



SRDA MEALS ON WHEELS MENU November. 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2</p> Chicken & Dumplings (13) Roasted Cauliflower (3) Basil Green Beans (5) Apple (21) Milk (13) Tomato Florentine Soup (8) Calories: 554 Fat: 15g Carbs: 65g Protein: 39g Fiber: 9.8g Sodium: 666mg	<p style="text-align: right;">3</p> Beef Taco Salad (13) Lettuce & Tomato (1) Mixed Beans (22) Calabacita (8) Ambrosia (27) Milk (13) Calories: 726 Fat: 30g Carbs: 86g Protein: 36g Fiber: 15g Sodium: 657mg	<p style="text-align: right;">4</p> Beef Pot Pie (14) Parslied Potatoes (24) Asparagus (1) Applesauce (13) Milk (13) Split Pea Soup (20) Calories: 767 Fat: 29g Carbs: 87g Protein: 40g Fiber: 12.5g Sodium: 412mg	<p style="text-align: right;">5</p> Chicken Scaloppini (2) Rice Pilaf (15) Winter Mixed Vegetables (3) Raisins & Nuts (27) Cranberry Pear Salad (18) Milk(13) /Veg Florentine Soup (14) Calories: 892 Fat: 36g Carbs: 94g Protein: 52g Fiber: 10.2g Sodium: 638mg	<p style="text-align: right;">6</p> Baked Fish w/Dill Sauce (7) Scalloped Potatoes (22) Sugar Snap Peas (5) Apricots (13) Milk (13) Chicken Barley Soup (17) Calories: 692 Fat: 20g Carbs: 80g Protein: 46g Fiber: 10g Sodium: 439mg
<p style="text-align: right;">9</p> King Ranch Chicken (26) Corn (15) Cabbage (7) Strawberries & Pineapple(15) Milk (13) Navy Bean Soup (22) Calories: 806 Fat: 23g Carbs: 100g Protein: 51g Fiber: 13.8g Sodium: 692mg	<p style="text-align: right;">10</p> Frittata (4) Roasted Potatoes (22) zucchini & Tomatoes (3) Confetti Cottage Cheese (5) Bran Muffin (30) Milk (13) Calories: 649 Fat: 23g Carbs: 80g Protein: 36g Fiber: 12.7g Sodium: 884mg	<p style="text-align: right;">11</p> Chicken Enchiladas (20) Black Beans (17) Mixed Vegetables (8) Grapes (16) Milk (13) Green Chili Soup (11) Calories: 698 Fat: 17g Carbs: 87g Protein: 49g Fiber: 13.8g Sodium: 1121mg	<p style="text-align: right;">12</p> Roast Beef w/Gravy (5) Mashed Potatoes (27) Green Beans (4) Garden Salad/Dressing (5) Banana Chocolate Bar (50) Milk (13) Calories: 1042 Fat: 46g Carbs: 107g Protein: 53g Fiber: 9.6g Sodium: 823mg	<p style="text-align: right;">13</p> Tuna Salad Sandwich (25) Pineapple Cabbage Slaw (12) Celery Raisin Salad (13) Fresh Pear (28) Milk (13) Calories: 590 Fat: 7g Carbs: 100g Protein: 35g Fiber: 12.3g Sodium: 840mg
<p style="text-align: right;">16</p> Herb Baked Chicken (1) Wild Rice (28) Succotash (16) Broccoli Salad (8) Banana (25) Milk(13)/CarrotSweetPotato Soup(14) Calories: 742 Fat: 15g Carbs: 108g Protein: 46g Fiber: 10.7g Sodium: 702mg	<p style="text-align: right;">17</p> Sweet & Sour Pork (17) Brown Rice (13) Oriental Mixed Vegetable (5) Jello (5) Milk (13) Black Bean Soup (20) Calories: 590 Fat: 18g Carbs: 76g Protein: 44g Fiber: 15.1g Sodium: 767mg	<p style="text-align: right;">18</p> Cheese Tortellini (23) Spinach (3) Winter Mixed Vegetables (3) Garlic Bread (11) Veggie Pasta Salad (13) Milk (13) Calories: 589 Fat: 24g Carbs: 70g Protein: 24g Fiber: 9.8g Sodium: 909mg	<p style="text-align: right;">19</p> Chicken Fajita /Tortilla (23) Pinto Beans (25) Oregon Mixed Vegetables(7) Apricots (13) Milk (13) Calories: 647 Fat: 14g Carbs: 83g Protein: 43g Fiber: 13.7g Sodium: 559mg	<p style="text-align: right;">20</p> Swedish Meatballs (11) Parslied Noodles (19) Brussel Sprouts (6) Waldorf Salad (16) Milk (13) Beef Mushroom Barley Soup (7) Calories: 858 Fat: 44g Carbs: 76g Protein: 44g Fiber: 10.3g Sodium: 960mg
<p style="text-align: right;">23</p> Beef Cabbage Casserole (7) Brown Rice (13) Meadow Blend Vegetable (4) Strawberries & Peaches (12) Milk (13) Split Pea Soup (20) Calories: 764 Fat: 33g Carbs: 72g Protein: 44g Fiber: 12g Sodium: 565mg	<p style="text-align: right;">24</p> Chicken Tarragon (2) Penne Pasta (21) Yellow Squash (4) Bread Stick (39) Tangerine (12) Milk (13) / Lentil Soup (16) Calories: 759 Fat: 19g Carbs: 110g Protein: 59g Fiber: 10.8g Sodium: 890mg	<p style="text-align: right;">25</p> Salisbury Steak (2) Baked Potato (19) Celery Raisin Salad (23) Peas & Carrots (8) Fresh Pear (28) Milk (13) Calories: 711 Fat: 22g Carbs: 96g Protein: 37g Fiber: 12.4g Sodium: 464mg	<p style="text-align: right;">26</p> Turkey w/Gravy (14) Cornbread Dressing (24) Brussel Sprouts (7) Green Beans Almandine (6) Pumpkin Pie (49) Milk (13) Calories: 1099 Fat: 51g Carbs: 116g Protein: 65g Fiber: 11.1g Sodium: 810mg	<p style="text-align: right;">27</p> Grilled Chicken on a Bun (26) Lettuce/Tomato/Mayo (3) Sweet & Sour Coleslaw (7) Oregon Mixed Vegetables (7) Peach Crisp (49) Milk (13) Calories: 807 Fat: 19g Carbs: 107g Protein: 53g Fiber: 11.7g Sodium: 703mg
<p style="text-align: right;">30</p> Potato Crunch Fish (14) Roasted Sweet&Red Potatoes (22) Peas & Mushroom (8) Banana (25) Milk (13) Washington Chowder (18) Calories: 696 Fat: 16g Carbs: 102g Protein: 34g Fiber: 10.3g Sodium: 739mg	<p style="text-align: right;">1-Dec</p> Egg Salad Pita (16) Quinoa & Bean Salad (26) Broccoli Salad (8) Vanilla Pudding (17) Orange (15) Milk (13) Calories: 725 Fat: 21g Carbs: 98g Protein: 37g Fiber: 10.5g Sodium: 988mg	<p style="text-align: right;">2-Dec</p> Macaroni & Cheese (23) Brussel Sprouts (7) Green Beans Almandine (6) Spiced Plums (15) Milk (13) Garden Vegetable Soup (10) Calories: 662 Fat: 27g Carbs: 76g Protein: 34g Fiber: 12.1g Sodium: 577mg	<p style="text-align: right;">3-Dec</p> Sweet & Sour Chicken (13) Fried Rice (17) Capri Mixed Vegetables (11) Cranberry Apple Crumble(38) Milk (13) Cream of Broccoli Soup (11) Calories: 822 Fat: 22g Carbs: 106g Protein: 51g Fiber: 11.8g Sodium: 704mg	<p style="text-align: right;">4-Dec</p> Spaghetti & Meatballs (36) Italian Mixed Vegetables (11) Garlic Bread (11) Fruit Cup (21) Milk (13) Minestrone Soup (18) Calories: 872 Fat: 31g Carbs: 113g Protein: 38g Fiber: 16.2g Sodium: 1190mg

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

<p>MENUS 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>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!!!</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.