



**S R D A**  
**MEALS ON WHEELS MENU**  
**September 2025**  
**MENUS ARE SUBJECT TO CHANGE**

**HAPPY SEPTEMBER!**  
**THE WORLD SHALL NOW**  
**TRANSFORM INTO**  
**PUMPKIN EVERYTHING.**  
— KEITH WYNN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Sep	2-Sep	3-Sep	4-Sep	5-Sep
 No Meal Service Today	Beef & Corn Tamale Pie (41) Cilantro Rice (18) Hacienda Corn & Black Beans Diced Mango (14) Banana Chocolate Bar (24) Milk (12) Calories: 870 Carbs: 133g Fiber: 12g Protein: 37g Fat: 22g Sodium: 810mg	Frittata (4) Haricot Green Beans (27) Fall Harvest Couscous (25) Split Pea Soup (20) Cherry Crisp (17) Milk (12) Calories: 840 Carbs: 91g Fiber: 17g Protein: 41g Fat: 36g Sodium: 560mg	Pork Tips (4) Multi Grain Rice w/ Peppers (27) Honey Dijon Brussel Sprouts (11) Dinner Roll w/Margarine (22) Apple Fruit Cup (13) Milk (12) Calories: 730 Carbs: 84g Fiber: 10g Protein: 44g Fat: 26g Sodium: 940mg	Chicken Tarragon (4) Penne Pasta (18) Garden Vegetables (12) Side Salad w/ dressing (11) Watermelon (20) / Pudding (23) Milk (12) /Crackers (5) Calories: 870 Carbs: 103g Fiber: 9g Protein: 38g Fat: 35g Sodium: 800mg
8-Sep	9-Sep	10-Sep	11-Sep	12-Sep
Chuck Wagon Steak (14) w/ grav Noodles Romanoff w/peas (22) Calico Cabbage (7) Cinnamon Applesauce (14) Dinner Roll w/Marg (22) Milk (12) / Graham Crackers (15) Calories: 900 Carbs: 102g Fiber: 12g Protein: 37g Fat: 39g Sodium: 1200mg	Beef Tips w/ Gravy (11) Scalloped Potatoes (14) Lima Beans & Carrots (13) Dinner Roll w/Marg (18) Oranges w/ whipped topping (18) Milk (12) Calories: 650 Carbs: 86g Fiber: 11.g Protein: 39g Fat: 19g Sodium: 570mg	Bean Burrito w/Green Chili (62) Cilantro Rice (18) Rancho Fiesta Vegetables (11) Sweet Potato Tortilla Soup (46) Mango & Pineapple (13) Milk (12) Calories: 960 Carbs: 140g Fiber: 19g Protein: 30g Fat: 32g Sodium: 1220mg	Loaded Baked Potato with Shredded Pork + Toppings Roasted Broccoli Cucumber & Tomato Salad (5) Ambrosia Milk (12) Calories: 830 Carbs: 87g Fiber: 8g Protein: 32g Fat: 42g Sodium: 620mg 	Creamy Spinach Gnocchi Yellow Squash Beet & Apple Salad w/ Lemon Dressing Dinner Roll w/Marg (22) Milk (12) / Cookie Calories: 900 Carbs: 108g Fiber: 10g Protein: 27g Fat: 43g Sodium: 900mg
15-Sep	16-Sep	17-Sep	18-Sep	19-Sep
Pueblo Green Chili (12) Pinto Beans (19) Calabacitas (6) Whole Wheat Tortilla (20) Pear-Crisp (41) Milk (12) Calories: 770 Carbs: 107g Fiber: 13g Protein: 41g Fat: 23g1 Sodium: 10100mg	Chicken Pot Pie (23) Mixed Vegetables (11) Side Salad w/ Dressing (8) Lemon Bar (26) Diced Pears (16) Milk (12) Calories: 910 Carbs: 103g Fiber: 9g Protein: 54g Fat: 31g Sodium: 680mg	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: 810 Carbs: 119g Fiber: 13g Protein: 44g Fat: 22g Sodium: 780mg	 SRDA Closed for Chili Festival No Meal Service Thursday or Friday	
22-Sep	23-Sep	24-Sep	25-Sep	26-Sep
Manicotti (18) Roasted Cauliflower (6) Cucumber & Tomato Salad (5) Garlic Bread (15) Apricots (21) Milk (12) Calories: 1050 Carbs: 129g Fiber: 9g Protein: 36g Fat: 45g Sodium: 930mg	Spinach & Swiss Quiche (26) Roasted Broccoli w/ bacon (5) Hot Fruit Compote (21) Side Salad w/Dressing (8) Oatmeal Cookie (17) Milk (12) Calories: 820 Carbs: 90g Fiber: 9g Protein: 31g Fat: 40g Sodium: 1030mg	Italian Chicken Sandwich Oven Roasted Vegetables (5) Orange, Beet & Spinach Salad (5) Squash Bisque Soup (15) Heavenly Hash (21) Milk (12) Calories: 810 Carbs: 88g Fiber: 12g Protein: 42g Fat: 35g Sodium: 970mg	Pecan Crusted Chicken (13) Rosmary Polenta (18) Asparagus (2) German Chocolate Cake (32) Sliced Strawberries Milk (12) Calories: 930 Carbs: 108g Fiber: 12g Protein: 44g Fat: 39g Sodium: 900mg 	Fish w/Vegetable Sauce (3) Rice Pilaf (18) Green Bean Almondine (7) Chocolate Pudding (6) Sliced Orange (8) Milk (12) / Dinner Roll w/ Marg (2) Calories: 600 Carbs: 77g Fiber: 10g Protein: 37g Fat: 18g Sodium: 640mg
29-Sep	30-Sep	1-Oct	2-Oct	3-Oct
Beef Chili Mac (24) Cheesy Cauliflower (6) Cape Cod Mixed Vegetables (8) Cinnamon Applesauce (11) Butterscotch Pudding (27) Milk (12) Calories: 830 Carbs: 113g Fiber: 12g Protein: 34g Fat: 28g Sodium: 800mg	Arroz con Pollo (32) Sugar Snap Peas (7) Mexican Corn (17) Cranberry Apple Crumble (30) Corn-Tortilla, 2 (51) Milk (12) Calories: 890 Carbs: 147g Fiber: 16g Protein: 34g Fat: 30g Sodium: 400mg	Vegetable Lasagna (10) Harvard Beets (13) Garlic Bread (15) Minestrone Soup (19) Fresh Grapes (18) Milk (12) Calories: 590 Carbs: 79g Fiber: 9g Protein: 25g Fat: 21g Sodium: 1200mg	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: 970 Carbs: 128g Fiber: 12g Protein: 47g Fat: 32g Sodium: 810mg	Chicken Cordon Bleu (15) Roasted Rosemary Potatoes (22) Seasoned Asparagus (4) Dinner Roll w/Margarine (18) Mixed Melon (30) Milk (12) Calories: 740 Carbs: 99g Fiber: 11g Protein: 45g Fat: 22g Sodium: 1110mg

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

\*reassessing recipe for accuracy

<p><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.</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 .  <b>To Cancel your meal for the day, Please call the day before or the morning of, before 9:00 A.M.</b>  <b>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</b>  <b>719-543-0100</b>  <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.