



SRDA WHEELS MENU July 2025



MENUS ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-Jul	2-Jul	3-Jul	4-Jul
	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 Protein: 30g 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 Salad Milk (12) Calories: 730 Carbs: 92g Fiber: 15g Protein: 38g Fat: 26g Sodium: 1200mg	 No Meal Service Today
7-Jul	8-Jul	9-Jul	10-Jul	11-Jul
Chicken Parmesean (13) Pasta w/ maranara (36) Roasted Zucchini (5) Dinner Roll w/Margarine (22) Grape Fruit Cup (15) Milk (12) Calories: 690 Carbs: 102g Fiber: 9g Protein: 33g Fat: 18g Sodium: 890mg	Bean Burrito (51) w/Green Chili (11) Cilantro Rice (18) Rancho Fiesta Vegetables (11) Diced Pears Milk (12) Calories: 740 Carbs: 109g Fiber: 18g Protein: 34g Fat: 19g Sodium: 770mg	(40) Tomato Basil Bisque (9) Lemon butter Broccoli (3) Red White & Blueberry Fruit Salad (22) ~~~ Milk (12) Calories: 800 Carbs: 93g Fiber: 9g Protein: 34g Fat: 36g Sodium: 970mg	Pineapple Chicken (20) Fried Rice (23) Vegetable Stir Fry (7) Egg Roll (14) Peaches & Yogurt Parfait (35) Milk (12) / Granola topping (16) Calories: 800 Carbs: 106g Fiber: 10g Protein: 46g Fat: 23g Sodium: 840mg	Pasta Tortelloni Primavera (72) Roasted Winter Veggies (7) Coconut Fruit Salad (17) Breadstick (20) ~~~ Milk (12) Calories: 850 Carbs: 108g Fiber: 11g Protein: 33g Fat: 35g Sodium: 1140mg
14-Jul	15-Jul	16-Jul	17-Jul	18-Jul
Chicken Alfredo w/pasta (55) Green Peas Garlic Bread (15) Strawberry & Spinach Salad (8) Seedless Grapes (18) Milk (12) Calories: 920 Carbs: 9g5 Fiber: 9g Protein: 46g Fat: 41g Sodium: 1010mg	Fish w/Vegetable Sauce (3) Rice Pilaf (18) Green Bean Almondine (7) Chocolate Pudding (6) Sliced Apple (13) Milk (12) / Dinner Roll w/ Marg (2) Calories: 600 Carbs: 79g Fiber: 9g Protein: 37g Fat: 17g Sodium: 650mg	Cheesesteak Hoagie (24) Vegetable Florentine Soup (15) Honey Apple Cider Brussel Sprouts (3) BlueBerry Cottage Cheese (9) ~~~ Milk (12) Calories: 630 Carbs: 73g Fiber: 10g Protein: 39g Fat: 22g Sodium: 1285mg	Cajun Pork Roast (1) Cheesy Grits (17) Green Bean Medley (9) Dinner Roll w/ Margarine (22) Cantaloupe & Hoenydew (30) Milk (12) Calories: 890 Carbs: 96g Fiber: 12g Protein: 40g Fat: 43g Sodium: 750mg	Chicken a la Orange (17) Herbed Rice (24) Asparagus (4) Arugula Salad (11) Cheesecake Snickerdoodle Bar Milk (12) / Dinner Roll w/Marg(22) Calories: 1000 Carbs: 122g Fiber: 10g Protein: 49g Fat: 37g Sodium: 800mg
21-Jul	22-Jul	23-Jul	24-Jul	25-Jul
Beef & Corn Tamale Pie (41) Cilantro Rice (18) Hacienda Corn & Black Beans Diced Mango (14) Banana Chocolate Bar (24) Milk (12) Calories: 860 Carbs: 133g Fiber: 10g Protein: 40g Fat: 23g Sodium: 830mg	Pork Tips (4) Roasted Red Potatoes (19) Honey Glazed Carrots (17) Dinner Roll w/Margarine (22) Apple Fruit Cup (13) Milk (12) Calories: 670 Carbs: 82g Fiber: 9g Protein: 39g Fat: 22g Sodium: 510mg	Chipotle Chicken Torta Mexican Street Corn Soup (17) Diced Mango (14) Vanilla Ice Cream (27) Milk (12) ~ Calories: 910 Carbs: 100g Fiber: 13g Protein: 39g Fat: 44g Sodium: 1170mg	Ham & Potato Casserole (24) Fall Harvest Couscous (25) Capri Mixed Vegetables (6) Chocolate Confetti cake (41) Sliced Strawberries (11) Milk (12) Calories: 800 Carbs: 120g Fiber: 10g Protein: 30g Fat: 25g Sodium: 1200mg	Meatloaf w/ Gravy (13) Garlic Mashed Potatoes (18) Seasoned Spinach (5) Side-Salad w/Italian Dressing Ambrosia(18) Milk (12) / Dinner roll (22) Calories: 830 Carbs: 88g Fiber: 9g Protein: 40g Fat: 41g Sodium: 1190mg
28-Jul	29-Jul	30-Jul	31-Jul	1-Aug
Chili Relleno Casserole (10) Seasoned Black Beans (18) Capri Vegetable Mix (12) Pineapple Tidbits (20) w/ Cottage Cheese (2) Milk (12) Calories: 640 Carbs: 69g Fiber: 9g Protein: 40g Fat: 25g Sodium: 720mg	Smoked Carnitas Tacos Black Bean Rice Mexican Street Corn Coleslaw Mango with Tajin Pico de Gallo Milk (12) Calories: Carbs: Fiber: Protein: Fat: Sodium: 	Seafood Italian Bake (3) Herbed Rice (24) Seasoned Spinach (5) Navy Bean Soup (25) Raspberry Cheesecake Bar (27) Milk (12) / Breadstick (19) Calories: 850 Carbs: 115g Fiber: 13g Protein: 51g Fat: 22g Sodium: 880mg	Italian Chicken Orzo (10) Seasoned Asparagus (2) Italian Mixed Vegetables (5) Dinner Roll w/ Margarine (22) Peaches & Yogurt Parfait (35) Milk (12) Calories: 730 Carbs: 95g Fiber: 12g Protein: 38g Fat: 25g Sodium: 780mg	Chicken Salad on Croissant (32) Broccoli Salad (11) Sun Chips (45) Cinnamon Applesauce (23) ~~~ Milk (12) Calories: 850 Carbs: 95g Fiber: 9g Protein: 32g Fat: 39g Sodium: 940mg

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

<p>Food Allergen Warning The following major food allergens are used as ingredients: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame.</p>	<p>Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.</p>	<p>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</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.