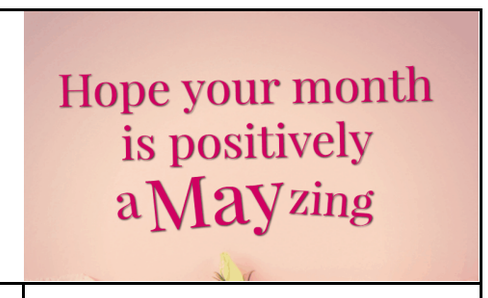
# S R D A
# MEALS ON WHEELS MENU
## May 2025
### MENUS ARE SUBJECT TO CHANGE




| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | | **1-May** | **2-May** |
| | | | Stuffed Bell Pepper (17)<br>Mexican Corn (17)<br>Seasoned Green Beans (5)<br>Banana Pudding Parfait (38)<br>Milk (12)<br>~~~<br>Calories: 640<br>Carbs: 90g<br>Fiber: 9g<br>Protein: 34g<br>Fat: 17g<br>Sodium: 1170mg | Chicken Tarragon (6)<br>Penne Pasta (16)<br>Garden Vegetables (5)<br>Side Salad (5) /Crackers (5)<br>Fresh Apple (22)<br>Milk (12) / Italian Dressing (2)<br>Calories: 815<br>Carbs: 91g<br>Fiber: 10g<br>Protein: 46g<br>Fat: 33g<br>Sodium: 620mg |
| **5-May** | **6-May** | **7-May** | **8-May** | **9-May** |
| Hamburger on Bun (24)<br>Red SkinPotato Salad (19)<br>Lettuce, Tom, Onion (7)<br>Baked Beans (34)<br>Watermelon (16)<br>Milk (12) / Ketchup & Mustard (2)<br>Calories: 910<br>Carbs: 109g<br>Fiber: 13g<br>Protein: 53g<br>Fat: 31g<br>Sodium: 1130mg | Chicken Fried Rice (17)<br>Egg Roll (23)<br>Mandarin Stir Fry (6)<br>Strawberries & Peaches (12)<br>Yogurt w Granola (21)<br>Milk (12)<br>Calories: 850<br>Carbs: 85g<br>Fiber: 10g<br>Protein: 50g<br>Fat: 36g<br>Sodium: 740mg | Honey Mustard Chicken (10)<br>Risotto (22)<br>Roasted Brussel Sprouts (7)<br>Minestrone Soup(11)<br>Fresh Banana (26)<br>Milk (12) / Crackers (5)<br>Calories: 680<br>Carbs: 91g<br>Fiber: 9g<br>Protein: 34g<br>Fat: 23g<br>Sodium: 580mg | Staff Training<br>No Meal Service Today | Chicago Style Hot Dog on Bun<br>California Normandy Mixed Vegg<br>Baked French fries<br>Ice Cream with Chocolate Drizzle<br>Hot Dog Toppings<br>Milk (12)<br> <br> |
| **12-May** | **13-May** | **14-May** | **15-May** | **16-May** |
| Marinated Chicken (2)<br>Garlic Mashed Potatoes (17)<br>Baby Carrots w/ Dill (8)<br>Italian Vegetable Toss (16)<br>Pear Crisp (34)<br>Milk (12)<br>Calories: 860<br>Carbs: 87g<br>Fiber: 14g<br>Protein: 40g<br>Fat: 42g<br>Sodium: 680mg | Crispy Buffalo Chcken Wrap (19)<br>Tomato & Cucumber Salad (5)<br>Fruit Cup w/ Grapes (16)<br>Baked Potato Chips (16)<br>Chocolate Chip Cookie (17)<br>Milk (12)<br>Calories: 850<br>Carbs: 89g<br>Fiber: 9g<br>Protein: 30g<br>Fat: 46g<br>Sodium: 1200mg | Bean Burrito w/Green Chili (62)<br>Cilantro Rice (18)<br>Calabacita (6)<br>Pozole (15)<br>Sliced Apples (13)<br>Milk (12)<br>Calories: 770<br>Carbs: 110g<br>Fiber: 12g<br>Protein: 41g<br>Fat: 32g<br>Sodium: 1250mg | Ham & Potato Casserole (11)<br>Fall Harvest Couscous (25)<br>Green Peas (12)<br>Sliced Peaches (14)<br>Buttersctch Blondie (54)<br>Milk (12)<br>Calories: 800<br>Carbs: 109g<br>Fiber: 11g<br>Protein: 35g<br>Fat: 27g<br>Sodium: 1190mg | Spinach & Swiss Quiche (25)<br>Roasted Broccoli (5)<br>Hot Fruit Compote (17)<br>Vanilla Pudding (29)<br>Oatmeal Cookie (19)<br>Milk (12)<br>Calories: 910<br>Carbs: 107g<br>Fiber: 8g<br>Protein: 32g<br>Fat: 42g<br>Sodium: 1000mg |
| **19-May** | **20-May** | **21-May** | **22-May** | **23-May** |
| Vegetable Lasagna (26)<br>Herbed Carrots (7)<br>Lemon Butter Broccoli (9)<br>Diced Pears (16)<br>Garlic Bread (17)<br>Milk (12)<br>Calories: 680<br>Carbs: 85g<br>Fiber: 12g<br>Protein: 29g<br>Fat: 27g<br>Sodium: 1170mg | Beef & Corn Tamale Pie (41)<br>Seasoned Pinto Beans (22)<br>Calabacitas (6)<br>Mandarin Oranges (15)<br>Banana Chocolate Bar (24)<br>Milk (12)<br>Calories: 830<br>Carbs: 117g<br>Fiber: 13g<br>Protein: 40g<br>Fat: 24g<br>Sodium: 820mg | Chipotle Chicken Torta (41)<br>Mexican Street Corn Soup (17)<br>Diced Mango (14)<br>Walnut Brownie (29)<br>Milk (12)<br>~~~<br>Calories: 1040<br>Carbs: 114g<br>Fiber: 14g<br>Protein: 49g<br>Fat: 47g<br>Sodium: 1170mg | Cheese Pizza (37)<br>Roasted Broccoli (5)<br>Tomato Cucumber Salad (5)<br>Grape Fuit Cup (15)<br>Milk (12)<br>Calories: 700<br>Carbs: 74g<br>Fiber: 9g<br>Protein: 31g<br>Fat: 36g<br>Sodium: 680mg | Meatloaf w/ Gravy (13)<br>Garlic Mashed Potatoes (18)<br>Seasoned Spinach (5)<br>Dinner roll w/ Margarine (22)<br>Ambrosia(16)<br>Milk (12)<br>Calories: 770<br>Carbs: 85g<br>Fiber: 9g<br>Protein: 35g<br>Fat: 33g<br>Sodium: 1060mg |
| **26-May** | **27-May** | **28-May** | **29-May** | **30-May** |
| <br><br>No Meal Service Today | Chicken Greek Salad (3)<br>Mediterranean Brown Rice (25)<br>Parm Baked Zuchinni (6)<br>Dinner Roll w/margarine (22)<br>Diced pears (16)<br>Milk (12)<br>Calories: 690<br>Carbs: 83g<br>Fiber: 8g<br>Protein: 30g<br>Fat: 29g<br>Sodium: 660mg | Turkey Club Hoagie (18)<br>Cream of Broccoli Soup (17)<br>Pasta Greek Salad (5)<br>Mandarin Oranges w/ topping (16<br>Crackers (5)<br>Milk (12)<br>Calories: 830<br>Carbs: 89g<br>Fiber: 9g<br>Protein: 47g<br>Fat: 34g<br>Sodium: 1200mg | Pecan Crusted Chicken (13)<br>Lemon Risotto (22)<br>Asparagus (2)<br>Confetti Cake (43)<br>Red White & Blueberry Salad (22<br>Milk (12)<br>Calories: 930<br>Carbs: 138g<br>Fiber: 10g<br>Protein: 42g<br>Fat: 26g<br>Sodium: 760mg<br> <br> | Polish Sausage (3) w/ Bun (16)<br>Roasted Rosemary Potatoes (22)<br>Creole Green Beans (7)<br>Mustard Pkt. (1)<br>Fresh Banana (17)<br>Milk (12)<br>Calories: 800<br>Carbs: 85g<br>Fiber: 10g<br>Protein: 29g<br>Fat: 41g<br>Sodium: 1420mg |

**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.

**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**

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.