



S R D A
CONGREGATE MEALS
December 2025

MENUS ARE SUBJECT TO CHANGE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Dec	2-Dec	3-Dec	4-Dec	5-Dec
Pueblo Green Chili (12) Pinto Beans (19) Calabacitas (6) Whole Wheat Tortilla (20) Pear-Crisp (41) Milk (12) Calories: 830 Carbs: 118g Fiber: 15g Protein: 44g Fat: 22g Sodium: 970mg	Pork Tips (4) Scalloped Potatoes (15) Lima Beans & Carrots (12) Dinner Roll w/Marg (22) Sliced Oranges (8) Milk (12) Calories: 660 Carbs: 67g Fiber: 9g Protein: 43g Fat: 25g Sodium: 397mg	Chicken Scallopini (5) Wild Rice (17) Asparagus Italian Wedding Soup Heavenly Hash (21) Milk (12) / Breadstick Calories: 900 Carbs: 125g Fiber: 9g Protein: 37g Fat: 30g Sodium: 730mg	Shepard's Pie (30) Seasoned Spinach (5) Corn O'Brien (12) Diced Peaches(15) Confetti Birthday Cake (40) Milk (12) Calories: 960 Carbs: 125g Fiber: 13g Protein: 37g Fat: 37g Sodium: 1200mg	Fish w/Vegetable Sauce (3) Rice Pilaf (18) Green Bean Almondine (7) Sliced Orange (22) Choc Pudding (6) Milk (12) / Dinner Roll (22) Calories: 610 Carbs: 78g Fiber: 10g Protein: 37g Fat: 18g Sodium: 650mg
8-Dec	9-Dec	10-Dec	11-Dec	12-Dec
Sloppy Joe Sandwich (21) on Hamburger Bun (27) German Potato Salad (17) Seasoned Spinach (5) Mandarin Oranges (17) Milk (12) Calories: 729 Carbs: 91g Fiber: 10g Protein: 36g Fat: 25g Sodium: 876mg	Chicken & Chroizo ala Vodka Prince Edward Vegetables Garlic Bread Ceasar Side Salad Fresh Grapes Milk (12) 	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: 830 Carbs: 119g Fiber: 13g Protein: 44g Fat: 23g Sodium: 830mg	Brunswick Stew (17) Mixed Vegetables (13) Garlic & Cheddar Biscuit (19) Chilled Apricots (15) Oatmeal Cookie (17) Milk (12) Calories: 740 Carbs: 95g Fiber: 10g Protein: 36g Fat: 25g Sodium: 970mg	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: 967 Carbs: 122g Fiber: 10g Protein: 47g Fat: 34g Sodium: 662mg
15-Dec	16-Dec	17-Dec	18-Dec	19-Dec
Chicken Parmesean (13) Pasta w/ maranara (36) Brussel Sprouts (11) Dinner Roll w/Margarine (22) Grape Fruit Cup (15) Milk (12) Calories: 670 Carbs: 101g Fiber: 9g Protein: 34g Fat: 16g Sodium: 760mg	Cheese Enchilada Casserole(33) Cilantro Rice (18) Hacienda Corn & Black Beans (23) Blueberry Fruit Cup Milk (12) Calories: 880 Carbs: 126g Fiber: 13g Protein: 36g Fat: 29g Sodium: 820mg	Chicken Cordon Bleu (15) Roasted Rosemary Potatoes (22) Seasoned Asparagus (4) Navy-Bean Soup (24) Carrot Cake (47) Milk (12) / Dinner Roll (18) Calories: 960 Carbs: 141g Fiber: 16g Protein: 43g Fat: 27g Sodium: 1040mg	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: 967 Carbs: 122g Fiber: 10g Protein: 47g Fat: 34g Sodium: 662mg	Pecan Crusted Cod (21) Risotto (22) Peas & Mushrooms (13) Dinner Roll w/ Margarine (22) Chocolate Chip Cookie (16) Milk (12) / Cranberry Juice (17) Calories: 970 Carbs: 120g Fiber: 10g Protein: 41g Fat: 37g Sodium: 688mg
22-Dec	23-Dec	24-Dec	25-Dec	26-Dec
BLT (28) Greek Pasta Salad (22) Peach & Ygurt Parfait (35) Baked Potato chips (15) ~~~ Milk (12) Calories: 910 Carbs: 111g Fiber: 8g Protein: 28g Fat: 41g Sodium: 960mg	Chicken a la Orange (17) Herbed Rice (24) Green Beans (6) Arugula Salad (11) Cheesecake Snickerdoodle Bar Milk (12) / Dinner Roll w/Marg(22) Calories: 920 Carbs: 110g Fiber: 9g Protein: 39g Fat: 37g Sodium: 750mg	Pasta Tortelloni Primavera (48) Roasted Winter Veggies (6) Tomato Florentine Soup (5) Breadstick (16) Blackberry Cobbler (46) Milk (12) Calories: 1060 Carbs: 133g Fiber: 15g Protein: 38g Fat: 43g Sodium: 1250mg	 No Meal Service Closed for the Holiday	Braised Beef (13) Roasted Rosemary Potatoes (22) Beets & Carrots (10) Sliced Oranges (16) Dinner Roll w/ Margarine (22) Milk (12) Calories: 700 Carbs: 90g Fiber: 12g Protein: 36g Fat: 24g Sodium: 640mg
29-Dec	30-Dec	31-Dec	1-Jan	2-Jan
Egg Salad Sandwich on WW Broccoli Salad Sun Chips Grape Fuit Cup (15) Milk (12) ~~~ Calories: 712 Carbs: 79g Fiber: 11g Protein: 40g Fat: 30g Sodium: 935mg	Arroz con Pollo (32) Sugar Snap Peas (7) Mexican Corn (17) Cranberry Apple Crumble (30) 2 Corn Tortillas (50) Milk (12) Calories: 890 Carbs: 147g Fiber: 16g Protein: 34g Fat: 21g Sodium: 400mg	Frittata (4) Haricot Green Beans (27) Fall Harvest Couscous (25) Split Pea Soup (20) Cherry Crisp (17) Milk (12) Calories: 910 Carbs: 106g Fiber: 20g Protein: 45g Fat: 36g Sodium: 580mg	 No Meal Service Today Closed for the Holiday	Hoppin' John (48) (ham, blackeyed peas & rice) Collard Greens (6) Cornbread (19) Strawberry Gelatin (15) Milk (12) Calories: 670 Carbs: 98g Fiber: 12g Protein: 30g Fat: 20g Sodium: 1140mg

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

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
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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.