



SRDA
MEALS ON WHEELS MENU
January 2026

HAPPY
New Year

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1-Jan	2-Jan
			 No Meal Service Today Closed for the Holiday	 No Meal Service Today Closed for the Holiday
5-Jan	6-Jan	7-Jan	8-Jan	9-Jan
Spinach & Swiss Quiche (26) Roasted Broccoli w/ bacon (5) Hot Fruit Compote (21) Side Salad w/Dressing (8) Oatmeal Cookie (17) Milk (12) Calories: 890 Carbs: 86g Fiber: 9g Protein: 37g Fat: 47g Sodium: 1250mg	Brunswick Stew (17) Mixed Vegetables (13) Garlic & Cheddar Biscuit (19) Chilled Apricots (15) Chocolate Pudding Parfait (31) Milk (12) Calories: 780 Carbs: 106g Fiber: 11g Protein: 38g Fat: 24g Sodium: 1010mg	Chicken Scallopini (5) Wild Rice (17) Asparagus Italian Wedding Soup (22) Heavenly Hash (20) Milk (12) / Breadstick (19) Calories: 1020 Carbs: 132g Fiber: 9g Protein: 46g Fat: 36g Sodium: 870mg	Pork & Vegetable Stirfry (12) Vegetable Egg Roll (23) Fried Rice (21) Egg Drop Soup (4) Strawberry Shortcake (31) Milk (12) Calories: 670 Carbs: 91g Fiber: 7g Protein: 42g Fat: 16g Sodium: 1300mg	BBQ Beef Brisket (25) Macaroni & Cheese (20) Collard Greens (6) Jalapeno Cornbread (41) Fruit Cocktail (15) Milk (12) Calories: 910 Carbs: 119g Fiber: 9g Protein: 46g Fat: 28g Sodium: 1160mg
12-Jan	13-Jan	14-Jan	15-Jan	16-Jan
Pinto Beans & Ham (39) Sweet & Red Potatoes (19) Seasoned Green Beans (6) Cornbread (42) Sliced Apples (13) Milk (12) Calories: 880 Carbs: 146g Fiber: 19g Protein: 38g Fat: 17g Sodium: 790mg	Potato Crusted Fish (14) w/Mango Sauce (8) Vegetable Couscous (17) Green Beans Almondine (7) Grape Fruit Cup (17) / Fig Bar (41) Milk (12) / Dinner Roll w/ Marg (22) Calories: 620 Carbs: 83g Fiber: 10g Protein: 37g Fat: 19g Sodium: 580mg	Chicken Cordon Bleu (15) Roasted Rosemary Potatoes (22) Seasoned Asparagus (4) Navy Bean Soup (24) Pineapple with Cottage Cheese Milk (12) / Dinner Roll (18) Calories: 960 Carbs: 141g Fiber: 16g Protein: 43g Fat: 27g Sodium: 1040mg	Shepard's Pie (30) Oregon Vegetable Blend Corn O'Brien (12) Dinner Roll w/Margarine (18) Gelatin Mandarin Orange Delight Milk (12) Calories: 890 Carbs: 95g Fiber: 11g Protein: 44g Fat: 38g Sodium: 1110mg	Chicken Tahitian (8) Red Mashed Potatoes (22) Roasted Winter Vegetables (7) Side Salad w/Dressing (8) Fruit of Choice (15) Milk (12) Calories: 910 Carbs: 83g Fiber: 10g Protein: 38g Fat: 51g Sodium: 1120mg
19-Jan	20-Jan	21-Jan	22-Jan	23-Jan
 THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT <i>Martin Luther King Jr.</i> No Meal Service Today	Chicken Pot Pie (23) Mixed Vegetables (11) Side Salad w/ Dressing (8) Lemon Bar (26) Diced Pears (16) Milk (12) Calories: 910 Carbs: 104g Fiber: 10g Protein: 55g Fat: 31g Sodium: 680mg	Beef Tacos w/ Corn Tortillas (17) Spanish Rice (20) Calabacita (6) Pozole (15) Strawberries w/ topping (14) Milk (12) Calories: 720 Carbs: 83g Fiber: 10g Protein: 38g Fat: 28g Sodium: 930mg	Lemon Pepper Chicken Winter Vegetable Blend Roasted Potatoes Apples & Oranges Hawaiian Roll Milk (12) Calories: TBD Carbs: Fiber: Protein: Fat: Sodium:	Pecan Crusted Cod (21) Risotto (22) Peas & Mushrooms (13) Dinner Roll w/ Margarine (18) Chocolate Chip Cookie (16) Milk (12) / Cranberry Juice Calories: 1000 Carbs: 124g Fiber: 11g Protein: 41g Fat: 40g Sodium: 890mg
26-Jan	27-Jan	28-Jan	29-Jan	30-Jan
Chicken Salad on Croissant (32) Broccoli Salad (11) Sun Chips (45) Sliced Oranges Milk (12) Calories: 800 Carbs: 79g Fiber: 8g Protein: 29g Fat: 41g Sodium: 810mg	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: 810mg	Marinated Chicken (1) Potatoes Delmonico (14) Lentil Soup (20) Lemon butter Broccoli (3) Vanilla Yogurt & Blueberries (14) Milk (12) Calories: 730 Carbs: 71g Fiber: 10g Protein: 44g Fat: 32g Sodium: 570mg	Chuck Wagon Steak w/ gravy (2) Noodles Romanoff w/peas (22) Carrots & Cauliflower (17) Humming Bird Cake (41) Dinner Roll w/ Margarine (18) Milk (12) Calories: 1230 Carbs: 129g Fiber: 11g Protein: 38g Fat: 56g Sodium: 1310mg	Pork Diablo (7) Mashed Potatoes (19) Steamed Carrots (16) Side Salad (5) Peaches & Yogurt Parfait (35) Milk (12) / Ranch Dressing (2) Calories: 720 Carbs: 92g Fiber: 10g Protein: 34g Fat: 24g Sodium: 550mg

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

MENUS ARE SUBJECT TO CHANGE	Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.	<p>In order to prevent waste, we are on a Reservation System .</p> <p>Please call the day before or the morning of, before 9:00 A.M., to CANCEL your Meal</p> <p>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</p> <p>719-543-0100</p> <p>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.