



SRDA MEALS ON WHEELS MENU January-25



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Jan	2-Jan	1-Jan	2-Jan	3-Jan
		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
6-Jan	7-Jan	8-Jan	9-Jan	10-Jan
Spinach & Swiss Quiche (26) Roasted Broccoli w/ bacon (5) Hot Fruit Compote (21) Side Salad w/Dressing (8) Oatmeal Cookie (17) Milk (12) Calories: 820 Carbs: 90g Fiber: 9g Protein: 31g Fat: 40g Sodium: 1040mg	Pork Diablo (7) Mashed Potatoes (19) Steamed Carrots (16) Seasoned Green Beans (5) Peaches & Yogurt Parfait (35) Milk (12) Calories: 700 Carbs: 92g Fiber: 9g Protein: 34g Fat: 25g Sodium: 550mg	Mostaccioli w/ Meatsauce (29) Oven Roasted Vegetables (5) Orange, Beet & Spinach Salad (5) Squash Bisque Soup (15) Fresh Banana (26) Milk (12) Calories: 710 Carbs: 69g Fiber: 10g Protein: 28g Fat: 39g Sodium: 720mg	Chicken Teriyaki (8) Fried Rice (23) Green Peas (13) White cake w/ frosting (45) Sliced Strawberries (11) Milk (12) Calories: 800 Carbs: 108g Fiber: 10g Protein: 37g Fat: 27g Sodium: 890mg 	BBQ Beef Brisket Macaroni & Cheese Caprese Salad Breaded Green Tomato Jalapeno Cornbread Milk (12) Calories: 760 Carbs: 71g Fiber: 5g Protein: 51g Fat: 30g Sodium: 1410mg 
13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
Beef Pot Roast (5) Garlic Mashed Potatoes (17) Ratatouille (6) Banana Pudding Parfait (39) Dinner Roll w/Margarine (18) Milk (12) / Graham Crackers (16) Calories: 860 Carbs: 111g Fiber: 9g Protein: 42g Fat: 29g Sodium: 760mg	Sloppy Joe Sandwich (21) on Hamburger Bun (27) German Potato Salad (17) Seasoned Spinach (5) Mandarin Oranges (17) Milk (12) Calories: 730 Carbs: 92g Fiber: 11g Protein: 36g Fat: 25g Sodium: 1090mg	Chicken Cordon Bleu (15) Roasted Rosemary Potatoes (22) Seasoned Asparagus (4) Navy Bean Soup (24) Carrot Cake (47) Milk (12) / Dinner Roll (18) Calories: 960 Carbs: 141g Fiber: 16g Protein: 43g Fat: 27g Sodium: 1040mg 	Shepard's Pie (30) Oregon Vegetable Blend Corn O'Brien (12) Dinner Roll w/Margarine (18) Gelatin w/ Mandarin Orange Milk (12) / Diced Peaches(15) Calories: 920 Carbs: 122g Fiber: 11g Protein: 38g Fat: 33g Sodium: 1110mg	Bean Burrito (51) w/Green Chili (11) Cilantro Rice (18) Rancho Fiesta Vegetables (11) Fruit-Cup w/ Grapes (16) Milk (12) Calories: 780 Carbs: 112g Fiber: 18g Protein: 38g Fat: 23g Sodium: 740mg
20-Jan	21-Jan	22-Jan	23-Jan	24-Jan
 THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT <i>— Martin Luther King Jr. —</i> No Meal Service Today	Chuck Wagon Steak w/ gravy (2) Noodles Romanoff w/peas (22) Carrots & Cauliflower (17) Pineapple Waldorf Salad (18) Dinner Roll w/ Margarine (18) Milk (12) Calories: 960 Carbs: 103g Fiber: 12g Protein: 37g Fat: 46g Sodium: 910mg	Pasta Tortelloni Primavera (72) Roasted Winter Veggies (7) Tomato Florentine Soup Breadstick (20) Blackberry Cobbler (46) Milk (12) Calories: 900 Carbs: 100g Fiber: 11g Protein: 24g Fat: 47g Sodium: 910mg	Pecan Crusted Cod (21) Risotto (22) Peas & Mushrooms (13) Dinner Roll w/ Margarine (18) Chocolate Chip Cookie (16) Milk (12) / Cranberry Juice Calories: 970 Carbs: 122g Fiber: 9g Protein: 41g Fat: 37g Sodium: 690mg	Chicken Tahitian (8) Red Mashed Potatoes (22) Roasted Winter Vegetables (7) Side Salad w/Dressing (8) Fruit-of Choice (15) Milk (12) Calories: 920 Carbs: 83g Fiber: 9g Protein: 38g Fat: 51g Sodium: 1050mg
27-Jan	28-Jan	29-Jan	30-Jan	31-Jan
Pinto Beans & Ham (39) Sweet & Red Potatoes (19) Seasoned Green Beans (6) Cornbread (42) Sliced Apples (13) Milk (12) Calories: 870 Carbs: 146g Fiber: 19g Protein: 38g Fat: 17g Sodium: 780mg	Beef Chili Mac (24) Cheesy Cauliflower (6) Cape Cod Mixed Vegetables (8) Cinnamon Applesauce (11) Butterscotch Pudding (27) Milk (12) Calories: 830 Carbs: 114g Fiber: 12g Protein: 34g Fat: 28g Sodium: 1000mg	Fish Sandwich w/ Tartar Slaw (5) Lima Beans & Carrots (13) Cajun Chowder (24) Saltine Crackers (5) Diced Mango (14) Milk (12) Calories: 900 Carbs: 122g Fiber: 26g Protein: 378g Fat: 30g Sodium: 1260mg	Arroz con Pollo (32) Sugar Snap Peas (7) Mexican Corn (17) Cranberry Apple Crumble (30) Corn-Tortilla, 2 (51) Milk (12) Calories: 990 Carbs: 150g Fiber: 16g Protein: 34g Fat: 30g Sodium: 460mg	Fish w/Vegetable Sauce (3) Rice Pilaf (18) Green Bean Almondine (7) Sliced Orange (22) Choc Pudding (6) Milk (12) / Dinner Roll (22) Calories: 600 Carbs: 74g Fiber: 9g Protein: 38g Fat: 18g Sodium: 520mg

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

MENUS ARE SUBJECT TO CHANGE	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>Please call the day before or the morning of, before 9:00 A.M., to CANCEL your Meal</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.