



S R D A
CONGREGATE MEALS
December 2024



MENUS ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
Pineapple Chicken (20) Fried Rice (23) Vegetable Stir Fry Egg Roll (14) Fruit Parfait (14) Milk (12) Calories: 651 Carbs: 91g Fiber: 8g Protein: 36g Fat: 18g Sodium: 665mg	Pork Tips (4) Scalloped Potatoes (15) Lima Beans & Carrots (12) Dinner Roll w/Marg (22) Sliced Oranges (8) Milk (12) Calories: 660 Carbs: 67g Fiber: 9g Protein: 43g Fat: 25g Sodium: 397mg	Bean Burrito w/Green Chili (62) Cilantro Rice (18) Calabacita (6) Pozole Soup (10) Fresh Banana (26) Milk (12) Calories: 934 Carbs: 137g Fiber: 22g Protein: 48g Fat: 24g Sodium: 1149mg	Shepard's Pie (30) Seasoned Spinach (5) Corn O'Brien (12) Diced Peaches(15) Confetti Birthday Cake (40) Milk (12) Calories: 920 Carbs: 122g Fiber: 11g Protein: 38g Fat: 32g Sodium: 1006mg	Pecan Crusted Cod (21) Risotto (22) Peas & Mushrooms (13) Dinner Roll w/ Margarine (22) Chocolate Chip Cookie (16) Milk (12) / Cranberry Juice (17) Calories: 970 Carbs: 120g Fiber: 10g Protein: 41g Fat: 37g Sodium: 688mg
9-Dec	10-Dec	11-Dec	12-Dec	13-Dec
Baked Ham w/Glaze (11) Roasted Red & Swt Potatoes (19) Cranberry Pear Salad (31) Side Salad w/Dressing (8) Dinner Roll w/Marg (22) Milk (12) Calories: 684 Carbs: 197g Fiber: 7g Protein: 33g Fat: 19g Sodium: 876mg	Meatloaf w/ Gravy (13) Garlic Mashed Potatoes (18) Green Beans Side-Salad w/Italian Dressing (7) Ambrosia(18) Milk (12) / Dinner Roll (18) Calories: 849 Carbs: 81g Fiber: 9g Protein: 36g Fat: 43g Sodium: 1200mg	Chicken Scallopini (5) Rice Pilaf (17) Asparagus Veg Florentine Soup (13) Apple Fruit Cup (12) Milk (12) / Crackers (5) Calories: 823 Carbs: 112g Fiber: 9g Protein: 38g Fat: 25g Sodium: 606mg	Brunswick Stew (17) Mixed Vegetables (13) Garlic & Cheddar Biscuit (19) Chilled Apricots (15) Oatmeal Cookie (17) Milk (12) Calories: 753 Carbs: 95g Fiber: 10g Protein: 39g Fat: 25g Sodium: 966mg	Chicken Pot Pie (23) Mixed Vegetables (11) Side Salad w/ Dressing (8) Lemon Bar (26) Sliced Apples (13) Milk (12) Calories: 843 Carbs: 104g Fiber: 9g Protein: 51g Fat: 25g Sodium: 1185mg
16-Dec	17-Dec	18-Dec	19-Dec	20-Dec
Chicken Parmesean (13) Pasta w/ maranara (36) Brussel Sprouts (11) Dinner Roll w/Margarine (22) Grape Fruit Cup (15) Milk (12) Calories: 692 Carbs: 102g Fiber: 10g Protein: 35g Fat: 18g Sodium: 823mg	Sloppy Joe Sandwich (21) on Hamburger Bun (27) German Potato Salad (17) Seasoned Spinach (5) Mandarin Oranges (17) Milk (12) Calories: 729 Carbs: 91g Fiber: 10g Protein: 36g Fat: 25g Sodium: 1090mg	Chicken Alfredo w/pasta (31) Roasted Broccoli (6) Garlic Bread (15) Minestrone Soup (19) Fresh Grapes (18) Milk (12) Calories: 915 Carbs: 97g Fiber: 10g Protein: 46g Fat: 38g Sodium: 691mg	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: 967 Carbs: 122g Fiber: 10g Protein: 47g Fat: 34g Sodium: 662mg	Pueblo Green Chili Pinto Beans Calabacitas (6) Whole Wheat Tortilla (27) Pear Crisp (41) Milk (12) Calories: 856 Carbs: 115g Fiber: 12g Protein: 38g Fat: 28g Sodium: 854mg
23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
Pork Diablo (7) Mashed Potatoes (19) Steamed Carrots (16) Side-Salad w/ dressing (7) Peaches & Yogurt Parfait (35) Milk (12) Calories: 728 Carbs: 86g Fiber: 9g Protein: 40g Fat: 27g Sodium: 774mg	Chicken a la Orange (17) Herbed Rice (24) Green Beans (6) Arugula Salad (11) Cheesecake Snickerdoodle Bar Milk (12) / Dinner Roll w/Marg(22) Calories: 937 Carbs: 108g Fiber: 7g Protein: 41g Fat: 38g Sodium: 637mg	 No Meal Service Closed for the Holiday 		Christmas Leftovers Reimagined Menu to be Determined Calories: Carbs: Fiber: Protein: Fat: Sodium:
30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
Cheese Pizza (31) Roasted Broccoli (6) Caprese Salad (10) Grape Fruit Cup (15) Milk (12) ~~~~ Calories: 712 Carbs: 79g Fiber: 11g Protein: 40g Fat: 30g Sodium: 935mg 	Arroz con Pollo (32) Sugar Snap Peas (7) Mexican Corn (17) Cranberry Apple Crumble (30) 2 Corn Tortillas (50) Milk (12) Calories: 924 Carbs: 147g Fiber: 16g Protein: 34g Fat: 24g Sodium: 400mg 	 No Meal Service Today 	Hoppin' John (48) (ham, blackeyed peas & rice) Collard Greens (6) Cornbread (19) Strawberry Gelatin (15) Milk (12) Calories: 679 Carbs: 98g Fiber: 12g Protein: 30g Fat: 21g Sodium: 1141mg 	Beef Chili Mac (24) Cheesy Cauliflower (6) Cape Cod Mixed Vegetables (8) Cinnamon Applesauce (11) Butterscotch Pudding (27) Milk (12) Calories: 705 Carbs: 94g Fiber: 11g Protein: 30g Fat: 25g Sodium: 783g

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

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.	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
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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.