



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Nov	4-Nov	5-Nov	6-Nov	7-Nov
Chicken a la Orange (17) Herbed Rice (24) Asparagus (4) Arugula Salad (11) Cheesecake Snickerdoodle Bar Milk (12) / Mini Crossiant Calories: 983 Carbs: 120g Fiber: 10g Protein: 49g Fat: 37g Sodium: 761mg	Chili Relleno Casserole (10) Seasoned Black Beans (22) Vegetable Blend (12) Pineapple Chunks (18) Applesauce Cake (67) Milk (12) Calories: 926 Carbs: 134g Fiber: 10g Protein: 37g Fat: 29g Sodium: 876mg 	Caprese Sandwich (26) Tomato Basil Bisque (9) Lemon butter Broccoli (3) Sliced Oranges (11) Oatmeal Cookie (19) Milk (12) Calories: 757 Carbs: 82g Fiber: 9g Protein: 32g Fat: 36g Sodium: 1003mg	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: 946 Carbs: 121g Fiber: 12g Protein: 45g Fat: 33g Sodium: 933mg	Chicken Pot Pie (23) Mixed Vegetables (11) Side Salad w/ Dressing (8) Lemon Pudding (32) Diced Pears (16) Milk (12) Calories: 914 Carbs: 104g Fiber: 10g Protein: 55g Fat: 31g Sodium: 685mg
10-Nov	11-Nov	12-Nov	13-Nov	14-Nov
Egg 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	 No Meal Service Today	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: 21g Fat: 22g Sodium: 700mg	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: 91g Fiber: 15g Protein: 37g Fat: 26g Sodium: 1320mg	Baked Cod Almondine (5) Parmesean Basil Orzo (29) Sugar Snap Peas (6) Pear-Crisp (41) Dinner Roll w/ Margarine (18) Milk (12) Calories: 840 Carbs: 109g Fiber: 10g Protein: 42g Fat: 28g Sodium: 620mg
17-Nov	18-Nov	19-Nov	20-Nov	21-Nov
Creamy Spinach Gnocchi Yellow Squash Beet & Apple Salad w/ Lemon Dressing Breadstick (20) Milk (12) / Cookie Calories: 870 Carbs: 105g Fiber: 9g Protein: 27g Fat: 41g Sodium: 840mg	Honey Mustard Chicken (10) Potato Au Gratin (23) Roasted Brussel Sprouts (7) Dinner Roll w/Margarine (22) Cherry Cobbler (39) Milk (12) Calories: 9100 Carbs: 116g Fiber: 12g Protein: 43g Fat: 33g Sodium: 910mg	Seafood Italian Bake (3) Herbed Rice (24) Seasoned Spinach (5) Navy Bean Soup (25) Butterscotch Blondie Milk (12) / Breadstick (19) Calories: 1030 Carbs: 131g Fiber: 13g Protein: 54g Fat: 28g Sodium: 970mg	Red Chili Beans Pueblo Green Chili Cornbread Creamed Corn Tajin Mango Chocolate Pudding Parfait Milk (12) Calories: TBD Carbs: TBD Fiber: TBD Protein: TBD Fat: TBD Sodium: TBD 	Beef Chow Mein (29) Sweet & Sour Carrots (32) Oriental Green Beans (7) Vanilla Yogurt w/ granola with Blueberries (14) Milk (12) Calories: 860 Carbs: 106g Fiber: 14g Protein: 50g Fat: 29g Sodium: 1020mg
24-Nov	25-Nov	26-Nov	27-Nov	28-Nov
Chicken Parmesean (13) Pasta w/ maranara (36) Brussel Sprouts (11) Garlic Bread Grape Fruit Cup (15) Milk (12) Calories: 710 Carbs: 97g Fiber: 9g Protein: 34g Fat: 22g Sodium: 720mg	Pasta Tortelloni Primavera (72) Roasted Winter Veggies (7) Coconut Fruit Salad (17) Breadstick (20) Apple Juice (14) Milk (12) Calories: 900 Carbs: 109g Fiber: 11g Protein: 29g Fat: 40g Sodium: 960mg	Herbed Turkey w/ Gravy (5) Mashed Potatoes (17) /Squash Bisque Green Beans Almondine (6) Cranberry Sauce (15) Pumpkin Mousse (44) Milk (12) / Dinner Roll (18) Calories: 950 Carbs: 119g Fiber: 11g Protein: 45g Fat: 35g Sodium: 860mg	 No Meal Service Today 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

<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.