



S R D A MENU January . 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Beef Stew (25) Rice Pilaf (21) Zucchini (2) Apricots (15) Milk (11) Navy Bean Soup (21) Calories: 723 Fat: 19g Carbs: 98g Protein: 41g Fiber: 16.3g Sodium: 386mg	Pork Sukiyaki (24) Carrots (10) Winter Mixed Veg (7) Chocolate Ice Cream (31) Milk (11) Crm of Mushroom Soup (18) Calories: 811 Fat: 30g Carbs: 102g Protein: 40g Fiber: 13.3g Sodium: 621mg
5	6	7	8	9
Hungarian Goulash (13) Parslied Noodles (26) Cabbage & Carrots (5) Fresh Pear (23) Pumpkin Muffin (24) Milk 911)/ Minestrone Soup (13) Calories: 893 Fat: 29g Carbs: 117g Protein: 43g Fiber: 14.6g Sodium: 718mg	Turkey Green Chili (17) Mexican Corn (15) Scandinavian Mixed Veg (7) Garden Salad/Dressing (5) Flout Tortilla (15) Banana (34) /Milk (11) Calories: 696 Fat: 17g Carbs: 107g Protein: 34g Fiber: 12g Sodium: 434mg	Ham & Cheese Quiche (16) Candies Butternut Squash (7) Zucchini & Stewed Tomatoes (6) Mandarin Oranges (12) Milk (11) Split Pea Soup (22) Calories: 652 Fat: 23g Carbs: 76g Protein: 37g Fiber: 13g Sodium: 771mg	Dijon Chicken (15) Roasted Potatoes (25) Orange Glazed Carrots (11) Orange (16) Milk (11) Chicken Gumbo (15) Calories: 636 Fat: 9g Carbs: 95g Protein: 43g Fiber: 11.1g Sodium: 544mg	Beef Tips in Gravy () Cheesy Mashed Potatoes () Meadow Blend Vegetables () Three Bean Salad () Diced Peaches () Milk (11) Calories: 1023 Fat: 41g Carbs: 104g Protein: 57g Fiber: 17.9g Sodium: 479mg
12	13	14	15	16
Tuna Noodle Casserole (31) Glazed Acorn Squash (15) Italian Vegetable Toss (9) Banana (34) Milk (11) Broccoli Cheese Soup (13) Calories: 960 Fat: 34g Carbs: 116g Protein: 53g Fiber: 12.8g Sodium: 1006mg	Chili Con Carne (36) Spanish Rice (21) Calabacita (8) Garden Salad/Dressing (6) Apricots (15) Milk (11) Calories: 729 Fat: 21g Carbs: 100g Protein: 38g Fiber: 17.1g Sodium: 499mg	Shepard's Pie (27) Roasted Cauliflower (4) Broccoli (6) Apple (19) Milk (11) Beef Noodle Soup (17) Calories: 811 Fat: 32g Carbs: 85g Protein: 49g Fiber: 9.8g Sodium: 642mg	Ham & Potato Casserole (28) Asparagus (1) Wheat Roll (13) Apple Crisp (38) Milk (11) Carrot & Sweet Potato Soup (23) Calories: 871 Fat: 30g Carbs: 117g Protein: 37g Fiber: 11.8g Sodium: 860mg	Burrito w/Green Chili (44) Black Beans (34) California Blend Vegetables (10) Coconut Fruit Salad (34) Milk (11) Calories: 906 Fat: 23g Carbs: 136g Protein: 41g Fiber: 18g Sodium: 806mg
19	20	21	22	23
Sloppy Joe on a Bun (31) Sicilian Mixed Vegetables (8) Spinach (5) Diced Pears (20) Milk (11) Beef Vegetable Soup(9) Calories: 726 Fat: 23g Carbs: 87g Protein: 45g Fiber: 12.4g Sodium: 854mg	Roast Pork Loin (3) Mixed Vegetables (14) Mushroom Barley Salad (8) Jello (1) Orange (16) Milk (11) Calories: 562 Fat: 20g Carbs: 56g Protein: 40g Fiber: 10.9g Sodium: 429mg	Green Pepper Steak (6) Baked Sweet Potato (25) Cheesy Cauliflower (3) Pineapple Tid Bits (20) Milk (11) Beef Barley Soup (16) Calories: 803 Fat: 31g Carbs: 83g Protein: 48g Fiber: 12.2g Sodium: 399mg	Turkey Rice & Cheese Casserole (23) Brussel Sprouts (7) Mashed Butternut Squash (28) Baked Apple (22) Milk (11) Calories: 639 Fat: 15g Carbs: 92g Protein: 39g Fiber: 14.9g Sodium: 733mg	Sweet-n-Sour Chicken (18) Fried Rice (16) Oregon Mixed Vegetables (12) Apple (19) Milk (11) Creamy Tomato Soup (14) Calories: 689 Fat: 13g Carbs: 91g Protein: 50g Fiber: 12g Sodium: 1162mg
26	27	28	29	30
Chicken Noodle Casserole (22) Pea Salad (10) Winter Mixed Vegetables (7) Banana (34) Milk (11) Calories: 650 Fat: 19g Carbs: 85g Protein: 40g Fiber: 11.9g Sodium: 654mg	Roast Beef / Gravy (5) Potato Layonnaise (21) Scandinavian Mixed Veg (7) Apple (19) Yogurt w/ Oranges (13) Milk (11)/Turkey Rice Soup (13) Calories: 734 Fat: 14g Carbs: 92g Protein: 58g Fiber: 9.4g Sodium: 462mg	Cuban Style Roast Pork (8) Baked Potato (21) Mixed Vegetables (14) Bread/Smart Balance (15) Orange (16) Milk (11) Calories: 696 Fat: 20g Carbs: 87g Protein: 42g Fiber: 11.1g Sodium: 395mg	BBQ Chicken Sandwich (18) Ranch Beans (28) Sweet-n-Sour Cole Slaw (14) Milk (11) Garden Vegetable Soup(11) Calories: 660 Fat: 12g Carbs: 92g Protein: 45g Fiber: 11.5g Sodium: 832mg	Lemon Pepper Fish (0) Vegetable Couscous (18) Italian Mixed Vegetables(11) Strawberries & Pineapple (18) Milk (11) Pepper Pot Soup (6) Calories: 560 Fat: 20g Carbs: 66g Protein: 40g Fiber: 9.9g Sodium: 773mg

IMPORTANT INFORMATION: Numbers in parenthesis next to each meal item indicates the number of carbohydrates in grams for that item

**MENUS
ARE
SUBJECT
TO
CHANGE**



**DON'T FORGET TO CALL 543-0100 & CANCEL
YOUR MEAL WHEN YOU WON'T BE HOME.
CALL AS SOON AS POSSIBLE. AT THE LATEST,
CALL BY 9AM ON THE DATE BEING CANCELLED.
YOU MUST BE HOME TO RECEIVE THE MEAL.**

Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.