



S R D A
MEALS ON WHEELS MENU
 June. 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Pueblo Beef Stew (14) Cilantro Rice (19) Italian Mixed Vegetables (11) Mandarin Oranges (19) Chocolate Ice Cream (31) Milk (11) Calories: 893 Fat: 26g Carbs: 110g Protein: 57g Fiber: 9.7g Sodium: 608mg	Chicken Rice Casserole (25) Winter Mixed Veg (8) Peas & Carrots (3) Apple (31) Milk (11) Chicken Noodle Soup (12) Calories: 763 Fat: 25g Carbs: 82g Protein: 55g Fiber: 11.8g Sodium: 964mg	Green Pepper Steak (5) Cheesy Cauliflower (3) Wild Rice (28) Celery Raisin Salad (23) Pineapple Tid Bits (18) Milk (11)/Minestrone Soup (15) Calories: 844 Fat: 28g Carbs: 108g Protein: 41g Fiber: 9.7g Sodium: 622mg	Baked Tilapia w/Sauce (7) Baked Sweet Potato (21) Broccoli (4) Pear (23) Cottage Cheese & Peaches (10) Milk (11) Calories: 589 Fat: 10g Carbs: 81g Protein: 48g Fiber: 12.8g Sodium: 846mg	Pork Cacciatore/Penne Pasta (27) Asparagus (1) Carrot Raisin Salad (15) Yogurt & Granola (39) Milk (11) Garden Vegetable Soup (10) Calories: 831 Fat: 20g Carbs: 108g Protein: 60g Fiber: 11g Sodium: 864mg
8	9	10	11	12
Chicken Alfredo (25) Meadow Blend Vegetables (4) Brussel Sprouts (8) Apricots (13) Milk (11) Lentil Soup (19) Calories: 830 Fat: 24g Carbs: 83g Protein: 69g Fiber: 13g Sodium: 668mg	Orange Glazed Pork (24) Mashed Potatoes/Gravy (34) Italian Mixed Vegetables (11) Fruit Cocktail (13) Milk (11) Creamy Tomato Soup (13) Calories: 877 Fat: 23g Carbs: 111g Protein: 57g Fiber: 9.5g Sodium: 586mg	Meatloaf w/ Gravy (19) Parslied Potatoes (24) Scandinavian Mixed Veg (6) Garden Salad/Dressing (5) Orange (16) Milk (11) Calories: 779 Fat: 28g Carbs: 86g Protein: 43g Fiber: 10.1g Sodium: 529mg	BBQ Chicken (10) Ranch Beans (29) Green Beans (5) Sweet-n-Sour Cole Slaw (8) Pudding (17) Milk (11) Calories: 678 Fat: 18g Carbs: 84g Protein: 45g Fiber: 9.9g Sodium: 955mg	Corn Tamale Pie (17) Mixed Beans (34) Orange Glazed Carrots (13) Strawberries & Pineapple(16) Milk (11) Cream of Corn Soup (23) Calories: 887 Fat: 26g Carbs: 120g Protein: 57g Fiber: 24.3g Sodium: 614mg
15	16	17	18	19
Chicken Chow Mein (6) Brown Rice (14) Oriental Mixed Veg (5) Orange (16) Milk (11) Butternut Ginger Soup (11) Calories: 523 Fat: 15g Carbs: 67g Protein: 32g Fiber: 9.7g Sodium: 870mg	Pulled Pork Sandwich / Bun(28) Oregon Mixed Veg (12) Claremont Salad (6) Coconut Fruit Salad (33) Milk (11) Calories: 755 Fat: 20g Carbs: 95g Protein: 50g Fiber: 11g Sodium: 579mg	Beef Soft Taco/Lettuce/Tomato (20) Spanish Rice (16) Creamed Spinach (8) Grapes (20) Milk (11) Navy Bean Soup (22) Calories: 779 Fat: 19g Carbs: 101g Protein: 51g Fiber: 11.4g Sodium: 978mg	Roast Turkey w/ Gravy (14) Brussel Sprouts (8) Cornbread Stuffing (24) Pear (23) Jello (0) Milk (11) Calories: 736 Fat: 29g Carbs: 83g Protein: 58g Fiber: 10.4g Sodium: 586mg	Cobb Salad w/Dressing (68) Mandarin Oranges (19) Milk (11) Split Pea Soup (22) Calories: 874 Fat: 21g Carbs: 123g Protein: 48g Fiber: 11.4g Sodium: 957mg

<p style="text-align: right;">22</p> <p>Chicken Divan (9) Acorn Squash (18) Asparagus (1) Fruit Cocktail (13) Milk (11) Chicken Barley Soup (20)</p> <p>Calories: 664 Fat: 17g Carbs: 77g Protein: 54g Fiber: 12.3g Sodium: 533mg</p>	<p style="text-align: right;">23</p> <p>Cheese Tortellini (23) Sugar Snap Peas (5) Lima Beans & Carrots (13) Bread Stick (39) Milk (11) Turkey Rice Soup (13)</p> <p>Calories: 624 Fat: 14g Carbs: 108g Protein: 38g Fiber: 10.7g Sodium: 961mg</p>	<p style="text-align: right;">24</p> <p>BBQ Beef Sandwich (34) Potato Salad (24) Italian Mixed Veg (11) Peach Crisp (43) Milk (11)</p> <p>Calories: 1008 Fat: 24g Carbs: 127g Protein: 69g Fiber: 13.5g Sodium: 901mg</p>	<p style="text-align: right;">25</p> <p>Roast Pork Loin (9) Apple Chutney (16) Mashed Potatoes/Smart Balance (25) Mixed Vegetables (9) Milk (11) Minestrone Soup (15)</p> <p>Calories: 749 Fat: 19g Carbs: 91g Protein: 53g Fiber: 12.4g Sodium: 391mg</p>	<p style="text-align: right;">26</p> <p>Chicken Tahitian (6) Brown Rice (14) Green Beans (5) Carrot Raisin Salad (15) Orange (16) Milk (11)/Creamy Tomato Soup (13)</p> <p>Calories: 598 Fat: 10g Carbs: 84g Protein: 45g Fiber: 9.9g Sodium: 739mg</p>
<p style="text-align: right;">29</p> <p>Shepard's Pie (31) Lima Beans & Carrots (13) Herb Roasted Cauliflower (4) Apple (19) Jello (0) Milk (11) / Beef Noodle Soup (14)</p> <p>Calories: 876 Fat: 35g Carbs: 97g Protein: 48g Fiber: 16.1g Sodium: 914mg</p>	<p style="text-align: right;">30</p> <p>Potato Crunch Fish (0) Scalloped Potatoes (22) Broccoli (4) Waldorf Salad (22) Milk (11) Lentil Soup (19)</p> <p>Calories: 714 Fat: 21g Carbs: 82g Protein: 52g Fiber: 10.5g Sodium: 510mg</p>	<p style="text-align: right;">1-Jul</p> <p>Slopper on a Bun (59) Ranch Beans (29) Sweet-n-Sour Cole Slaw (8) Peas & Mushrooms (8) Applesauce (20) Milk (11)</p> <p>Calories: 970 Fat: 24g Carbs: 131g Protein: 57g Fiber: 19.3g Sodium: 973mg</p>	<p style="text-align: right;">2-Jul</p> <p>Beef Tips w/ Mushrooms (11) Mashed Potatoes (30) Orange Glazed Carrots (13) Tomato Cucumber Salad (4) Milk (11) Black Bean Soup (27)</p> <p>Calories: 844 Fat: 26g Carbs: 101g Protein: 63g Fiber: 18.5g Sodium: 753mg</p>	<p style="text-align: right;">3-Jul</p> <p>Ham & Cheese Quiche (18) Brussel Sprouts (8) Mashed Butternut Squash(24) Italian Vegetable Toss (6) Mandarin Oranges (19) Milk (11)</p> <p>Calories: 764 Fat: 31g Carbs: 90g Protein: 36g Fiber: 11.6g Sodium: 1123mg</p>
<p>IMPORTANT INFORMATION: Numbers in parenthesis next to each meal item indicates the number of carbohydrates in grams for that item</p>				
<p style="text-align: center;">MENUES 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 style="text-align: center;">DON'T FORGET TO CALL AND CANCEL YOUR MEAL WHEN YOU WON'T BE HOME!!!!</p> <p style="text-align: center;">719-543-0100</p> <p style="text-align: center;">CALL AS SOON AS POSSIBLE!!!!</p> <p style="text-align: center;">AT THE LATEST, PLEASE CALL BY 9AM ON THE DATE BEING CANCELLED!!!!</p> <p style="text-align: center;">YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</p>		
<p>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.</p>				