



SRDA MEALS ON WHEELS MENU February 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Feb	4-Feb	5-Feb	6-Feb	7-Feb
Chicken a la Orange (17) Herbed Rice (24) Asparagus Arugula Salad (11) Cheesecake Snickerdoodle Bar Milk (12) / Dinner Roll w/Marg(22) Calories: 940 Carbs: 109g Fiber: 7g Protein: 41g Fat: 38g Sodium: 640mg	Brunswick Stew (17) Mixed Vegetables (13) Garlic & Cheddar Biscuit (19) Chilled Apricots (15) Oatmeal Cookie (17) Milk (12) Calories: 750 Carbs: 96g Fiber: 10g Protein: 39g Fat: 24g Sodium: 970mg	Turkey Tetrazzini (23) Seasoned Spinach (5) Red Pepper & Potato Soup (15) Lemon Blueberry Crisp (40) Fresh Grapes (17) Milk (12) / Crackers (5) Calories: 800 Carbs: 114g Fiber: 10g Protein: 34g Fat: 24g Sodium: 1140mg	Beef Teriyaki (8) Fried Rice (23) Green Peas (13) Confetti cake (45) Sliced Strawberries (11) Milk (12) Calories: 840 Carbs: 111g Fiber: 9g Protein: 50g Fat: 23g Sodium: 940mg 	Chicken & Chroizo ala Vodka Prince Edward Vegetables Garlic Bread Ceasar Side Salad Fresh Grapes Milk (12) Calories: Carbs: g Fiber: g Protein: g Fat: g Sodium: mg 
10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
Chicken Alfredo w/pasta (55) Roasted Broccoli (6) Garlic Bread (15) Side Salad w/ Dressing (8) Seedless Grapes (18) Milk (12) Calories: 925 Carbs: 109g Fiber: 10g Protein: 46g Fat: 40g Sodium: 790mg	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	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: 800 Carbs: 98g Fiber: 12g Protein: 46g Fat: 28g Sodium: 640mg	Pinto Beans & Ham (39) Sweet & Red Potatoes (19) Seasoned Green Beans (6) Cornbread (42) Sliced Apples (13) Milk (12) Calories: 790 Carbs: 128g Fiber: 17g Protein: 36g Fat: 17g Sodium: 780mg	Pueblo Green Chili (12) Pinto Beans (19) Calabacitas (6) Whole Wheat Tortilla (20) Pear-Crisp (41) Milk (12) Calories: 800 Carbs: 109g Fiber: 13g Protein: 41g Fat: 23g Sodium: 760mg
17-Feb	18-Feb	19-Feb	20-Feb	21-Feb
 <p style="text-align: center;">No Meal Service Today</p>	Cheese Pizza (31) Roasted Broccoli (6) Caprese Salad (10) Grape Fruit Cup (15) Milk (12) ~ Calories: 710 Carbs: 79g Fiber: 11g Protein: 41g Fat: 30g Sodium: 950mg	Frittata (4) Haricot Green Beans (27) Fall Harvest Couscous (25) Split Pea Soup (20) Cherry Crisp (17) Milk (12) Calories: 910 Carbs: 106g Fiber: 20g Protein: 45g Fat: 36g Sodium: 580mg	Beef Tips w/ Gravy (11) Scalloped Potatoes (14) Lima Beans & Carrots (13) Dinner Roll w/Marg (18) Oranges w/ whipped topping (18) Milk (12) Calories: 660 Carbs: 84g Fiber: 9g Protein: 41g Fat: 20g Sodium: 450mg	Creamy Spinach Gnocchi Yellow Squash Beet & Apple Salad w/ Lemon Dressing Dinner Roll w/Marg (22) Milk (12) / Cookie Calories: 590 Carbs: 78g Fiber: 10g Protein: 44g Fat: 16g Sodium: 450mg 
24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
Chicken Pot Pie (23) Mixed Vegetables (11) Side Salad w/Dressing (8) Lemon Pudding (32) Diced Pears (16) Milk (12) Calories: 705 Carbs: 100g Fiber: 9g Protein: 42g Sodium: 1185mg	Lasagna - meat (28) Brussel Sprouts (8) Garlic Bread (15) Side Salad w/Dressing (8) Butterscotch Pudding Parfait Milk (12) Calories: 850 Carbs: 103g Fiber: 9g Protein: 34g Fat: 35g Sodium: 1490mg*	Beef Tacos w/ Corn Tortillas (17) Tomato Cilantro Corn Salad (18) Pinto Beans (20) Pozole (10) Sliced Oranges (8) Milk (12) Calories: 750 Carbs: 86g Fiber: 13g Protein: 42g Fat: 28g Sodium: 1020mg	Chuck Wagon Steak (14) w/ gra Noodles Romanoff w/peas () Calico Cabbage Cinnamon Applesauce Dinner Roll w/Marg (22) Milk (12) / Cookie (17) Calories: 1000 Carbs: 116g Fiber: 31g Protein: 37g Fat: 45g Sodium: 950mg	Marinated Chicken (2) Roasted Red Potatoes (17) Broccoli & Cauliflower Chickpea Salad Walnut Brownie / Fresh Banana Milk (12) Calories: 960 Carbs: 103g Fiber: 11g Protein: 42g Fat: 46g Sodium: 630mg 

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

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.