



S R D A
MEALS ON WHEELS MENU
 May. 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Macaroni & Cheese (33) Winter Mixed Veg (7) Sugar Snap Peas (8) Spiced Plums (24) Milk (11) Navy Bean Soup (21) Calories: 665 Fat: 14g Carbs: 103g Protein: 36g Fiber: 17.5g Sodium: 708mg
4 Beef Soft Taco (17) Spanish Rice (21) Creamed Spinach (8) Grapes (20) Navy Bean Soup (22) Milk (11) Calories: 786 Fat: 18g Carbs: 104g Protein: 51g Fiber: 10.5g Sodium: 972mg	5 Chicken Chow Mein (22) Brown Rice (19) Oriental Mixed Vegetables (5) Apple (19) Milk (11) Butternut Ginger Soup (11) Calories: 652 Fat: 18g Carbs: 91g Protein: 34g Fiber: 10.6g Sodium: 1126mg	6 Pulled Pork Sandwich (27) Oregon Mixed Vegetables(12) Coconut Fruit Salad (33) Claremont Salad (6) Orange (16) Milk (11) Calories: 820 Fat: 22g Carbs: 110g Protein: 49g Fiber: 13.1g Sodium: 608mg	7 Roast Turkey w/Gravy (14) Cornbread Stuffing (24) Brussel Sprouts (8) Pear (23) Jello (0) Milk (11) Calories: 736 Fat: 29g Carbs: 83g Protein: 58g Fiber: 10.4g Sodium: 586mg	8 Cobb Salad w/Dressing (32) Confetti Cottage Cheese (5) Crackers (4) Banana (25) Milk (11) Split Pea Soup (22) Calories: 646 Fat: 13g Carbs: 104g Protein: 30g Fiber: 12.5g Sodium: 608mg
11 Chicken Divan (11) Baked Acorn Squash (18) Green Beans Almandine (8) Fruit Cocktail (13) Milk (11) Chicken Barley Soup (7) Calories: 708 Fat: 24g Carbs: 73g Protein: 54g Fiber: 12.3g Sodium: 545mg	12 BBQ Brisket Sandwich (32) Italian Mixed Vegetables (11) Potato Salad (24) Peach Crisp (43) Milk (11) Calories: 1005 Fat: 26g Carbs: 125g Protein: 67g Fiber: 11.7g Sodium: 916mg	13 Cheese Tortellini (23) Sugar Snap Peas (5) Lima Beans & Carrots (13) Bread Stick (19) Milk (11) Turkey Rice Soup (13) Calories: 621 Fat: 16g Carbs: 89g Protein: 34g Fiber: 9.6g Sodium: 753mg	14 Roast Pork Loin/Apple Chutney (21) Mashed Potatoes (25) Mixed Vegetables (9) Mandarin Oranges (19) Milk (11) Minestrone Soup (14) Calories: 769 Fat: 17g Carbs: 104g Protein: 53g Fiber: 12.7g Sodium: 359mg	15 Chicken Tahitian (5) Brown Rice (19) Green Beans (5) Carrots Raisin Salad (15) Orange (16) Milk (11)/Creamy Tomato Soup (13) Calories: 620 Fat: 10g Carbs: 89g Protein: 45g Fiber: 10.1g Sodium: 590mg
18 Shepard's Pie (31) Herb Roasted Cauliflower (4) Lima Beans and Carrots (13) Jello (0) Apple (19) Milk (11)/ Beef Noodle Soup (14) Calories: 876 Fat: 35g Carbs: 97g Protein: 48g Fiber: 16.1g Sodium: 914mg	19 Slopper (36) Ranch Beans (29) Peas & Mushrooms (8) Sweet-n-Sour Cole Slaw (8) Applesauce (12) Milk (11) Calories: 858 Fat: 24g Carbs: 108g Protein: 51g Fiber: 14.2g Sodium: 984mg	20 Salmon Squares (14) Scalloped Potatoes (22) Broccoli (6) Veggie Pasta Salad (17) Milk (11) Seafood Gumbo (16) Calories: 774 Fat: 25g Carbs: 91g Protein: 47g Fiber: 11.4g Sodium: 808mg	21 Chicken Salad Pita (21) Orange Glazed Carrots (12) Tomato Cucumber Salad (4) Orange (16) Milk (11) Black Bean Soup (27) Calories: 771 Fat: 18g Carbs: 104g Protein: 60g Fiber: 21.6g Sodium: 1035mg	22 Ham & Cheese Quiche (22) Mashed Butternut Squash(21) Brussel Sprouts (8) Italian Vegetable Toss (5) Mandarin Oranges (19) Milk (11) Calories: 742 Fat: 29g Carbs: 90g Protein: 35g Fiber: 10.8g Sodium: 1063mg
25 Spaghetti & Meat Sauce (28) Italian Mixed Vegetables (11) Spinach (3) Bread Stick (19) Milk (11) Creamy Tomato Soup (13) Calories: 653 Fat: 16g Carbs: 90g Protein: 38g Fiber: 12.2g Sodium: 918mg	26 Roast Beef w/Gravy (5) Potato Layonnaise (15) Scandinavian Mixed Veg (6) Yogurt w/Oranges (29) Apple Milk (11)/Beef Mush Barley Soup (15) Calories: 793 Fat: 13g Carbs: 105g Protein: 64g Fiber: 12.2g Sodium: 716mg	27 Tuna Salad Pita (23) Tomato Cucumber Salad (4) Cabbage Apple Slaw (12) Pear (23) Milk (11) Broccoli Cheese Soup (14) Calories: Fat: Carbs: Protein: Fiber: Sodium:	28 BBQ Pork on a Bun (41) Mixed Beans (34) Capri Mixed Vegetables (11) Applesauce (12) Milk (11) Calories: Fat: Carbs: Protein: Fiber: Sodium:	29 Chicken Fried Rice (31) Green Beans Almandine (8) Oriental Mixed Vegetables (5) Pumpkin Muffin (24) Orange (16) Milk (11) Beef Barley Soup (8) Calories: Fat: Carbs: Protein: Fiber: Sodium:

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