



SRDA Congregate Meals Menu October 2025



MENUS ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-Oct	2-Oct	3-Oct
	-	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
6-Oct	7-Oct	8-Oct	9-Oct	10-Oct
Pizza Sandwich Winter Blend Veggies w/ Parm Caprese Salad Jello Cake ~~ Milk (12) Calories: 710 Cars: 74g Fiber: 6g Protein: 40g Fat: 30g Sodium: 1270mg	Beef Stroganof Honey Mustard Brussel Sprouts Apple, Raisin & Walnut Slaw Mandarin Oranges w/ whipped Dinner Roll w/ Margarine Milk (12) Calories: 770 Carbs: 81g Fiber: 11g Protein: 35g Fat: 38g Sodium: 670mg 	Marinated Chicken (1) Potatoes Delmonico (14) Lentil Soup (20) Lemon butter Broccoli (3) Vanilla Yogurt & Blueberries (14) Milk (12) Calories: 720 Carbs: 69g Fiber: 10g Protein: 48g Fat: 30g Sodium: 590mg	Brunswick Stew (17) Mixed Vegetables (13) Garlic & Cheddar Biscuit (19) Chilled Apricots (15) Oatmeal Cookie (17) Milk (12) Calories: 750 Carbs: 100g Fiber: 11g Protein: 40g Fat: 23g Sodium: 1200mg	Tuna Salad on WW Bread (26) Broccoli Salad (10) Chips (19) Diced Pears (16) Chocolate Pudding Cup (23) Milk (12) Calories: 940 Carbs: 106g Fiber: 8g Protein: 43g Fat: 40g Sodium: 1180mg
13-Oct	14-Oct	15-Oct	16-Oct	17-Oct
 Closed for the Holiday	Bean Burrito (51) w/Green Chili (11) Cilantro Rice (18) Rancho Fiesta Vegetables (11) Fruit-Cup w/ Grapes (16) Milk (12) Calories: 770 Carbs: 81g Fiber: 11g Protein: 35g Fat: 38g Sodium: 670mg	Three Grilled Cheese Sandwich Tomato Basil Bisque (9) Lemon butter Broccoli (3) Red White & Blueberry Fruit Sal Oatmeal Cookie (19) Milk (12) Calories: 810 Carbs: 97g Fiber: 9g Protein: 32g Fat: 36g Sodium: 950mg	Chicken & Dumplings (13) Mixed Vegetables (11) Dinner Roll w/ Margarine (18) Tres-Leches Cake Apple Orange & Walnut Salad (1 Milk (12) Calories: 780 Carbs: 100g Fiber: 9g Protein: 47g Fat: 24g Sodium: 600mg 	Baked Salmon Dijon (12) Confetti Couscous (22) Seasoned Spinach (5) Applesauce Mini Butter Croissant (13) Milk (12) Calories: 790 Carbs: 77g Fiber: 9g Protein: 41g Fat: 35g Sodium: 850mg
20-Oct	21-Oct	22-Oct	23-Oct	24-Oct
Chicken Salad on Croissant (32) Broccoli Salad (11) Sun Chips (45) Cinnamon Applesauce () Milk (12) Calories: 850 Carbs: 95g Fiber: 9g Protein: 30g Fat: 40g Sodium: 820mg	Frittata (4) Haricot Green Beans (27) Fall Harvest Couscous (25) Mini Croissant Cherry Crisp (17) Milk (12) Calories: 840 Carbs: 91g Fiber: 17g Protein: 41g Fat: 36g Sodium: 560mg	Cajun Pork Roast (1) Rice Pilaf (18) Green Bean Medley (9) Broccoli & Cheese Soup (16) Dinner Roll w/Margarine (22) Milk (12) / Banana (18) Calories: 785 Carbs: 89g Fiber: 11g Protein: 49g Fat: 31g Sodium: 740mg	Chicken Parmesan (16) Pasta w/ maranara (36) Brussel Sprouts (11) Dinner Roll w/Margarine (22) Sliced Oranges (11) Milk (12) Calories: 825 Carbs: 113g Fiber: 14g Protein: 39g Fat: 30g Sodium: 1200mg	Red Beans and Rice (19) Seasoned Spinach (5) Hot Fruit Compote (21) Cornbread w/ margarine (42) Side Salad w/ vingigrette (5) Milk (12) Calories: 750 Carbs: 120g Fiber: 12g Protein: 25g Fat: 20g Sodium: 990mg
27-Oct	28-Oct	29-Oct	30-Oct	31-Oct
Chili Relleno Casserole (10) Seasoned Black Beans (18) Capri Vegetable Mix (12) Pineapple Tidbits (11) w/ Cottage Cheese (4) Milk (12) Calories: 650 Carbs: 69g Fiber: 9g Protein: 40g Fat: 25g Sodium: 720mg	Shepard's Pie (30) Oregon Vegetable Blend Corn O'Brien (12) Dinner Roll w/Margarine (22) Gelatin w/ Mandarin Orange Milk (12) / Diced Peaches(15) Calories: 810 Carbs: 102g Fiber: 10g Protein: 36g Fat: 30g Sodium: 710mg	Honey Mustard Chicken (10) Risotto (22) Roasted Brussel Sprouts (7) Italian Wedding Soup Fresh Banana (26) Milk (12) / Crackers (5) Calories: 680 Carbs: 91g Fiber: 9g Protein: 34g Fat: 23g Sodium: 580mg	Jambalaya (15) Red Beans (32) Cornbread (7) Creole Green Beans (7) Sliced Oranges (7) Milk (12) Calories: 740 Carbs: 90g Fiber: 15g Protein: 40g Fat: 26g Sodium: 1010mg	Roast Beef w/ Rosemary Au Jus Blue Cheese Potatoes (27) Broccoli Florets (5) Cinnamon Apple Slices (19) Dinner Roll w/margarine (22) Milk (12) Calories: 820 Carbs: 85g Fiber: 10g Protein: 40g Fat: 38g Sodium: 650mg

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>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.