



SRDA Congregate Meals Menu October 2024



MENUS ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-Oct	2-Oct	3-Oct	4-Oct
	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 (5) 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 (9) Dinner Roll w/Margarine (22) Milk (12) Calories: 720 Carbs: 93g Fiber: 10g Protein: 32g Fat: 29g Sodium: 475mg
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
Pizza Sandwich Winter Blend Veggies w/ Parm Caprese Salad Jello Cake ~~~ Milk (12) 	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: 915 Carbs: 120g Fiber: 13g Protein: 52g Fat: 31g Sodium: 850mg	Chicken Alfredo w/pasta (31) Roasted Broccoli (6) Garlic Bread (15) Minestrone Soup (19) Fresh Grapes (18) Milk (12) Calories: 985 Carbs: 120g Fiber: 10g Protein: 48g Fat: 40g Sodium: 795mg	Brunswick Stew (17) Mixed Vegetables (13) Garlic & Cheddar Biscuit (19) Chilled Apricots (15) Oatmeal Cookie (17) Milk (12) Calories: 780 Carbs: 99g Fiber: 11g Protein: 45g Fat: 26g Sodium: 810mg	Arroz con Pollo (32) Sugar Snap Peas (7) Mexican Corn (17) Corn Tortillas Cranberry Apple Crumble (30) Milk (12) Calories: 920 Carbs: 159g Fiber: 13g Protein: 41g Fat: 17g Sodium: 380mg*
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
 Closed for the Holiday	Chuck Wagon Steak (14) w/ gra Noodles Romanoff w/peas () Calico Cabbage Cinnamon Applesauce Dinner Roll w/Marg (22) Milk (12) / Cookie (17) Calories: 1005 Carbs: 132g Fiber: 13g Protein: 39g Fat: 44g Sodium: 1190mg	Bean Burrito w/Green Chili (62) Cilantro Rice (18) Rancho Fiesta Vegetables (11) Sweet Potato Tortilla Soup (46) Diced Mango (14) Milk (12) Calories: 830 Carbs: 150g Fiber: 14g Protein: 23g Fat: 23g Sodium: 845mg	Pecan Crusted Chicken (13) Rosmary Polenta (18) Asparagus (2) German Chocolate Cake (32) Sliced Strawberries Milk (12) Calories: 825 Carbs: 82g Fiber: 9g Protein: 42g Fat: 41g Sodium: 700mg 	Red Beans and Rice (19) Seasoned Spinach (5) Hot Fruit Compote (21) Cornbread w/ margarine (42) Side Salad w/ vingigrette (5) Milk (12) Calories: 735 Carbs: 104g Fiber: 10g Protein: 25g Fat: 30g Sodium: 905mg
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
Pasta Tortelloni Primavera (72) Roasted Winter Veggies (7) Coconut Fruit Salad (17) Breadstick (20) Apple Juice (14) Milk (12) Calories: 960 Carbs: 119g Fiber: 11g Protein: 32g Fat: 44g Sodium: 1040mg	Beef Pot Pie (23) Califlower Corn O'Brien (11) Fruit-Cup w/ Grapes (16) Butterscotch Blondie (54) Milk (12) Calories: 1085 Carbs: 150g Fiber: 13g Protein: 38g Fat: 42g Sodium: 830mg	Cajun Pork Roast (1) Rice Pilaf (18) Green Bean Medley (9) Broccoli & Cheese Soup (16) Dinner Roll w/Margarine (22) Milk (12) / Banana (18) Calories: 785 Carbs: 89g Fiber: 11g Protein: 49g Fat: 31g Sodium: 740mg	Chicken Parmesan (16) Pasta w/ maranara (36) Brussel Sprouts (11) Dinner Roll w/Margarine (22) Sliced Oranges (11) Milk (12) Calories: 825 Carbs: 113g Fiber: 14g Protein: 39g Fat: 30g Sodium: 1200mg	Baked Salmon Dijon (12) Confetti Couscous (22) Seasoned Spinach (5) Applesauce Mini Butter Croissant (13) Milk (12) Calories: 735 Carbs: 79g Fiber: 9g Protein: 45g Fat: 31g Sodium: 745mg
28-Oct	29-Oct	30-Oct	31-Oct	1-Nov
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	Shepard's Pie (30) Oregon Vegetable Blend Corn O'Brien (12) Dinner Roll w/Margarine (22) Gelatin w/ Mandarin Orange Milk (12) / Diced Peaches(15) Calories: 800 Carbs: 111g Fiber: 12g Protein: 41g Fat: 28g Sodium: 1020mg	Citrus & Herb Fish (54) Brown & Wild Rice Pilaf (38) Peas & carrots (10) Garden Vegetable Soup (8) Ambrosia (20) / Crackers (5) Milk (12) Calories: 745 Carbs: 104g Fiber: 10g Protein: 44g Fat: 21g Sodium: 785mg	Chili Relleno Casserole (10) Seasoned Black Beans (18) Capri Vegetable Mix (12) Pineapple Tidbits (11) w/ Cottage Cheese (4) Milk (12) Calories: 680 Carbs: 70g Fiber: 15g Protein: 54g Fat: 26g Sodium: 1115mg	Roast Beef w/ Rosemary Au Jus Blue Cheese Potatoes (27) Broccoli Florets (5) Cinnamon Apple Slices (19) Dinner Roll w/margarine (22) Milk (12) Calories: 915 Carbs: 75g Fiber: 13g Protein: 41g Fat: 49g Sodium: 615mg

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>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. YOU MUST BE HOME TO RECEIVE YOUR MEAL!!! 719-543-0100 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.