



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Jun	3-Jun	4-Jun	5-Jun	6-Jun
Pasta Tortelloni Primavera (72) Roasted Winter Veggies (7) Coconut Fruit Salad (17) Breadstick (20) Fresh Grapes (18) Milk (12) Calories: 960 Carbs: 117g Fiber: 11g Protein: 32g Fat: 44g Sodium: 1040mg	Chuck Wagon Steak (14) w/ gra Noodles Romanoff w/peas (23) Calico Cabbage (7) Cinnamon Applesauce (14) Dinner Roll w/Marg (22) Milk (12) / Grahmn Cracker (17) Calories: 890 Carbs: 101g Fiber: 12g Protein: 38g Fat: 39g Sodium: 1150mg	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	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: 860 Carbs: 92g Fiber: 10g Protein: 38g Fat: 41g Sodium: 1070mg	Hot Salmon Noodle Salad Egg Roll (14) Peaches & Yogurt Parfait (35) Granola topping (16) Milk (12) Calories: 1020 Carbs: 130g Fiber: 11g Protein: 38g Fat: 42g Sodium: 1070mg
9-Jun	10-Jun	11-Jun	12-Jun	13-Jun
Honey Mustard Chicken (10) Potato Au Gratin (23) Roasted Brussel Sprouts (7) Dinner Roll w/Margarine (22) Berry Crisp (27) Milk (12) Calories: 880 Carbs: 117g Fiber: 12g Protein: 44g Fat: 30g Sodium: 920mg	Chili Relleno Casserole (10) Seasoned Black Beans (22) Vegetable Blend (12) Pineapple Chunks (18) Applesauce Cake (67) Milk (12) Calories: 950 Carbs: 144g Fiber: 12g Protein: 41g Fat: 30g Sodium: 865mg	Beef Pot Roast (5) Garlic Mashed Potatoes (17) Ratatoulli (6) Broccoli & Cheese Soup (18) Dinner Roll w/Margarine (22) Milk (12) Calories: 720 Carbs: 96g Fiber: 9g Protein: 40g Fat: 22g Sodium: 570mg	Crispy Buffalo Chcken Wrap (19) Tomato & Cucumber Salad (5) Fruit Cup w/ Grapes (16) Baked Potato Chips (16) Milk (12) Calories: 690 Carbs: 66g Fiber: 5g Protein: 26g Fat: 38g Sodium: 1090mg	Roasted Pork Loin (1) w/Apple Chutney (11) Rice Pilaf (18) Seasoned Asparagus (2) Heavenly Hash (21) Milk (12) /Dinner Roll (22) Calories: 690 Carbs: 103g Fiber: 9g Protein: 39g Fat: 31g Sodium: 695mg
16-Jun	17-Jun	18-Jun	19-Jun	20-Jun
Turkey Tetrzzini (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: 830mg	Butter Crumb Pollock Chuckwagon corn (19) Broccoli Polonaise (6) Dinner Roll (22) Pineapple Lime Gelatin (32) Milk (12) Calories: 715 Carbs: 98g Fiber: 9g Protein: 46g Fat: 21g Sodium: 585mg	Cheese Tortellini w/Sauce (28) Sugar Snap Peas (6) Minestrone Soup(11) Cinn-Apple Slices (19) Breadstick (14) Milk (12) Calories: 810 Carbs: 114g Fiber: 12g Protein: 33g Fat: 26g Sodium: 995mg	 No Meal Service Today	Chicken Salad on Croissant (32) Broccoli Salad (11) Sun Chips (45) Cinnamon Applesauce () Milk (12) Calories: 1050 Carbs: 123g Fiber: 11g Protein: 34g Fat: 50g Sodium: 1160mg
23-Jun	24-Jun	25-Jun	26-Jun	27-Jun
Manicotti (18) Roasted Cauliflower (6) Cucumber & Tomato Salad (5) Garlic Bread (15) Apricots (21) Milk (12) Calories: 1050 Carbs: 131g Fiber: 9g Protein: 36g Fat: 45g Sodium: 920mg	Spinach & Swiss Quiche (25) Roasted Broccoli (5) Hot Fruit Compote (17) Vanilla Pudding (29) Oatmeal Cookie (19) Milk (12) Calories: 910 Carbs: 107g Fiber: 8g Protein: 32g Fat: 42g Sodium: 1000mg	Chicken Caesar Wrap (15) Strawberry Spinach Salad (8) Cookie (18) Orange Banana Gelatin (21) Garden Vegetable Soup (8) Milk (12) Calories: 640 Carbs: 82g Fiber: 10g Protein: 31g Fat: 29g Sodium: 1195mg	Chicken Tarragon (6) Penne Pasta (16) Garden Vegetables (5) Side Salad (5) /Crackers (5) Apple Slices (17) Milk (12) / Italian Dressing (2) Calories: 690 Carbs: 72g Fiber: 10g Protein: 36g Fat: 30g Sodium: 590mg	Fish w/Vegetable Sauce (3) Rice Pilaf (18) Green Bean Almondine (7) Chocolate Pudding (6) Orange Slices Milk (12) / Dinner Roll w/ Marg (2) Calories: 600 Carbs: 76g Fiber: 9g Protein: 40g Fat: 19g Sodium: 540mg
30-Jun	1-Jul	2-Jul	3-Jul	4-Jul
Ham & Potato Casserole (11) Fall Harvest Couscous (25) Green Peas (12) Sliced Peaches (14) Buttersctch Blondie (54) Milk (12) Calories: 800 Carbs: 109g Fiber: 11g Protein: 35g Fat: 27g Sodium: 1190mg	Beef Chow Mein (29) Sweet & Sour Carrots (32) Oriental Green Beans (7) Vanilla Ice Cream (27) Sliced Oranges (11) Milk (12) Calories: 830 Carbs: 110g Fiber: 13g Fat: 30g Sodium: 1060mg	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	Sloppy Joe Sandwich (21) on Hamburger Bun (27) German Potato Salad (17) Seasoned Spinach (5) Red White & Blueberry Fruit Sala Milk (12) Calories: 730 Carbs: 92g Fiber: 15g Protein: 38g Fat: 26g Sodium: 1200mg	 No Meal Service Today

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

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. Please call the day before or the morning of, before 9:00 A.M, to CANCEL your Meal YOU MUST BE HOME TO RECEIVE YOUR MEAL!!! 719-543-0100 For Important Nutriron Information, Please Turn Menu Over
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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.