstick (20) ~~~~ Milk (12) Calories: 900 Carbs: 105g Fiber: 11g Protein: 32g Fat: 44g Sodium: 1035mg	Shepard's Pie (30) Seasoned Spinach (5) Corn O'Brien (12) Diced Peaches(15) Confetti Birthday Cake (40) Milk (12) Calories: 795 Carbs: 108g Fiber: 10g Protein: 37g Fat: 29g Sodium: 975mg 	Chicken Scallopini (5) Wild Rice (17) Asparagus Veg Florentine Soup (13) Apple Fruit Cup (10) Milk (12) / Dinner Roll w Marg (1) Calories: 855 Carbs: 113g Fiber: 9g Protein: 40g Fat: 30g Sodium: 685mg	Fried Pork Chop Collard Greens Macaroni & Cheese Cornbread Peach Cobbler Milk (12) Calories: 935 Carbs: 103g Fiber: 8g Protein: 48g Fat: 41g Sodium: 430mg 	Fish Tacos (30) Calabacitas (6) Pinto Beans (20) Tomato Cilantro Corn Salad (18) Ambrosia (21) Milk (12) Calories: 655 Carbs: 106g Fiber: 15g Protein: 39g Fat: 14g Sodium: 615mg
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
Pork Diablo (7) Mashed Potatoes (19) Steamed Carrots (16) Side Salad (5) Peaches & Yogurt Parfait (35) Milk (12) / Ranch Dressing (2) Calories: 745 Carbs: 97g Fiber: 9g Protein: 37g Fat: 27g Sodium: 785mg	Crispy Buffalo Chcken Wrap (19) Tomato & Cucumber Salad (5) Fruit Cup w/ Grapes (16) Baked Potato Chips (16) & Frozen Meal for 9/19 Milk (12) Calories: 720 Carbs: 73g Fiber: 9g Protein: 28g Fat: 41g Sodium: 1165mg	Turkey Club Hoagie Red Skin Potato Salad (20) Apple Pear & Walnut Salad (15) Cherry Gelatine (20) & Frozen Meal for 9/20 Milk (12) Calories: 730 Carbs: 86g Fiber: 10g Protein: 58g Fat: 21g Sodium: 1155mg	 SRDA Closed for Chili Festival No Meal Service Thursday or Friday	
23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
Cheese Pizza (31) Roasted Broccoli (6) Caprese Salad (10) Grape Fruit Cup (15) Milk (12) ~~~~ Calories: 725 Carbs: 74g Fiber: 11g Protein: 42g Fat: 33g Sodium: 905mg	Beef Chow Mein (29) Sweet & Sour Carrots (32) Oriental Green Beans (7) Vanilla Yogurt with Blueberries (14) Milk (12) Calories: 645 Carbs: 93g Fiber: 11g Protein: 36g Fat: 20g Sodium: 1050mg	Chipotle Chicken Torta (18) Mexican Street Corn Soup (18) Diced Mango (14) Vanilla Ice Cream (27) Milk (12) ~~~~ Calories: 1050 Carbs: 113g Fiber: 13g Protein: 48g Fat: 50g Sodium: 1085mg	Meatloaf w/ Gravy (13) Garlic Mashed Potatoes (18) Seasoned Spinach (5) Side Salad w/Italian Dressing (7) Ambrosia(18) Milk (12) / Dinner Roll (18) Calories: 820 Carbs: 79g Fiber: 8g Protein: 40g Fat: 43g Sodium: 1200mg	Fish w/Vegetable Sauce (3) Rice Pilaf (18) Green Bean Almondine (7) Chocolate Pudding (6) Sliced Orange (8) Milk (12) / Dinner Roll w/ Marg (2) Calories: 605 Carbs: 71g Fiber: 9g Protein: 41g Fat: 22g Sodium: 570mg
30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
Lasagna - meat (28) Brussel Sprouts (8) Garlic Bread (15) Side Salad w/Dressing (8) Oranges w/ whipped topping (18) Milk (12) Calories: 805 Carbs: 88g Fiber: 9g Protein: 38g Fat: 39g Sodium: 1165mg	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	Italian Chicken Sandwich Oven Roasted Vegetables (5) Orange, Beet & Spinach Salad (9) Squash Bisque Soup (15) Heavenly Hash (21) Milk (12) Calories: 540 Carbs: 63g Fiber: 7g Protein: 22g Fat: 29g Sodium: 500mg	Jambalaya (15) Red Beans (32) Cornbread (7) Creole Green Beans (7) Fresh Banana (18) Milk (12) Calories: 825 Carbs: 103g Fiber: 16g Protein: 45g Fat: 30g Sodium: 895mg	Salisbury Steak w/ Gravy (9) Roasted Red Potatoes (19) Honey glazed Carrots (17) Pineapple & Mandarin Oranges (7) Dinner Roll w/Margarine (22) Milk (12) Calories: 720 Carbs: 93g Fiber: 10g Protein: 32g Fat: 29g Sodium: 475mg

**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><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>In order to prevent waste, we are on a Reservation System .            To Cancel your meal for the day, Please call the day before or the morning of, before 9:00 A.M.  <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.