



SRDA
MEALS ON WHEELS MENU
March 2025
MENUS ARE SUBJECT TO CHANGE

It was one
of those
March
days when the *SUN* shines hot
and the *wind* blows cold:
when it is summer in the *light*,
and winter in the *shade*.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Mar	4-Mar	5-Mar	6-Mar	7-Mar
Tuna Salad on WW Bread (26) Broccoli Salad (10) Chips (19) Diced Pears (16) Chocolate Pudding (23) Milk (12) Calories: 940 Carbs: 106g Fiber: 8g Protein: 43g Fat: 40g Sodium: 1180mg	Chicken & Sausage Gumbo (7) Steamed Brown Rice (24) Hot Spinach & Tomato Salad (7) Hush Puppies (23) Yellow Cake w/ Frosting (37) Milk (12) / Ambrosia (17) Calories: 850 Carbs: 127g Fiber: 9g Protein: 25g Fat: 29g Sodium: 1150mg	Pasta Tortelloni Primavera (48) Roasted Winter Veggies (6) Tomato Florentine Soup (5) Breadstick (16) Blackberry Cobbler (46) Milk (12) Calories: 1060 Carbs: 133g Fiber: 15g Protein: 38g Fat: 43g Sodium: 1250mg	Chicken a la Orange (16) Herbed Rice (24) Green Beans (5) Dinner Roll w/Margarine (22) Hummingbird Cake (44) Milk (12) / Banana (25) Calories: 980 Carbs: 149g Fiber: 11g Protein: 44g Fat: 25g Sodium: 750mg	Beef & Bean Burrito (35) w/Green Chili (11) Cilantro Rice (18) Rancho Fiesta Vegetables (10) Fruit-Cup w/ Grapes (15) Milk (12) Calories: 720 Carbs: 101g Fiber: 14g Protein: 28g Fat: 23g Sodium: 940mg
10-Mar	11-Mar	12-Mar	13-Mar	14-Mar
Chicken Cordon Bleu (15) Roasted Rosemary Potatoes (22) Seasoned Asparagus (4) Carrót Cake (47) Dinner Roll w/Margarine (18) Milk (12) / Sliced Strawberries Calories: 860 Carbs: 121g Fiber: 12g Protein: 35g Fat: 28g Sodium: 1170mg	Slopper w/Green Chili (11) Ranch Beans (26) Creamy Coleslaw (10) Hamburger Bun (27) Blueberry Fruit Cup (14) Milk (12) / Garnish (1) Calories: 980 Carbs: 114g Fiber: 10g Protein: 46g Fat: 39g Sodium: 1010mg	Italian Chicken Sandwich (30) Oven Roasted Vegetables (5) Orange, Beet & Spinach Salad (5) Squash Bisque Soup (15) Heavenly Hash (20) Milk (12) Calories: 810 Carbs: 89g Fiber: 12g Protein: 42g Fat: 35g Sodium: 980mg	Meatloaf w/ Gravy (13) Garlic Mashed Potatoes (18) Seasoned Spinach (5) Dinner Roll w/Margarine (22) Ambrosia (18) Milk (12) Calories: 740 Carbs: 76g Fiber: 9g Protein: 35g Fat: 35g Sodium: 1090mg	Cheese Tortellini w/Sauce (52) Sugar Snap Peas (7) Side Salad w/ dressing (8) Cinn-Apple Slices (19) Milk (12) ~~~~ Calories: 660 Carbs: 97g Fiber: 9g Protein: 28g Fat: 19g Sodium: 1150mg
17-Mar	18-Mar	19-Mar	20-Mar	21-Mar
Southwest Chicken Wap (28) Tomato Cilantro Corn Salad (17) Diced Mango (14) Vanilla Pudding (22) Milk (12) ~~~~ Calories: 690 Carbs: 95g Fiber: 42g Protein: 29g Fat: 23g Sodium: 1070mg	Corned Beef & Cabbage (1) Boiled Potatoes (13) Peas & Carrots (18) Sliced Peaches (14) Dinner Roll w/Margarine (22) Milk (12) Calories: 630 Carbs: 83g Fiber: 14g Protein: 30g Fat: 23g Sodium: 1310mg	Chicken Fajitas 2 Corn Tortillas (58) Spanish Rice (20) Sweet Potato Tortilla Soup (46) Strawberries w/ topping (14) Milk (12) Calories: 820 Carbs: 140g Fiber: 17g Protein: 22g Fat: 22g Sodium: 730mg	Potato Crusted Fish (14) w/Mango Sauce (8) Vegetable Couscous (17) Green Beans Almondine (7) Grape Fruit Cup (17) / Fig Bar (41) Milk (12) / Dinner Roll w/ Marg (22) Calories: 820 Carbs: 115g Fiber: 12g Protein: 38g Fat: 27g Sodium: 750mg	Macaroni and Cheese (40) Lemon Butter Broccoli (10) Glazed Carrots (17) Blueberry Fruit Cup (14) Cookie (17) Milk (12) Calories: 860 Carbs: 110g Fiber: 10g Protein: 32g Fat: 35g Sodium: 690mg
24-Mar	25-Mar	26-Mar	27-Mar	28-Mar
Cubano Sandwich Creamy Coleslaw (10) Baked Beans (30) Baked Potato Chips Jello Cake (41) Milk (12) Calories: 1240 Carbs: 145g Fiber: 10g Protein: 46g Fat: 54g Sodium: 1550	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	Vegetable Lasagna (10) Harvard Beets (13) Garlic Bread (15) Minestrone Soup (19) Fresh Grapes (18) Milk (12) Calories: 650 Carbs: 87g Fiber: 13g Protein: 29g Fat: 24g Sodium: 1200mg	Pecan Crusted Chicken (13) Rosemary Polenta (18) Asparagus (2) German Chocolate Cake (32) Cinn Apple Slices (19) Milk (12) Calories: 995 Carbs: 112g Fiber: 8g Protein: 47g Fat: 46g Sodium: 875mg	Fish Tacos (30) Calabacita (6) Seasoned Black Beans (18) Condiments (cabbage, lime, tomato) Ambrosia Milk (12) Calories: 565 Carbs: 91g Fiber: 13g Protein: 37g Fat: 10g Sodium: 425mg
31-Mar	1-Apr	2-Apr	3-Apr	4-Apr
Beef Pot Roast (5) Garlic Mashed Potatoes (17) Ratatoulli (6) Peach and Yogurt Parfait (35) Dinner Roll w/Margarine (22) Milk (12) Calories: 720 Carbs: 96g Fiber: 9g Protein: 40g Fat: 22g Sodium: 570mg	Stuffed Bell Pepper (17) Mexican Corn (17) Seasoned Green Beans (5) Banana Pudding Parfait (38) Milk (12) ~~~~ Calories: 640 Carbs: 90g Fiber: 9g Protein: 34g Fat: 17g Sodium: 1170mg	Hamburger on Bun (27) Lettuce, Tom, Onion (7) Greek Pasta Salad (23) Zesty Bean Soup (25) Chilled Apricots (21) Milk (12) / Crackers (5) Calories: 1050 Carbs: 148g Fiber: 16g Protein: 39g Fat: 35g Sodium: 1190mg	Bruschetta Chicken (8) Risotto (23) Roasted Vegetables (5) Side Salad (3) w/ Italian dressing Sliced Apples (13) Milk (12) / Dinner Roll w/Marg (22) Calories: 850 Carbs: 91g Fiber: 10g Protein: 35g Fat: 41g Sodium: 1160mg	Chili Relleno Casserole (10) Seasoned Black Beans (18) Capri Vegetable Mix (12) Pineapple Tidbits (11) w/ Cottage Cheese (4) Milk (12) Calories: 650 Carbs: 70g Fiber: 9g Protein: 40g Fat: 25g Sodium: 720mg

IMPORTANT INFORMATION: Numbers in parentheses next to each meal item indicate the number of carbohydrates in grams for that item.
*reassessing recipe for accuracy, estimating sodium to be between 1000-1200 for meal

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.	<p>In order to prevent waste, we are on a Reservation System .</p> <p>To Cancel your meal for the day, Please call the day before or the morning of, before 9:00 A.M.</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.