



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b>	<b>2</b>
			Chili Relleno Casserole (11) Pinto Beans (23) Green Beans (4) Cinnamon Applesauce (13) Milk (13)  Calories: 576 Fat: 20g Carbs: 67g Protein: 35g Fiber: 11.3g Sodium: 448mg	Chicken Salad Pita (23) Veggie Pasta Salad (13) Pickled Beets (22) Vanilla Ice Cream (26) Fresh Orange (15) Milk (13)  Calories: 926 Fat: 34g Carbs: 111g Protein: 42g Fiber: 10.4g Sodium: 1026mg
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Citrus Herb Fish () Vegetable Couscous () Baked Acorn Squash () Banana () Milk (13) Broccoli Cheese Soup ()  Calories: 922 Fat: 32g Carbs: 115g Protein: 51g Fiber: 10.9g Sodium: 594mg	Cuban Roast Pork () Baked Potato/Smart Balance Mixed Vegetables () Fresh Pear () Milk (13)  Calories: 631 Fat: 14g Carbs: 78g Protein: 48g Fiber: 10.4g Sodium: 281mg	Roast Beef w/Gravy () Potato Layonnaise () Scandinavian Mixed Veg () Fruit Cup () Milk (13) Beef Barley Soup ()  Calories: 804 Fat: 27g Carbs: 83g Protein: 56g Fiber: 9.7g Sodium: 503mg	BBQ Chicken on a Bun () Ranch Beans () Sweet-n-Sour Cole Slaw () Milk (13) Garden Vegetable Soup ()  Calories: 666 Fat: 7g Carbs: 94g Protein: 54g Fiber: 13.6g Sodium: 945mg	Chicken Noodle Casserole () Winter Mixed Vegetables () Pea Salad () Strawberries & Pineapple() Bran Muffin () Milk (13)  Calories: 754 Fat: 22g Carbs: 98g Protein: 45g Fiber: 15.4g Sodium: 691mg
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Chili Mac () Cheesy Cauliflower () Meadow Blend Vegetables() Cinnamon Applesauce () Milk (13)  Calories: 758 Fat: 33g Carbs: 69g Protein: 44g Fiber: 11.7g Sodium: 465mg	Beef Pot Pie () Broccoli () Zucchini & Tomatoes () Milk (13) Navy Bean Soup ()  Calories: 644 Fat: 28g Carbs: 57g Protein: 45g Fiber: 10.1g Sodium: 543mg	Tuna Salad Pita () Asparagus () Peas & Onions () Cranberry Apple Crumble() Milk (13) Chicken Gumbo Soup ()  Calories: 668 Fat: 17g Carbs: 89g Protein: 43g Fiber: 12.7g Sodium: 737mg	Chicken Cacciatore () Mashed Potatoes () Oregon Mixed Vegetables () Carrot Raisin Salad () Plums () Milk (13)  Calories: 677 Fat: 16g Carbs: 86g Protein: 47g Fiber: 9.9g Sodium: 751mg	Roasted Turkey w/Gravy () Corn Bread Stuffing () Brussel Sprouts () Green Beans Almandine () Milk (13) Butternut Ginger Soup ()  Calories: 801 Fat: 38g Carbs: 78g Protein: 61g Fiber: 10.8g Sodium: 548mg
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Pork Sukiyaki () Sugar Snap Peas () Carrots () Strawberries & Peaches() Milk (13) Egg Drop Soup  Calories: 560 Fat: 16g Carbs: 63g Protein: 40g Fiber: 10.1g Sodium: 403mg	Chicken Tahitian () Roasted Sweet & Red Potatoes Green Beans () Orange () Milk (13) Creamy Tomato Soup ()  Calories: 539 Fat: 7g Carbs: 76g Protein: 44g Fiber: 9.6g Sodium: 653mg	Beef Chow Mein () Brown Rice () Capri Mixed Vegetables () Tomato Cucumber Salad () Apple () Milk (13)  Calories: 654 Fat: 20g Carbs: 86g Protein: 40g Fiber: 10.2g Sodium: 691mg	Mango Basil Fish () Fall Harvest Couscous () Cherry Crisp () Milk (13) Lentil Soup ()  Calories: 838 Fat: 20g Carbs: 118g Protein: 50g Fiber: 10.5g Sodium: 593mg	Pueblo Beef Stew () Cilantro Rice () Lima Beans & Carrots () Calabacita () Coconut Fruit Salad () Milk (13)  Calories: 710 Fat: 19g Carbs: 99g Protein: 38g Fiber: 10.3g Sodium: 578mg
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Hungarian Goulash () Parslied Noodles () Cabbage & Carrots () Banana () Milk (13) Minestrone Soup ()  Calories: 671 Fat: 14g Carbs: 95g Protein: 45g Fiber: 11g Sodium: 719mg	Turkey Green Chili/Tortilla() Scandinavian Mixed Veg() Mexican Corn () Garden Salad/Dressing () Milk (13) Pear ()  Fat: 733 Carbs: 103g Protein: 50g Fiber: 12.8g Sodium: 656mg	Ham & Cheese Quiche () Sweet Butternut Squash() Zucchini & Tomatoes () Pumpkin Muffin () Milk (13) Split Pea Soup ()  Calories: 839 Fat: 34g Carbs: 96g Protein: 39g Fiber: 12.7g Sodium: 964mg	Dijon Chicken () Vegetable Couscous () Orange Glazed Carrots () Fruit Salad () Milk (13) Chicken Barley Soup ()  Calories: 781 Fat: 20g Carbs: 105g Protein: 49g Fiber: 12.1g Sodium: 477g	Beef Tips w/Mushrooms() Cheesy Mashed Potatoes() Meadow Blend Vegetables() Creamy Coleslaw () Baked Apple () Milk (13)  Calories: 826 Fat: 24g Carbs: 99g Protein: 57g Fiber: 10.3g Sodium: 626mg

**IMPORTANT INFORMATION: Numbers in parentheses next to each meal item indicate the number of carbohydrates in grams for that item.**

<p><b>MENUS ARE SUBJECT TO CHANGE</b></p>	<p>Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.</p>	<p><b>DON'T FORGET TO CALL AND CANCEL YOUR MEAL WHEN YOU WON'T BE HOME!!!!</b></p> <p style="font-size: small;">719-543-0100</p> <p><b>CALL AS SOON AS POSSIBLE!!!!</b></p> <p><b>AT THE LATEST, PLEASE CALL BY 9AM ON THE DATE BEING CANCELLED!!!!</b></p> <p><b>YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!</b></p>
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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.