



**S R D A**  
**MEALS ON WHEELS MENU**  
 March. 2016

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>1-Mar</b>	<b>2-Mar</b>	<b>3-Mar</b>	<b>4-Mar</b>
	Meatloaf/w Mushroom Gravy (4) Garlic Mashed Potatoes (27) Green Bean Almondine (6) Cranberry Pear Salad (18) Beef Vegetable Soup (8) Milk (13) Calories: 896 Protein: 47g Carbs: 80g Fat: 44g Fiber: 10.59g Sodium: 430mg	Pork Green Chili (19) Mexican Corn (15) Calabacita (7)/Tortilla (15) Quinoa & Bean Salad (26) Hot Fruit Compote (25) Milk (13) Calories: 862 Protein: 45g Carbs: 124g Fat: 23g Fiber: 11.35g Sodium: 680mg	Chicken Enchiladas (20) Seasoned Black Beans (15) Orange Glazed Carrots (13) Jello/w Mixed Fruit (5) Milk (13) Calories: 637 Protein: 44g Carbs: 68g Fat: 20g Fiber: 11.35g Sodium: 1,020mg	Pasta Vegetable Primavera (30) Beets Harvard (14) Seasoned Yellow Squash (4) Tangerine (12) Cream of Broccoli Soup (11) Milk (13) Calories: 546 Protein: 26g Carbs: 86g Fat: 12g Fiber: 9.79g Sodium: 679mg
<b>7-Mar</b>	<b>8-Mar</b>	<b>9-Mar</b>	<b>10-Mar</b>	<b>11-Mar</b>
Italian Chicken Orzo (23) Cheesy Cauliflower (3) Scandinavian Mixed Vegetables (6) Bananas (25) Chicken Gumbo Soup (15) Milk (13) Calories: 755 Protein: 47g Carbs: 88g Fat: 22g Fiber: 11.0g Sodium: 1,010mg	Country Style Steak (1)/Gravy (36) Parslied Potatoes (24) Peas & Carrots (8) Creamy Coleslaw (8) Pumpkin Muffin (25) Apple Fruit Cup (20)/Milk (13) Calories: 936 Protein: 38g Carbs: 137g Fat: 26g Fiber: 11.0g Sodium: 794mg	Chicken Fajita/Tortilla (22) Quinoa Chickpea Salad (28) Stewed Tomatoes (10) Mandarin Oranges (19) Carrot & Sweet Potato Soup (14) Milk (13) Calories: 874 Protein: 45g Carbs: 108g Fat: 29g Fiber: 11.5g Sodium: 1,063mg	Chinese Lemon Chicken (10) Roasted Rosemary Potatoes (22) Capri Mixed Vegetables (11) Vanilla Pudding (17) Minestrone Soup (18) Milk (13) Calories: 789 Protein: 59g Carbs: 94g Fat: 18g Fiber: 10.2g Sodium: 769mg	Fish w/Pueblo Salsa (2) Cilantro Rice (14) Italian Mixed Vegetables (11) Apple (21) Tomato Florentine Soup (8) Milk (13) Calories: 522 Protein: 41g Carbs: 73g Fat: 8g Fiber: 10.3g Sodium: 517mg
<b>14-Mar</b>	<b>15-Mar</b>	<b>16-Mar</b>	<b>17-Mar</b>	<b>18-Mar</b>
Beef Chop Suey (7) Steamed Brown Rice (13) Seasoned Mixed Vegetables (9) Vegetable Egg Roll (12) Pear (28) Milk (13) Calories: 645 Fat: 14g Carbs: 86g Protein: 45g Fiber: 12.3g Sodium: 911mg	Pinto Beans & Ham (51) Sweet & Red Potatoes (22) Seasoned Green Beans (4) Applesauce (12) Crm. Of Mushroom Soup (6) Milk (13) Calories: 694 Protein: 41g Carbs: 111g Fat: 10g Fiber: 19.8g Sodium: 865mg	Pork Green Chili (19) Parslied Potatoes (24) Calabacita (7)/Tortilla (15) Quinoa & Bean Salad (26) Hot Fruit Compote (25) Milk (13) Calories: 908 Protein: 45g Carbs: 133g Fat: 23g Fiber: 11.5g Sodium: 709mg	Open Hot Turkey Sandwich (1) Meadow Blend Vegetable (4) Peas & Onions (12) Vegetable Pasta Salad (13) Strawberries & Peaches (12) Milk (13)/ Bread (11) Calories: 648 Protein: 38g Carbs: 70g Fat: 24g Fiber: 11.0g Sodium: 394mg	Macaroni & Cheese (23) Sugar Snap Peas (4) Winter Mix Vegetables (3) Spiced Plums (13) Navy Bean Soup (22) Milk (13) Calories: 677 Protein: 36g Carbs: 81g Fat: 24g Fiber: 11.9g Sodium: 585mg
<b>21-Mar</b>	<b>22-Mar</b>	<b>23-Mar</b>	<b>24-Mar</b>	<b>25-Mar</b>
Chicken Sesame (15) Brown Rice Fried (17) Lima Beans & Carrots (16) Orange (15) Chicken Barley Soup (12) Milk (13) Calories: 805 Protein: 59g Carbs: 91g Fat: 21g Fiber: 12.2g Sodium: 773mg	Baked Glazed Ham (7) Scalloped Potatoes (21) Meadow Blend Vegetable (4) Heavenly Hash (28) Split Pea Soup (20) Milk (13) Calories: 674 Protein: 37g Carbs: 98g Fat: 20g Fiber: 11.0g Sodium: 872mg	Beef/Turkey Cabbage Casserole (7) Vegetarian Pasta Alfredo (20) Seasoned Asparagus (1) Apple (21) Cream Garden Vegetable Soup (10) Milk (13) Calories: 784 Protein: 45g Carbs: 75g Fat: 35g Fiber: 11.5g Sodium: 773mg	Roast Beef w/Au Jus (1) Lyonnais Potatoes (23) Oregon Mixed vegetables (7) Quinoa and Broccoli Salad (22) Ambrosia (26) Milk (13) Calories: 815 Protein: 59g Carbs: 95g Fat: 23g Fiber: 9.8g Sodium: 431mg	Fish Potato Crunch/Lemon pk (14) Vegetable Couscous (21) Stewed Tomatoes (10) Cherry Crisp (66) Seafood Gumbo Soup (15) Milk (13) Calories: 1,004 Protein: 43g Carbs: 142g Fat: 28g Fiber: 10.9g Sodium: 984mg
<b>28-Mar</b>	<b>29-Mar</b>	<b>30-Mar</b>	<b>31-Mar</b>	<b>1-Apr</b>
Beef Tips/W Mushroom Gravy (5) Parslied Noodles (19) Steamed Broccoli (4) Bananas (25) Lentil Soup (16) Milk (13) Calories: 829 Protein: 74g Carbs: 85g Fat: 23g Fiber: 9.7g Sodium: 642mg	Pork Chow Mein (57) Steamed Brown Rice (13) Peas & Carrots (8) Mandarin Oranges (19) Egg Drop Soup (3) Milk (13) Calories: 911 Protein: 51g Carbs: 115g Fat: 33g Fiber: 10.6g Sodium: 1,170mg	Honey Mustard Chicken (8) Baked Potato/Butter (19) Carrots (7) Pineapple Cabbage Slaw (11) Cranberry Apple Crumble (38) Milk (13) Calories: 714 Protein: 44g Carbs: 99g Fat: 17g Fiber: 10.5g Sodium: 516mg	Turkey Tetrazzini (35) Baked Sweet Potato (21) Roasted Brussel Sprouts (6) Cinnamon Applesauce (13) Milk (13) Calories: 698 Protein: 46g Carbs: 91g Fat: 17g Fiber: 10.1g Sodium: 613mg	Vegetable Lasagna (30) Zucchini & Tomatoes (3) Cheesy Cauliflower (3) Coconut Fruit Salad (23) Black Bean Soup (20) Milk (13) Calories: 698 Protein: 40g Carbs: 96g Fat: 23g Fiber: 17.2g Sodium: 912mg

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

<b>MENUS ARE SUBJECT TO CHANGE</b>	<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><b>719-543-0100</b></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.