



# SRDA MEALS ON WHEELS MENU March . 2015



Happy  
St. Patrick's Day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Chicken Parmesan (7) Linguini (18) Brussel Sprouts (7) Garlic Bread (14) Orange (16) Milk (11) 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 (11) Calories: 694 Fat: 25g Carbs: 89g Protein: 31g Fiber: 9.6g Sodium: 489mg	Chicken Enchiladas (20) Black Beans (25) Carrots (8) Jello (1) Milk (11) 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 (11) Crm of Broccoli Soup (27) Calories: 670 Fat: 15g Carbs: 99g Protein: 38g Fiber: 13.5g Sodium: 588mg
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Country Style Spare Rib (6) Parslied Potatoes (21) Mixed Vegetables (4) Creamy Cole Slaw (10) Baked Apple (40) Milk (11) Calories: 801 Fat: 28g Carbs: 94g Protein: 41g Fiber: 10.2g Sodium: 448mg	Italian Chicken (29) Cheesy Cauliflower (3) Scandinavian Mixed Veg (6) Banana (34) Milk (11) Calories: 572 Fat: 16g Carbs: 84g Protein: 24g Fiber: 14g Sodium: 419mg	Turkey Wrap (27) Three Bean Salad (44) Tomato Cucumber Salad (5) Ambrosia (34) Milk (11) Carrot & Sweet Potato Soup (14) Calories: 1106 Fat: 39g Carbs: 138g Protein: 54g Fiber: 17.5g Sodium: 936mg	Baked Glazed Ham (8) Scalloped Potatoes (18) Capri Mixed Vegetables (11) Orange (16) Milk (11) Chicken Barley Soup (16) Calories: 587 Fat: 14g Carbs: 82g Protein: 37g Fiber: 12.2g Sodium: 734mg	Baked Fish w/ Pueblo Salsa (3) Cilantro Rice (20) Italian Mixed Vegetables (11) Apricots (15) Milk (11) Garden Vegetable Soup (11) Calories: 592 Fat: 12g Carbs: 74g Protein: 44g Fiber: 10.1g Sodium: 418mg
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Beef Chop Suey (8) Brown Rice (26) Mixed Vegetables (14) Egg Roll (19) Grapes (20) Milk (11) Calories: 698 Fat: 21g Carbs: 90g Protein: 37g Fiber: 6.7g Sodium: 962mg	Corned Beef & Cabbage (7) Parslied Potatoes (21) Sugar Snap Peas (8) Jello (1) Milk (11) Cream of Broccoli Soup (27) Calories: 715 Fat: 25g Carbs: 78g Protein: 46g Fiber: 9.9g Sodium: 1199mg	Beans & Ham (35) Green Beans (6) Sweet Potatoes & Onions (26) Orange (16) Milk (11) Cream of Mushroom Soup (16) Calories: 729 Fat: 14g Carbs: 112g Protein: 37g Fiber: 18.7g Sodium: 931mg	Hot Turkey Sandwich (17) Meadow Blend Vegetables (4) Peas & Onions (12) Strawberries & Peaches (14) Milk (11) Calories: 540 Fat: 13g Carbs: 60g Protein: 44g Fiber: 9.2g Sodium: 387mg	Macaroni & Cheese (33) Winter Mixed Vegetables (5) Honey Glazed Carrots (12) Spiced Plums (24) Milk (11) Navy Bean Soup (21) Calories: 684 Fat: 16g Carbs: 108g Protein: 34g Fiber: 17.9g Sodium: 759mg
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Sesame Chicken (15) Fried Rice (17) Lima Beans & Carrots (13) Orange (16)	Cabbage Casserole (8) Alfredo Pasta (20) Asparagus (1) Pea Salad (8)	Roast Beef in Au Jus (0) Potato Layonnaise (21) Sugar Snap Peas (8) Garden Salad/Dressing (5)	Brunswick Stew (17) Mashed Potatoes (23) Scandinavian Mixed Veg (7) Celery Raisin Salad (22)	Potato Crunch Fish/Lemon (22) Mashed Butternut Squash (17) Stewed Tomatoes (11) Banana Chocolate Bar (55)

Milk (11) Chicken Barley Soup (16) Calories: 789 Fat: 17g Carbs: 91g Protein: 68g Fiber: 13.1g Sodium: 799mg	Diced Peaches (14) Milk (11) Calories: 574 Fat: 19g Carbs: 65g Protein: 37g Fiber: 10.6g Sodium: 714mg	Banana (34) Milk (11)/ Beef Veg Soup (13) Calories: 809 Fat: 24g Carbs: 94g Protein: 57g Fiber: 12.9g Sodium: 546mg	Apple (19) Milk (11) Calories: 719 Fat: 20g Carbs: 100g Protein: 35g Fiber: 13.2g Sodium: 558mg	Milk (11) Split Pea Soup (22) Calories: 958 Fat: 27g Carbs: 141g Protein: 39g Fiber: 18g Sodium: 919mg		
	<b>30</b>		<b>31</b>	<b>1-Apr</b>	<b>2-Apr</b>	<b>3-Apr</b>
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	Pork Chow Mein (25) Brown Rice (21) Peas & Carrots (8) Orange (16) Milk (11) Egg Drop Soup (1) Calories: 782 Fat: 26g Carbs: 85g Protein: 52g Fiber: 9.7g Sodium: 623mg	Honey Mustard Chicken (11) Carrots (8) Cauliflower (4) Biscuit/Smart Balance (25) Cranberry Apple Crumble(45) Milk (11) Calories: 635 Fat: 18g Carbs: 106g Protein: 17g Fiber: 11.3g Sodium: 734mg	Turkey Mediterranean (10) Brussel Sprouts (9) Baked Sweet Potato (21) Cinnamon Applesauce (14) Milk (11) Calories: 600 Fat: 24g Carbs: 66g Protein: 35g Fiber: 9.6g Sodium: 704mg	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		

**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.