



S R D A MEALS ON WHEELS MENU December. 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Egg Salad Pita (16) Quinoa & Bean Salad (26) Broccoli Salad (8) Vanilla Pudding (17) Orange (15) Milk (13) Calories: 725 Fat: 21g Carbs: 98g Protein: 37g Fiber: 10.5g Sodium: 988mg	Macaroni & Cheese (23) Brussel Sprouts (7) Green Beans Almandine (6) Spiced Plums (15) Milk (13) Garden Vegetable Soup (10) Calories: 662 Fat: 27g Carbs: 76g Protein: 34g Fiber: 12.1g Sodium: 577mg	Sweet & Sour Chicken (13) Fried Rice (17) Capri Mixed Vegetables (11) Cranberry Apple Crumble(38) Milk (13) Cream of Broccoli Soup (11) Calories: 822 Fat: 22g Carbs: 106g Protein: 51g Fiber: 11.8g Sodium: 704mg	Spaghetti & Meatballs (36) Italian Mixed Vegetables (11) Garlic Bread (11) Fruit Cup (21) Milk (13) Minestrone Soup (18) Calories: 872 Fat: 31g Carbs: 113g Protein: 38g Fiber: 16.2g Sodium: 1190mg
7	8	9	10	11
Shepard's Pie (21) Cauliflower Roasted Herb (3) Seasoned Broccoli (4) Fruit Cocktail (13) Milk (13) Beef Noodle Soup (11) Calories: 749 Fat: 34g Carbs: 67g Protein: 46g Fiber: 11g Sodium: 858mg	Tuna Noodle Casserole (28) Seasoned Corn (15) Italian Vegetable Toss (6) Beets Harvard (12) Oranges in Whipped Topping (18) Milk (13) Calories: 740 Fat: 22g Carbs: 95g Protein: 43g Fiber: 9.75g Sodium: 701mg	Chili Con Carne (31) Spanish Rice (17) Calabacita (8) Chilled Apricots (13) Milk (13) Calories: 639 Fat: 19g Carbs: 83g Protein: 33g Fiber: 13.53g Sodium: 682mg	Ham & Potato Casserole (77) Seasoned Asparagus (1) Capri Mixed Vegetables (11) Dinner Roll/Smart Balance (20) Peach Crisp (49)/ Milk (13) Carrot & Sweet Potato Soup (14) Calories: 767 Fat: 23g Carbs: 111g Protein: 33g Fiber: 10.46g Sodium: 1179mg	Beef & Bean Burrito (35) Green Chili (10) Yellow Squash (4) Succotash (16) Fruit Cup (21) Milk (13) Calories: 739 Fat: 24g Carbs: 102g Protein: 32g Fiber: 10.32g Sodium: 687 mg
14	15	16	17	18
Sweet & Sour Chicken (13) Brown Fried Rice (17) Oregon Mixed Vegetables (7) Fresh Apple (21) Milk (13) Creamy Tomato Soup (13) Calories: 659 Fat: 16g Carbs: 87g Protein: 43g Fiber: 11.30g Sodium: 710mg	Green Pepper Steak (5) Baked Sweet Potato (21) Cheesy Cauliflower (3) Pineapple Tid Bits (18) Milk (13) Chicken Barley Soup (17) Calories: 701 Fat: 24g Carbs: 79g Protein: 42g Fiber: 10.91g Sodium: 529mg	Roast Pork Loin (1) Garlic Mashed Potatoes (27) Seasoned Mixed Vegetables (8) Apple Chutney (7) Diet Jello (1) Orange (15) /Milk (13) Calories: 668 Fat: 17g Carbs: 72g Protein: 55g Fiber: 9.81g Sodium: 289	Turkey Rice & Cheese (18) Roasted Brussel Sprouts (6) Orange Glazed Carrots (13) Breadstick (39) Strawberries/Applesauce (11) Milk (13) Calories: 727 Fat: 21g Carbs: 104g Protein: 50g Fiber: 12.74g Sodium: 1003mg	Sloppy Joe (4) on a Bun (26) Seasoned Spinach (3) Italian Mixed Vegetables (11) Chilled Diced Peaches (13) Milk (13) Beef Vegetable Soup (8) Calories: 782 Fat: 29g Carbs: 82g Protein: 46g Fiber: 14.18g Sodium: 831mg
21	22	23	24	25
Citrus & Herb Fish (19) Vegetable CousCous (21) Beets Harvard (12) Bananas (25) Milk (13) Broccoli Cheese Soup (9) Calories: 868 Fat: 31g Carbs: 101g Protein: 50g Fiber: 9.58g Sodium: 808mg	Chicken Noodle Casserole (29) Winter Mix Vegetables (3) Pea Salad (7) Strawberries & Pineapple (15) Bran Muffin (30) Milk (13) Calories: 773 Fat: 22g Carbs: 101g Protein: 45g Fiber: 15.64g Sodium: 725mg	Cuban Roast Pork (7) Baked Potato (19) Seasoned Mixed Vegetables (8) Smart Balance (1) Pear (28) Milk (13) Calories: 631 Fat: 14g Carbs: 78g Protein: 48g Fiber: 10.49g Sodium: 281mg	BBQ Chicken (6) on a Bun (26) Ranch Beans (32) Sweet & Sour Coleslaw (7) Hot Fruit Compote (27) Milk (13) Garden Vegetable Soup (10) Calories: 790 Fat: 9g Carbs: 123g Protein: 56g Fiber: 16g Sodium: 943mg	Roasted Turkey (12) Gravy (2) Cornbread Dressing (24) Brussel Sprouts (7) Green Beans Almondine (6) Jello w/Mixed Fruit (5) Milk (13) Chicken Noodle Soup (12) Calories: 872 Fat: 39g Carbs: 84g Protein: 67g Fiber: 10.22g Sodium: 532mg
28	29	30	31	1-Jan
Chili Mac (34) Cheesy Cauliflower (3) Meadow Blend Vegetables (4) Cinnamon Applesauce (13) Milk (13) Calories: 758 Fat: 33g Carbs: 69g Protein: 44g Fiber: 11g Sodium: 465mg	Tuna Salad (3) on Sliced Bread (22) Seasoned Asparagus (1) Peas & Onions (12) Cherry Crisp (67) Milk (13) Chicken Gumbo Soup (15) Calories: 892 Fat: 17g Carbs: 136g Protein: 51g Fiber: 16.34g Sodium: 875mg	Beef Pie w/Biscuit Topping (14) Seasoned Broccoli (4) Zucchini & Tomatoes (3) Fresh Grapes (16) Milk (13) Navy Bean Soup (22) Calories: 689 Fat: 27g Carbs: 74g Protein: 41g Fiber: 10.94g Sodium: 540mg	Chicken Cacciatore (6) Mashed Potatoes (27) Oregon Mixed Vegetables (7) Carrot Raisin Salad (13) Chilled Plums (15) Milk (13) Calories: 666 Fat: 16g Carbs: 84g Protein: 46g Fiber: 9.71g Sodium: 750mg	Roast Beef (12) /Gravy (3) Lyonnaise Potatoes (23) Scandinavian Mixed Vegetables (6) Cranberry Apple Crumble (38) Milk (13) Cream of Broccoli Soup (11) Calories: 898 Fat: 31g Carbs: 97g Protein: 57g Fiber: 10.40g Sodium: 557mg

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

<p>MENUS ARE SUBJECT TO CHANGE</p>	<p>Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.</p>	<p>DON'T FORGET TO CALL AND CANCEL YOUR MEAL WHEN YOU WON'T BE HOME!!!!</p> <p>719-543-0100</p> <p>CALL AS SOON AS POSSIBLE!!!!!!</p> <p>AT THE LATEST, PLEASE CALL BY 9AM ON THE DATE BEING CANCELLED!!!!!!</p> <p>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</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.