



**S R D A**  
**MEALS ON WHEELS MENU**  
 July. 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>	<b>2</b>	<b>3</b>
		Slopper on a Bun (59) Ranch Beans (29) Sweet-n-Sour Cole Slaw (8) Peas & Mushrooms (8) Applesauce (20) Milk (11) Calories: 970 Fat: 24g Carbs: 131g Protein: 57g Fiber: 19.3g Sodium: 973mg	Beef Tips w/ Mushrooms (11) Mashed Potatoes (30) Orange Glazed Carrots (13) Tomato Cucumber Salad (4) Milk (11) Black Bean Soup (27) Calories: 844 Fat: 26g Carbs: 101g Protein: 63g Fiber: 18.5g Sodium: 753mg	Ham & Cheese Quiche (18) Brussel Sprouts (8) Mashed Butternut Squash(24) Italian Vegetable Toss (6) Mandarin Oranges (19) Milk (11) Calories: 764 Fat: 31g Carbs: 90g Protein: 36g Fiber: 11.6g Sodium: 1123mg
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Chicken Fried Rice (18) Oriental Mixed Veg (5) Green Beans Almandine (7) Pumpkin Muffin (24) Orange (16) Milk(11)/Beef Barley Soup(14) Calories: 824 Fat: 29g Carbs: 100g Protein: 44g Fiber: 15.9g Sodium: 554mg	Tuna Salad Pita (13) Tomato Cucumber Salad (3) Cabbage Apple Slaw (13) Pear (23) Milk (11) Broccoli Cheese Soup (9) Calories: 694 Fat: 24g Carbs: 77g Protein: 46g Fiber: 11g Sodium: 848mg	Roast Beef w/Gravy (5) Potato Layonnaise (17) Scandinavian Mixed Veg (6) Apple (19) Yogurt w/ Oranges (16) Milk (11)/Beef Mushroom Soup (11) Calories: 702 Fat: 12g Carbs: 90g Protein: 60g Fiber: 11.6g Sodium: 512mg	BBQ Pork on a Bun (42) Mixed Beans (31) Mixed Vegetables (11) Applesauce (12) Milk (11) Calories: 693 Fat: 10g Carbs: 111g Protein: 51g Fiber: 24.2g Sodium: 911mg	Spaghetti & Meat Sauce (29) Spinach (3) Italian Mixed Vegetables (11) Bread Stick (39) Milk (11) Creamy Tomato Soup (13) Calories: 685 Fat: 16g Carbs: 111g Protein: 43g Fiber: 12.8g Sodium: 1161mg
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
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	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	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	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
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Chicken Alfredo (25) Meadow Blend Vegetables (4) Brussel Sprouts (8)	Meatloaf w/ Gravy (19) Parslied Potatoes (24) Scandinavian Mixed Veg (6)	Orange Glazed Pork (24) Mashed Potatoes/Gravy (34) Italian Mixed Vegetables (11)	BBQ Chicken (10) Ranch Beans (29) Green Beans (5)	Corn Tamale Pie (17) Mixed Beans (34) Orange Glazed Carrots (13)

Apricots (13) Milk (11) Lentil Soup (19) Calories: 830 Fat: 24g Carbs: 83g Protein: 69g Fiber: 13g Sodium: 668mg	Garden Salad/Dressing (5) Orange (16) Milk (11) Calories: 779 Fat: 28g Carbs: 86g Protein: 43g Fiber: 10.1g Sodium: 529mg	Fruit Cocktail (13) Milk (11) Creamy Tomato Soup (13) Calories: 877 Fat: 23g Carbs: 111g Protein: 57g Fiber: 9.5g Sodium: 586mg	Sweet-n-Sour Cole Slaw (8) Pudding (17) Milk (11) Calories: 678 Fat: 18g Carbs: 84g Protein: 45g Fiber: 9.9g Sodium: 955mg	Strawberries & Pineapple(16) Milk (11) Cream of Corn Soup (23) Calories: 887 Fat: 26g Carbs: 120g Protein: 57g Fiber: 24.3g Sodium: 614mg
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
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	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	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	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
<b>IMPORTANT INFORMATION: Numbers in parenthesis next to each meal item indicates the number of carbohydrates in grams for that item</b>				
<b>MENUES ARE SUBJECT TO CHANGE</b>	Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.	<b>DON'T FORGET TO CALL AND CANCEL YOUR MEAL WHEN YOU WON'T BE HOME!!!!</b> <b>719-543-0100</b> <b>CALL AS SOON AS POSSIBLE!!!!</b> <b>AT THE LATEST, PLEASE CALL BY 9AM ON THE DATE BEING CANCELLED!!!!</b> <b>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</b>		
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.				