



SRDA MENU February . 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Beef Chop Suey (8) Brown Rice (26) Mixed Vegetables (14) Egg Roll (19) Grapes (20) Milk (11) Calories: 747 Fat: 21g Carbs: 101g Protein: 39g Fiber: 8.5g Sodium: 976mg	Lemon Chicken (5) Rosemary Roasted Potatoes (25) California Blend Vegetables (11) Butterscotch Pudding (28) Milk (11) Minestrone Soup (13) Calories: 797 Fat: 27g Carbs: 94g Protein: 45g Fiber: 10.5g Sodium: 657mg	Beans & Ham (34) Green Beans (6) Roasted Sweet Potatoes (20) Orange (16) Milk (11) Crm of Mushroom Soup (16) Calories: 691 Fat: 14g Carbs: 106g Protein: 35g Fiber: 17.7g Sodium: 850mg	Hot Turkey Sandwich (17) Meadow Blend Vegetables (5) Peas & Onions (14) Strawberries & Peaches (13) Milk (11) Calories: 553 Fat: 13g Carbs: 62g Protein: 45g Fiber: 10g Sodium: 394mg	Macaroni & Cheese (33) Winter Blend Vegetables (7) Sugar Snap Peas (8) Spiced Plums (24) Milk (11) Navy Bean Soup (21) Calories: 672 Fat: 14g Carbs: 105g Protein: 37g Fiber: 18.3g Sodium: 714mg
9	10	11	12	13
Sesame Chicken (15) Fried Rice (17) Lima Beans & Carrots (13) Orange (16) Milk (11) Chicken Barley Soup (16) Calories: 789 Fat: 17g Carbs: 91g Protein: 68g Fiber: 13.1g Sodium: 799mg	Roast Beef / Au Jus (0) Potato Layonnaise (21) Sugar Snap Peas (8) Garden Salad/Dressing (5) Banana (34) Milk (11) / Beef Veg Soup (13) Calories: 809 Fat: 24g Carbs: 94g Protein: 57g Fiber: 12.9g Sodium: 546mg	Cabbage Casserole (7) Alfredo Pasta (11) Asparagus (1) Pea Salad (10) Diced Peaches (14) Milk (11) Calories: 515 Fat: 17g Carbs: 57g Protein: 35g Fiber: 9.6g Sodium: 656mg	Brunswick Stew (18) Mashed Potatoes (23) Scandinavian Mixed Veg (7) Celery Raisin Salad (22) Apple (19) Milk (11) Calories: 730 Fat: 20g Carbs: 102g Protein: 36g Fiber: 13.5g Sodium: 540mg	Potato Crunch Fish/Lemon Juice (22) Vegetable Couscous (18) Stewed Tomatoes (10) Banana Chocolate Chip Bar (60) Milk (11) Split Pea Soup (22) Calories: 1065 Fat: 34g Carbs: 146g Protein: 46g Fiber: 19.1g Sodium: 897mg
16	17	18	19	20
Beef Stroganoff (11) Parslied Noodles (26) Broccoli (6) Banana (34) Milk (11) Lentil Soup (18) Calories: 821 Fat: 22g Carbs: 107g Protein: 52g Fiber: 15.1g Sodium: 453mg	Honey Mustard Chicken (7) Carrots (8) Cauliflower (4) Biscuit/Smart Balance (25) Cranberry Apple Crumble (45) Milk (11) Calories: 895 Fat: 33g Carbs: 102g Protein: 48g Fiber: 11.2g Sodium: 792mg	Black Bean Casserole (36) Mexican Corn (15) Yellow Squash (4) Diced Pears (20) Milk (11) Butternut Ginger Soup (11) Calories: 623 Fat: 15g Carbs: 101g Protein: 27g Fiber: 17.8g Sodium: 669mg	Turkey Mediterranean (10) Brussel Sprouts (9) Baked Sweet Potato (25) Cinnamon Applesauce (14) Milk (11) Calories: 619 Fat: 24g Carbs: 70g Protein: 36g Fiber: 10.2g Sodium: 716mg	Vegetable Lasagna (18) Spinach (5) Oregon Mixed Vegetables(12) Coconut Fruit Salad (32) Milk (11) Minestrone Soup (13) Calories: 643 Fat: 17g Carbs: 92g Protein: 33g Fiber: 15.4g Sodium: 806mg
23	24	25	26	27
Beef Tomato Mac (23) Basil Green Beans (4) Wheat Bread/Smart Balance (15) Banana (34) Milk (11)	Chicken Sukiyaki (24) Broccoli (6) Zucchini & Tomatoes (4) Cottage Cheese & Pineapple (10) Chocolate Ice Cream (31)	Country Style Spare Rib (4) Cheesy Mashed Potatoes (18) Caribbean Mixed Vegetables (6) Sweet-n-Sour Cole Slaw (14) Apple (19)	Penne Pasta & Meat Sauce (30) Italian Mixed Vegetables (11) Garden Salad/Italian Dressing (5) Milk (11) Italian Chicken Noodle Soup (8)	Citrus Herb Fish (22) Rice Pilaf (21) Mixed Vegetables (14) Strawberries & Pears (18) Milk (11)

Washington Chowder (23) Calories: 845 Fat: 26g Carbs: 112g Protein: 45g Fiber: 13.3g Sodium: 690mg	Milk (11) Calories: 844 Fat: 31g Carbs: 89g Protein: 57g Fiber: 10.8g Sodium: 882mg	Milk (11) Calories: 646 Fat: 21g Carbs: 74g Protein: 40g Fiber: 9.9g Sodium: 495mg	Milk (11) Calories: 578 Fat: 19g Carbs: 67g Protein: 37g Fiber: 12.2g Sodium: 744mg	Crn of Asparagus Soup (26) Calories: 892 Fat: 20g Carbs: 114g Protein: 63g Fiber: 10.7g Sodium: 576mg
1-Mar	2-Mar	3-Mar	4-Mar	5-Mar
Chicken Parmesan (7) Linguini (18) Brussel Sprouts (7) Garlic Bread (14) Orange (16) Milk Calories: 631 Fat: 17g Carbs: 77g Protein: 45g Fiber: 10.3g Sodium: 541mg	Meatloaf/Gravy (20) Garlic Mashed Potatoes (22) Spinach (5) Fruit Cocktail (15) Milk (11) Tomato Rice Soup (16) Calories: 846 Fat: 33g Carbs: 91g Protein: 48g Fiber: 12g Sodium: 622mg	Pork Green Chili/Tortilla (33) Mexican Corn (15) Calabacita (8) Garden Salad/Dressing (4) Apricots (15) Milk Calories: 694 Fat: 25g Carbs: 89g Protein: 31g Fiber: 9.6g Sodium: 489mg	Chicken Enchiladas (20) Black Beans (25) Carrots (8) Jello (1) Milk Chicken Cilantro Soup (9) Calories: 903 Fat: 38g Carbs: 77g Protein: 63g Fiber: 14g Sodium: 659mg	Pasta Primavera (3) Yellow Squash (4) Harvard Beets (10) Tangerine (12) Milk Crn of Broccoli Soup (27) Calories: 670 Fat: 15g Carbs: 99g Protein: 38g Fiber: 13.5g Sodium: 588mg

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

**MENUES
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.