



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1-Aug
<p>SRDA has partnered with Nourish Colorado to help support local growers in our community!</p>  <p>Menu days with a shovel have at least one item sourced from a local producer</p>				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
4-Aug	5-Aug	6-Aug	7-Aug	8-Aug
 <p align="center">No Meal Service Today</p>	Cheese Pizza (37) Roasted Broccoli (5) Tomato Cucumber Salad (5) Grape Fruit Cup (15) Milk (12) ----- Calories: 710 Carbs: 69g Fiber: 9g Protein: 30g Fat: 37g Sodium: 620mg	Open Faced Turkey Sandwich (1) Carrot & Raisin Salad (18) Broccoli & Cheese Soup (18) Strawberries (11) Chocolate Ice Cream (19) Milk (12) ----- Calories: 840 Carbs: 88g Fiber: 10g Protein: 52g Fat: 33g Sodium: 850mg	Pasta Tortelloni Primavera (49) Roasted Winter Veggies (7) Breadstick (20) Coconut Fruit Salad (14) Confetti Birthday Cake (41) Milk (12) ----- Calories: 1140 Carbs: 151g Fiber: 12g Protein: 31g Fat: 48g Sodium: 1300mg 	Baked Salmon Dijon (12) Confetti Couscous (22) Seasoned Spinach (5) Mini Butter Croissant (13) Fresh Colorado Peach (29) Milk (12) ----- Calories: 680 Carbs: 70g Fiber: 11g Protein: 37g Fat: 29g Sodium: 600mg 
11-Aug	12-Aug	13-Aug	14-Aug	15-Aug
Manicotti (18) Roasted Cauliflower (6) Cucumber & Tomato Salad (5) Garlic Bread (15) Apricots (21) Milk (12) ----- Calories: 1050 Carbs: 130g Fiber: 9g Protein: 36g Fat: 45g Sodium: 930mg	Pork Diablo (7) Mashed Potatoes (19) Steamed Carrots (16) Side Salad (5) Peaches & Yogurt Parfait (35) Milk (12) / Ranch Dressing (2) ----- Calories: 720 Carbs: 94g Fiber: 9g Protein: 33g Fat: 25g Sodium: 790mg	Chicken Caesar Wrap (15) Strawberry Spinach Salad (8) Garden Vegetable Soup (8) Orange Banana Gelatin (21) Cookie (18) Milk (12) ----- Calories: 710 Carbs: 91g Fiber: 9g Protein: 30g Fat: 27g Sodium: 1115mg	Slopper w/Green Chili (11) Ranch Beans (26) Creamy Coleslaw (10) Hamburger Bun (27) Sliced Apples (13) Milk (12) / Garnish (1) ----- Calories: 970 Carbs: 111g Fiber: 11g Protein: 45g Fat: 39g Sodium: 1200mg	Honey Mustard Chicken (10) Potato Au Gratin (23) Roasted Brussel Sprouts (7) Dinner Roll w/Margarine (22) Cherry Cobbler (39) Milk (12) ----- Calories: 890 Carbs: 115g Fiber: 12g Protein: 43g Fat: 31g Sodium: 900mg  
18-Aug	19-Aug	20-Aug	21-Aug	22-Aug
Jambalaya (15) Red Beans (32) Cornbread (7) Creole Green Beans (7) Fresh Banana (18) Milk (12) ----- Calories: 810 Carbs: 108g Fiber: 15g Protein: 415g Fat: 26g Sodium: 980mg	Beef Pot Roast (5) Garlic Mashed Potatoes (17) Peas & Mushrooms (13) Banana Pudding Parfait (39) Graham Crackers (15) Milk (12) / Dinner Roll w/Marg (2) ----- Calories: 920 Carbs: 121g Fiber: 12g Protein: 45g Fat: 30g Sodium: 910mg	Chicken Scallopini (5) Wild Rice (17) Asparagus Italian Wedding Soup (22) Heavenly Hash (20) Milk (12) / Breadstick (19) ----- Calories: 1030 Carbs: 131g Fiber: 9g Protein: 44g Fat: 38g Sodium: 790mg	Sautéed Onion Cheeseburger Smoked Baked beans Potato Salad / French Fries (JE only) Cubed Watermelon (16) Vanilla Ice Cream (27) Milk (12) ----- Calories: TBD Carbs: Fiber: Protein: Fat: Sodium:  	Apple Ginger Pork Chop (3) Potatoes Delmonico (14) Roasted Brussel Sprouts (8) Vanilla Yogurt w/ Blueberries (14) & Granola Topping (16) Milk (12) / Dinner Roll w/ Marg (2) ----- Calories: 770 Carbs: 88g Fiber: 12g Protein: 41g Fat: 29g Sodium: 500mg
25-Aug	26-Aug	27-Aug	28-Aug	29-Aug
Beef Chow Mein (29) Sweet & Sour Carrots (32) Oriental Green Beans (7) Vanilla Yogurt with Blueberries (14) Milk (12) ----- Calories: 640 Carbs: 92g Fiber: 11g Protein: 32g Fat: 18g Sodium: 990mg	Chicken Fajitas 2 Corn Tortillas (58) Spanish Rice (20) Mexican Corn (17) Strawberries w/ topping (14) Milk (12) ----- Calories: 620 Carbs: 112g Fiber: 14g Protein: 20g Fat: 12g Sodium: 400mg	Caprese (26) Tomato Basil Bisque (9) Lemon butter Broccoli (3) Red White & Blueberry Fruit Salad Oatmeal Cookie (19) Milk (12) ----- Calories: 810 Carbs: 97g Fiber: 9g Protein: 32g Fat: 36g Sodium: 950mg 	Salisbury Steak w/ (9) Roasted Red Potatoes (19) Sugar Snap Peas (8) Pineapple & Mandarin Oranges (8) Dinner Roll w/Margarine (22) Milk (12) ----- Calories: 720 Carbs: 83g Fiber: 10g Protein: 32g Fat: 31g Sodium: 580mg	Potato Crusted Fish (14) w/Mango Sauce (8) Vegetable Couscous (17) Asparagus (4) Mixed Melon (30) Milk (12) / Dinner Roll w/ Marg (2) ----- Calories: 620 Carbs: 83g Fiber: 10g Protein: 37g Fat: 18g Sodium: 570mg
IMPORTANT INFORMATION: Numbers in parentheses next to each meal item indicate the number of carbohydrates in grams for that item. <small>*reassessing recipe for accuracy, estimating sodium to be between 1000-1200 for meal</small>				
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		
<small>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.</small>				