



SRDA MEALS ON WHEELS MENU February 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Feb	3-Feb	4-Feb	5-Feb	6-Feb
Chicken a la Orange (17) Herbed Rice (24) Asparagus Arugula Salad (11) Cheesecake Snickerdoodle Bar Milk (12) / Dinner Roll w/Marg(2) Calories: 940 Carbs: 109g Fiber: 7g Protein: 41g Fat: 38g Sodium: 640mg	Chuck Wagon Steak (14) w/ gra Noodles Romanoff w/peas () Calico Cabbage Cinnamon Applesauce Dinner Roll w/Marg (22) Milk (12) / Cookie (17) Calories: 1000 Carbs: 116g Fiber: 311 Protein: 37g Fat: 45g Sodium: 950mg	Chicken Alfredo w/pasta (55) Roasted Broccoli (6) Garlic Bread (15) Minestrone Soup Seedless Grapes (18) Milk (12) Calories: 925 Carbs: 109g Fiber: 10g Protein: 46g Fat: 40g Sodium: 790mg	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	Tuna Noodle Casserole (42) Green Peas (12) Side Salad w/ Dressing (8) Dinner Roll w/Marg (22) Grape Frut Cup (15) Milk (12) Calories: 810 Carbs: 103g Fiber: 10g Protein: 48g Fat: 24g Sodium: 850mg
9-Feb	10-Feb	11-Feb	12-Feb	13-Feb
Brunswick Stew (17) Mixed Vegetables (13) Garlic & Cheddar Biscuit (19) Chilled Apricots (15) Oatmeal Cookie (17) Milk (12) Calories: 750 Carbs: 96g Fiber: 10g Protein: 39g Fat: 24g Sodium: 970mg	Beef Tacos w/ Corn Tortillas (17) Cilantro Rice (18) Hacienda Corn & Black Beans (2) Diced Mango ~~~ Milk (12) Calories: 750 Carbs: 86g Fiber: 13g Protein: 42g Fat: 28g Sodium: 1020mg	Caprese Sandwich (26) Lemon butter Broccoli (3) Tomato Basil Bisque (9) Sliced Oranges (11) Oatmeal Cookie (19) Milk (12) Calories: 757 Carbs: 82g Fiber: 9g Protein: 32g Fat: 36g Sodium: 1003mg	Maple Glazed Ham Corn Pudding Collard Greens Ginger Pear Upside-down Cake Dinner Roll w/Marg (22) Milk (12) Calories: 810 Carbs: 112g Fiber: 11g Protein: 43g Fat: 24g Sodium: 1700mg	Chicken Pot Pie (23) Mixed Vegetables (11) Side Salad w/ Dressing (8) Lemon Pudding (32) Diced Pears (16) Milk (12) Calories: 705 Carbs: 100g Fiber: 9g Protein: 42g Fat: 20g Sodium: 1185mg
16-Feb	17-Feb	18-Feb	19-Feb	20-Feb
<div style="text-align: center;"> No Meal Service Today </div>	Pueblo Green Chili (12) Pinto Beans (19) Calabacitas (6) Whole Wheat Tortilla (20) Pear-Crisp (41) Milk (12) Calories: 800 Carbs: 109g Fiber: 13g Protein: 41g Fat: 23g Sodium: 760mg	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 <div style="text-align: center;"> </div>	Meatloaf w/ Gravy (13) Garlic Mashed Potatoes (18) Seasoned Spinach (5) Dinner Roll w/Margarine (22) Ambrosia(18) Milk (12) Calories: 740 Carbs: 76g Fiber: 9g Protein: 35g Fat: 35g Sodium: 1090mg	Baked Tilapia w/ Garlic Butter New Lemon Potatoes (18) Roasted Brussel Sprouts (8) Dinner Roll w/Marg (22) Sliced Strawberries (10) Milk (12) / Sugar Cookie (17) Calories: 750 Carbs: 87g Fiber: 11g Protein: 36g Fat: 33g Sodium: 680mg <div style="float: right;"> </div>
23-Feb	24-Feb	25-Feb	26-Feb	27-Feb
Bruschetta Chicken (8) Risotto (23) Roasted Vegetables (5) Side-Salad (3) w/ Italian dressing Sliced Apples (13) Milk (12) / Dinner Roll w/Marg () Calories: 860 Carbs: 92g Fiber: 10g Protein: 38g Fat: 41g Sodium: 1070mg	Lasagna - meat (28) Brussel Sprouts (8) Garlic Bread (15) Side-Salad w/Dressing (8) Butterscotch Pudding Parfait Milk (12) Calories: 850 Carbs: 103g Fiber: 9g Protein: 34g Fat: 35g Sodium: 1490mg* <div style="text-align: center;"> </div>	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: 800 Carbs: 98g Fiber: 12g Protein: 46g Fat: 28g Sodium: 640mg	Beef Tips w/ Gravy (11) Scalloped Potatoes (14) Lima Beans & Carrots (13) Dinner Roll w/Marg (18) Oranges w/ whipped topping (1) Milk (12) Calories: 660 Carbs: 84g Fiber: 9g Protein: 41g Fat: 20g Sodium: 640mg	Tuna Noodle Casserole (42) Green Peas (12) Side Salad w/ Dressing (8) Dinner Roll w/Marg (22) Grape Frut Cup (15) Milk (12) Calories: 810 Carbs: 103g Fiber: 10g Protein: 48g Fat: 24g Sodium: 850mg

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

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.