



**S R D A**  
**MEALS ON WHEELS MENU**  
 August, 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Cabbage Beef Casserole (7) Brown Rice (14) Meadow Blend Vegetables (4) Diced Peaches (13) Milk (11) Split Pea Soup (23) Calories: 700 Fat: 27g Carbs: 77g Protein: 37g Fiber: 12.6g Sodium: 555mg	Chicken Tarragon (2) Penne Pasta (21) Yellow Squash (4) Bread Stick (39) Fruit Salad (21) Milk (11)/ Lentil Soup (19) Calories: 801 Fat: 18g Carbs: 121g Protein: 60g Fiber: 11.5g Sodium: 868mg	Pulled Pork on a Bun (32) Ranch Beans (31) Scandinavian Mixed Veg (6) Claremont Salad (4) Fruit Cocktail (13) Milk (11) Calories: 856 Fat: 18g Carbs: 102g Protein: 67g Fiber: 14.8g Sodium: 833mg	Salisbury Steak (2) Baked Potato (19) Peas & Carrots (8) Celery Raisin Salad (23) Fresh Pear (23) Milk (11) Calories: 693 Fat: 22g Carbs: 91g Protein: 37g Fiber: 11.4g Sodium: 464mg	Grilled Chicken Patty /Bun (30) Mayo/Lettuce/Tomato (3) Oregon Mixed Vegetables (12) Sweet & Sour Cole Slaw (7) Peach Crisp (44) Milk (11) Calories: 893 Fat: 27g Carbs: 112g Protein: 50g Fiber: 13.7g Sodium: 1183mg
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Potato Crunch Fish (14) Roasted Sweet & Red Potato(22) Peas & Mushrooms (8) Banana (25) Milk (11) Washington Chowder (18) Calories: 696 Fat: 16g Carbs: 102g Protein: 34g Fiber: 10.4g Sodium: 730mg	Egg Salad Pita (17) Tuna Bean Mediterranean Salad (8) Broccoli Salad (9) Fresh Orange (16) Vanilla Pudding (17) Milk (11) Calories: 674 Fat: 21g Carbs: 82g Protein: 40g Fiber: 10g Sodium: 1102mg	Macaroni & Cheese (21) Winter Mixed Vegetables (3) Green Beans Almandine (7) Spiced Plums (15) Milk (11) Garden Vegetable Soup (10) Calories: 660 Fat: 28g Carbs: 72g Protein: 32g Fiber: 10.6g Sodium: 595mg	Sweet & Sour Chicken (13) Fried Rice (17) Capri Mixed Vegetables (11) Fresh Apple (19) Milk (11) Crm of Broccoli Soup (10) Calories: 675 Fat: 14g Carbs: 85g Protein: 51g Fiber: 10.9g Sodium: 643mg	Spaghetti & Meatballs (36) Italian Mixed Vegetables (11) Garlic Bread (12) Cantaloupe (5) Milk (11) Minestrone Soup (16) Calories: 774 Fat: 28g Carbs: 96g Protein: 36g Fiber: 14.6g Sodium: 1166mg
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Cheese Manicotti (20) Broccoli (4) Honey Glazed Carrots (12) Apricots (13) Milk (11) Chicken Gumbo Soup (16) Calories: 573 Fat: 16g Carbs: 80g Protein: 30g Fiber: 11.5g Sodium: 860mg	Polish Sausage (2) Mashed Potatoes (30) Cabbage & Carrots (5) Milk (11) Black Bean Lentil Soup (26) Calories: 780 Fat: 35g Carbs: 78g Protein: 41g Fiber: 13.2g Sodium: 1449mg	BBQ Beef on a Bun (32) Oregon Mixed Vegetables(16) Succotash (12) Milk (11) Tomato Rice Soup (15) Calories: 830 Fat: 20g Carbs: 91g Protein: 72g Fiber: 12.5g Sodium: 764mg	Chili Relleno Casserole (16) Pinto Beans (31) Green Beans (5) Cinnamon Applesauce (12) Milk (11) Calories: 625 Fat: 20g Carbs: 75g Protein: 38g Fiber: 14.4g Sodium: 462mg	Chicken Salad Pita (20) Pickled Beets (17) Veggie Pasta Salad (13) Fresh Orange (16) Vanilla Ice Cream (26) Milk (11) Calories: 909 Fat: 34g Carbs: 108g Protein: 42g Fiber: 10.5g Sodium: 1024mg
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Chicken & Dumplings (12) Roasted Cauliflower (3) Basil Green Beans (4) Fresh Apple (19) Milk (11) Tomato Florentine Soup (9) Calories: 523 Fat: 14g Carbs: 63g Protein: 36g Fiber: 9.5g Sodium: 670mg	Beef Taco Salad (21) Lettuce/Tomato (2) Mixed Beans (32) Calabacita (8) Ambrosia (33) Milk (11) Calories: 940 Fat: 43g Carbs: 103g Protein: 51g Fiber: 21.4g Sodium: 787mg	Meatloaf w/Tomato Sauce(18) Parslied Potatoes (24) Asparagus (1) Milk (11) Split Pea Soup (13) Calories: 736 Fat: 24g Carbs: 82g Protein: 48g Fiber: 12.9mg Sodium: 505mg	Chicken Scaloppini (2) Rice Pilaf (17) Winter Mixed Vegetables (3) Fresh Pear (23) Milk (11) Veg Florentine Soup (13) Calories: 685 Fat: 21g Carbs: 75g Protein: 48g Fiber: 9.9g Sodium: 601mg	Baked Fish w/Dill Sauce (7) Scalloped Potatoes (22) Sugar Snap Peas (5) Apricots (13) Milk (11) Chicken Barley Soup (16) Calories: 724 Fat: 22g Carbs: 79g Protein: 52g Fiber: 10g Sodium: 410mg
<b>31</b>	<b>1-Sep</b>	<b>2-Sep</b>	<b>3-Sep</b>	<b>4-Sep</b>
King Ranch Chicken (25) Corn (16) Cabbage (8) Strawberries & Pineapple (15) Milk (11) Navy Bean Soup (22) Calories: 810 Fat: 23g Carbs: 101g Protein: 51g Fiber: 13.8g Sodium: 699mg	Frittata (18) Roasted Potatoes (22) Zucchini & Tomatoes (4) Bran Muffin (30) Milk (11) Calories: 723 Fat: 30g Carbs: 90g Protein: 30g Fiber: 13g Sodium: 784mg	Chicken Enchiladas (21) Black Beans (5) Mixed Vegetables (9) Milk (11) Green Chili Soup (12) Calories: 614 Fat: 16g Carbs: 63g Protein: 50g Fiber: 10.1g Sodium: 1169mg	Roast Beef w/Gravy (5) Mashed Potatoes (30) Green Beans (5) Garden Salad/Dressing (5) Fresh Orange (16) Milk (11) Calories: 871 Fat: 42g Carbs: 76g Protein: 50g Fiber: 9.8g Sodium: 693mg	Tuna Salad Pita (13) Pineapple Cabbage Slaw (12) Carrot Celery Raisin Salad(13) Fresh Pear (28) Milk (11) Calories: 486 Fat: 6g Carbs: 82g Protein: 30g Fiber: 11.4g Sodium: 617mg

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

<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> 719-543-0100 <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>
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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.