



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1-Nov</b>
				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: 820 Carbs: 85g Fiber: 10g Protein: 40g Fat: 38g Sodium: 650mg
<b>4-Nov</b>	<b>5-Nov</b>	<b>6-Nov</b>	<b>7-Nov</b>	<b>8-Nov</b>
Manicotti (18) Roasted Cauliflower (6) Cucumber & Tomato Salad (5) Garlic Bread (15) Apricots (21) Milk (12) Calories: 1050 Carbs: 131g Fiber: 9g Protein: 36g Fat: 45g Sodium: 920mg	Roasted Pork Loin (1) w/Apple Chutney (11) Rice Pilaf (18) Seasoned Asparagus (2) Heavenly Hash (21) Milk (12) /Dinner Roll w/Marg (18) Calories: 720 Carbs: 101g Fiber: 9g Protein: 40g Fat: 19g Sodium: 400mg	Turkey Tetrazzini (23) Seasoned Spinach (5) Red Pepper & Potato Soup (15) Lemon Blueberry Crisp (40) Fresh Grapes (17) Milk (12) / Crackers (5) Calories: 830 Carbs: 116g Fiber: 10g Protein: 34g Fat: 27g Sodium: 1200mg	Beef Tips w/ Gravy (11) Scalloped Potatoes (17) Lima Beans & Carrots (13) Hummingbird Cake (45) Fresh Banana (18) Milk (12) / Dinner Roll w/Marg (11) Calories: 900 Carbs: 131g Fiber: 9g Protein: 42g Fat: 26g Sodium: 730mg	Baked Cod Almondine (5) Parmesean Basil Orzo (29) Seasoned Green beans (5) Pear Crisp (41) Dinner Roll w/ Margarine (18) Milk (12) Calories: 840 Carbs: 109g Fiber: 10g Protein: 42g Fat: 28g Sodium: 620mg
<b>11-Nov</b>	<b>12-Nov</b>	<b>13-Nov</b>	<b>14-Nov</b>	<b>15-Nov</b>
 <b>VETERANS DAY</b> Honoring All Who Served ★ ★ ★ No Meal Service Today	Beef & Corn Tamale Pie (41) Cilantro Rice (18) Hacienda Corn & Black Beans Diced Mango (14) Butterscotch pudding (29) Milk (12) Calories: 900 Carbs: 136g Fiber: 9g Protein: 35g Fat: 26g Sodium: 890mg	Seafood Italian Bake (3) Herbed Rice (24) Seasoned Spinach (5) Navy Bean Soup (25) Raspberry Cheesecake Bar (27) Milk (12) / Breadstick (19) Calories: 850 Carbs: 114g Fiber: 12g Protein: 51g Fat: 22g Sodium: 880mg	Chicken & Dumplings (13) Mixed Vegetables (11) Dinner Roll w/ Margarine (18) Chocolate Éclair (29) Apple Orange & Walnut Salad (11) Milk (12) Calories: 780 Carbs: 100g Fiber: 9g Protein: 47g Fat: 24g Sodium: 600mg	Spinach & Swiss Quiche (25) Roasted Broccoli w/ bacon (5) Hot Fruit Compote (21) Side Salad w/Dressing (8) Oatmeal Cookie (19) Milk (12) Calories: 830 Carbs: 90g Fiber: 9g Protein: 31g Fat: 41g Sodium: 1040mg
<b>18-Nov</b>	<b>19-Nov</b>	<b>20-Nov</b>	<b>21-Nov</b>	<b>22-Nov</b>
Chicken Parmesean (13) Pasta w/ maranara (36) Brussel Sprouts (11) Dinner Roll w/Margarine (22) Grape Fruit Cup (15) Milk (12) Calories: 690 Carbs: 102g Fiber: 10g Protein: 35g Fat: 18g Sodium: 830mg	Jambalaya (15) Red Beans (32) Cornbread (7) Creole Green Beans (7) Sliced Oranges (7) Milk (12) Calories: 740 Carbs: 90g Fiber: 15g Protein: 40g Fat: 26g Sodium: 1010mg	Marinated Chicken (1) Potatoes Delmonico (14) Lentil Soup (20) Lemon butter Broccoli (3) Vanilla Yogurt & Blueberries (14) Milk (12) Calories: 750 Carbs: 74g Fiber: 10g Protein: 47g Fat: 32g Sodium: 570mg	Chuck Wagon Steak w/ gravy (2) Noodles Romanoff w/peas (22) Carrots & Caluiflower (17) Pineapple Waldorf Salad (18) Dinner Roll w/ Margarine (18) Milk (12) Calories: 960 Carbs: 103g Fiber: 12g Protein: 37g Fat: 47g Sodium: 890mg	Pork Tamales w/ Green Chili (18) Pinto Beans (18) Spanish Rice (19) Flour Tortilla (14) Roasted Chipotle Corn Salad (32) Milk (12) / Sliced Apple (13) Calories: 860 Carbs: 125g Fiber: 15g Protein: 36g Fat: 27g Sodium: 1400mg
<b>25-Nov</b>	<b>26-Nov</b>	<b>27-Nov</b>	<b>28-Nov</b>	<b>29-Nov</b>
Salisbury Steak w/ Gravy (9) Roasted Red Potatoes (19) Honey glazed Carrots (17) Pineapple & Mandarin Oranges (11) Dinner Roll w/Margarine (18) Milk (12) Calories: 730 Carbs: 90g Fiber: 9g Protein: 30g Fat: 30g Sodium: 420mg	Pasta Tortelloni Primavera (72) Roasted Winter Veggies (7) Coconut Fruit Salad (17) Breadstick (20) Apple Juice (14) Milk (12) Calories: 960 Carbs: 117g Fiber: 11g Protein: 30g Fat: 44g Sodium: 1010mg	Herbed Turkey w/ Gravy (5) Mashed Potatoes (17) /Squash Bisque Green Beans Almondine (6) Cranberry Sauce (15) Pumpkin Mousse (44) Milk (12) / Dinner Roll (18) Calories: 950 Carbs: 115g Fiber: 10g Protein: 46g Fat: 36g Sodium: 790mg	 with warm appreciation we wish you a <b>Happy Thanksgiving!</b> No Meal Service Today	

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

<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.	Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.	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>
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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.