



**SRDA**  
**MEALS ON WHEELS MENU**  
**April 2025**  
**MENUS ARE SUBJECT TO CHANGE**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-Apr	2-Apr	3-Apr	4-Apr
	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 (2) 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
7-Apr	8-Apr	9-Apr	10-Apr	11-Apr
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: 820 Carbs: 123g Fiber: 11g Protein: 45g Fat: 29g Sodium: 990mg	Jambalaya Red Beans Cornbread Creole Green Beans Pineapple & Peaches Milk (12) Calories: 940 Carbs: 111g Fiber: 14g Protein: 49g Fat: 35g Sodium: 1350mg	Chicken Scallopini (5) Wild Rice (17) Asparagus Italian Wedding Soup Heavenly Hash (21) Milk (12) / Breadstick Calories: 820 Carbs: 122g Fiber: 10g Protein: 38g Fat: 30g Sodium: 680mg	Roasted Pork Loin (1) w/Apple Chutney (11) Rice Pilaf (18) Seasoned Asparagus (2) Confetti Cake (43) /Banana (26) Milk (12) /Dinner Roll (22) Calories: 920 Carbs: 152g Fiber: 11g Protein: 41g Fat: 20g Sodium: 670mg	Indian Butter chicken Pita Bread Steamed Rice Indian Cucumber Salad Pineapple & Mango Mixed Fruit Milk (12) Calories: 920 Carbs: 112g Fiber: 13g Protein: 48g Fat: 37g Sodium: 860mg
14-Apr	15-Apr	16-Apr	17-Apr	18-Apr
Turkey Tetrazzini (23) Calico Corn (18) Cucumber & Tomato Salad (5) Yogurt w/ granola (24) Diced Pears (17) Milk (12) Calories: 870 Carbs: 107g Fiber: 9g Protein: 36g Fat: 35g Sodium: 860mg	Beef Tacos w/ Corn Tortillas (17) Spanish Rice (20) Pinto Beans (20) Tomato Cilantro Corn Salad (18) Cherry Crisp (36) Milk (12) Calories: 820 Carbs: 101g Fiber: 12g Protein: 36g Fat: 33g Sodium: 800mg	Open Faced Turkey Sandwich (1) Carrot & Raisin Salad (18) Broccoli & Cheese Soup (18) Strawberries (11) Vanilla Ice Cream (27) Milk (12) Calories: 990 Carbs: 108g Fiber: 9g Protein: 54g Fat: 39g Sodium: 990mg	Cheese Tortellini w/Sauce (28) Sugar Snap Peas (6) Side Salad w/ dressing (11) Cinn-Apple Slices (19) Breadstick (14) Milk (12) Calories: 810 Carbs: 114g Fiber: 12g Protein: 33g Fat: 26g Sodium: 995mg	Pecan Crusted Cod (21) Orzo (34) Peas & Mushrooms (13) Dinner Roll w/ Margarine (22) Chocolate Chip Cookie (16) Milk (12) / Cranberry Juice (18) Calories: 1000 Carbs: 129g Fiber: 12g Protein: 44g Fat: 386g Sodium: 880mg
21-Apr	22-Apr	23-Apr	24-Apr	25-Apr
Chicken Salad on Croissant (32) Broccoli Salad (11) Sun Chips (45) Cinnamon Applesauce (22) Milk (12) ~~~ Calories: 850 Carbs: 96g Fiber: 9g Protein: 29g Fat: 41g Sodium: 810mg	Cheese Enchilada Casserole(33) Cilantro Rice (18) Hacienda Corn & Black Beans (23) Blueberry Fruit Cup Milk (12) Calories: 880 Carbs: 126g Fiber: 13g Protein: 36g Fat: 29g Sodium: 820mg	Butter Crumb Pollock (10) Chuckwagon corn (18) Broccoli Polonaise (6) Carrot & Swt Potato Soup (19) Pineapple Lime Gelatin (32) Milk (12) / Dinner Roll (22) Calories: 830 Carbs: 119g Fiber: 13g Protein: 44g Fat: 23g Sodium: 830mg	Chicken Tarragon (6) Penne Pasta (16) Garden Vegetables (5) Side Salad (5) /Crackers (5) Apple Slices (17) Milk (12) / Italian Dressing (2) Calories: 700 Carbs: 72g Fiber: 10g Protein: 33g Fat: 32g Sodium: 660mg	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: 980 Carbs: 127g Fiber: 12g Protein: 47g Fat: 33g Sodium: 810mg
28-Apr	29-Apr	30-Apr	1-May	2-May
Marinated Chicken (2) Garlic Mashed Potatoes (17) Baby Carrots w/ Dill (8) Italian Vegetable Toss (17) Berry Cobbler (33) Milk (12) Calories: 810 Carbs: 85g Fiber: 11g Protein: 41g Fat: 36g Sodium: 840mg	Braised Beef (13) Roasted Rosemary Potatoes (22) Beets & Carrots (10) Sliced Oranges (16) Dinner Roll w/ Margarine (22) Milk (12) Calories: 700 Carbs: 90g Fiber: 12g Protein: 36g Fat: 24g Sodium: 640mg	Fish Sandwich w/ Tartar Slaw (5) Lima Beans & Carrots (12) Cajun Chowder (24) Saltine Crackers (5) Fresh Banana (26) Milk (12) Calories: 960 Carbs: 137g Fiber: 16g Protein: 39g Fat: 30g Sodium: 1200mg	Creamy Spinach Gnocchi Yellow Squash Beet & Apple Salad w/ Lemon Dressing Dinner Roll w/Marg (22) Milk (12) / Cookie Calories: 900 Carbs: 109g Fiber: 10g Protein: 27g Fat: 43g Sodium: 880mg	Pineapple Chicken (20) Fried Rice (23) Vegetable Stir Fry Egg Roll (14) Fruit Parfait (14) Milk (12) Calories: 700 Carbs: 108g Fiber: 8g Protein: 37g Fat: 16g Sodium: 800mg

**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

<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.	<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><b>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</b></p> <p><b>719-543-0100</b></p> <p><b>For Important Nutrition Information, Please Turn Menu Over</b></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.