



S R D A
MEALS ON WHEELS MENU
February. 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Feb	2-Feb	3-Feb	4-Feb	5-Feb
Beef Chop Suey (7) Steamed Brown Rice (13) Seasoned Mixed Vegetables (8) Vegetable Egg Roll (22) Pear (28) Milk (13) Calories: 658 Fat: 15g Carbs: 94g Protein: 39g Fiber: 13.08g Sodium: 1,174mg	Lemon Chicken (9) Roasted Rosemary Potatoes (21) Capri Mixed Vegetables (11) Vanilla Pudding (17) Minestrone Soup (18) Milk (13) Calories: 642 Protein: 48g Carbs: 91g Fat: 10g Fiber: 10.03g Sodium: 596mg	Pinto Beans & Ham (35) Sweet & Red Potatoes (22) Seasoned Green Beans (4) Applesauce (12) Cream Of Mushroom Soup (6) Milk (13) Calories: 601 Protein: 35g Carbs: 94g Fat: 10g Fiber: 15.81g Sodium: 888mg	Open Face Turkey W/Gravy (2) Meadow Blend Vegetable (4) Peas & Onions Seasoned (12) Vegetable Pasta Salad (13) Strawberries & Peaches (12) Sliced Bread (22)/Milk (13) Calories: 561 Protein: 37g Carbs: 57g Fat: 20g Fiber: 8.85g Sodium: 291mg	Macaroni & Cheese (23) Winter Mix Vegetables (3) Sugar Snap Peas (4) Navy Bean Soup (22) Spiced Plums (15) Milk (13) Calories: 683 Protein: 36g Carbs: 83g Fat: 24g Fiber: 12.11g Sodium: 585mg
8-Feb	9-Feb	10-Feb	11-Feb	12-Feb
Chicken Sesame (15) Brown Rice Fried (17) Lima Beans & Carrots (13) Orange (15) Chicken Barley Soup (10) Milk (13) Calories: 739 Protein: 52g Carbs: 86g Fat: 19g Fiber: 11.50g Sodium: 698mg	Beef/Turkey Cabbage Casserole (7) Vegetarian Pasta Alfredo (9) Seasoned Asparagus (1) Apple (21) Cream Garden Vegetable Soup (10) Milk (13) Calories: 716 Protein: 42g Carbs: 64g Fat: 33g Fiber: 10.04g Sodium: 796mg	Roast Beef w/Au Jus (1) Lyonnaise Potatoes (23) Oregon Mixed vegetables (7) Quinoa and Broccoli Salad (22) Ambrosia (26) Milk (13) Calories: 882 Protein: 53g Carbs: 95g Fat: 32g Fiber: 9.98g Sodium: 569mg	Brunswick Stew (19) Mashed Potatoes (27) Scandinavian Mixed Vegetables (6) Celery Raisin Salad (23) Heavenly Hash (28) Milk (13) Calories: 805 Protein: 38g Carbs: 117g Fat: 21g Fiber: 10.61g Sodium: 636mg	Fish Potato Crunch/Lemon pk (14) Vegetable Couscous (21) Stewed Tomatoes (11) Cherry Crisp (67) Split Pea Soup (20) Milk (13) Calories: 1034 Protein: 42g Carbs: 149g Fat: 29g Fiber: 15.61g Sodium: 832mg
15-Feb	16-Feb	17-Feb	18-Feb	19-Feb
Beef Tips/W Mushroom Gravy (5) Parslied Noodles (19) Steamed Broccoli (4) Bananas (25) Lentil Soup (16) Milk (13) Calories: 828 Protein: 74g Carbs: 85g Fat: 23g Fiber: 9.75g Sodium: 638mg	Honey Mustard Chicken (7) Baked Potato/Butter (19) Carrots (7) Pineapple Cabbage Slaw (13) Cranberry Apple Crumble (38) Milk (13) Calories: 716 Protein: 44g Carbs: 100g Fat: 17g Fiber: 10.62g Sodium: 444mg	Pork Chow Mein (56) Steamed Brown Rice (13) Peas & Carrots (8) Mandarin Oranges (19) Egg Drop Soup (3) Milk (13) Calories: 858 Protein: 44g Carbs: 115g Fat: 30g Fiber: 10.60g Sodium: 1,146mg	Turkey Tetrizzini (35) Baked Sweet Potato (21) Roasted Brussel Sprouts (6) Cinnamon Applesauce (13) Milk (13) Calories: 698 Protein: 46g Carbs: 91g Fat: 17g Fiber: 10.18g 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: 17.21g Sodium: 912mg
22-Feb	23-Feb	24-Feb	25-Feb	26-Feb
Beef Tomato Mac (21) Oregon Mixed Vegetables (7) Seasoned Spinach (3) Peach Fruit Cup (14) Washington Chowder (18) Milk (13) Calories: 731 Protein: 41g Carbs: 78g Fat: 29g Fiber: 10.62g Sodium: 733mg	Chicken Sukiyaki (21) Seasoned Broccoli (4) Seasoned Asparagus (1) Apple Fruit Cup (20) Chicken Gumbo Soup (15) Milk (13) Calories: 619 Protein: 44g Carbs: 77g Fat: 15g Fiber: 10.24g Sodium: 638mg	Country Style Pork/BBQ Sauce (6) Cheesy Mashed Potatoes (27) Sweet & Sour Coleslaw (7) Capri Mixed Vegetables (11) Pear (28) Milk (13) Calories: 779 Protein: 58g Carbs: 95g Fat: 20g Fiber: 13g Sodium: 629mg	Penne & Meat Sauce (32) Italian Mixed Vegetables (11) Garden Salad/Italian Dressing (7) Peach Crisp (74) Milk (13) Calories: 969 Protein: 34g Carbs: 139g Fat: 32g Fiber: 13.29g Sodium: 994mg	Citrus & Herb Fish (19) Rice Pilaf Brown Rice (15) Seasoned Mixed Vegetables (18) Orange (15) Garden Vegetable Soup (10) Milk (13) Calories: 576 Protein: 40g Carbs: 82g Fat: 10g Fiber: 9.67g Sodium: 466mg
29-Feb	1-Mar	2-Mar	3-Mar	4-Mar
Chicken Parmesan (7) Herbed Pasta Linguini (18) Brussel Sprouts (7) Strawberry Applesauce (11) Chicken Barley Soup (10) Milk (13) Calories: 609 Protein: 48g Carbs: 69g Fat: 16g Fiber: 9.72g Sodium: 481mg	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

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

MENUS ARE SUBJECT TO CHANGE	Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.	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!!!
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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.