



**S R D A**  
**MEALS ON WHEELS MENU**  
 April, 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1-Apr</b> 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
<b>4-Apr</b> Beef Tomato Mac (22) Oregon Mixed Vegetables (7) Seasoned Spinach (4) Peach Fruit Cup (16) Washington Chowder (19) Milk (13) Calories: 768 Protein: 43g Carbs: 82g Fat: 30g Fiber: 11.16g Sodium: 795mg	<b>5-Apr</b> Country Style Pork/BBQ Sauce (6) Cheesy Mashed Potatoes (28) Sweet & Sour Coleslaw (7) Capri Mixed Vegetables (11) Pear (28) Milk (13) Calories: 787 Protein: 58g Carbs: 95g Fat: 21g Fiber: 12.99g Sodium: 558mg	<b>6-Apr</b> Chicken Sukiyaki (30) Seasoned Broccoli (4) Seasoned Asparagus (1) Apple Fruit Cup (13) Chicken Gumbo Soup (16) Milk (13) Calories: 688 Protein: 52g Carbs: 79g Fat: 18g Fiber: 10.65g Sodium: 684mg	<b>7-Apr</b> Penne & Meat Sauce (30) Italian Mixed Vegetables (11) Garden Salad/Italian Dressing (7) Peach Crisp (74) Milk (13) Calories: 976 Protein: 41g Carbs: 113g Fat: 41g Fiber: 11.56g Sodium: 1,027mg	<b>8-Apr</b> Citrus & Herb Fish (19) Rice Pilaf Brown Rice (15) Seasoned Mixed Vegetables (9) Orange (15) Garden Vegetable Soup (10) Milk (13) Calories: 579 Protein: 40g Carbs: 82g Fat: 10g Fiber: 9.86g Sodium: 468mg
<b>11-Apr</b> Chicken Parmesan (9) Herbed Pasta Linguini (18) Brussel Sprouts (7) Strawberry Applesauce (11) Chicken Barley Soup (10) Milk (13) Calories: 636 Protein: 51g Carbs: 70g Fat: 17g Fiber: 10.25g Sodium: 595mg	<b>12-Apr</b> Pork Green Chili (19) Mexican Corn (15) Calabacita (7)/Tortilla (15) Pea Salad (8) Diced Peaches (13) Milk (13) Calories: 664 Protein: 41g Carbs: 94g Fat: 16g Fiber: 9.53g Sodium: 751mg	<b>13-Apr</b> Chicken Enchiladas (20) Seasoned Black Beans (15) Orange Glazed Carrots (13) Jello/w Mandarin Oranges (5) Milk (13) Calories: 636 Protein: 44g Carbs: 68g Fat: 20g Fiber: 11.13g Sodium: 1,020mg	<b>14-Apr</b> Meatloaf/w Mushroom Gravy (9) Garlic Mashed Potatoes (28) Green Bean Almondine (6) Cranberry Pear Salad (21) Beef Vegetable Soup (8) Milk (13) Calories: 974 Protein: 51g Carbs: 88g Fat: 47g Fiber: 11.37g Sodium: 486mg	<b>15-Apr</b> Pasta Vegetable Primavera (31) Beets Harvard (14) Seasoned Yellow Squash (4) Mandarin Orange/Whip Topping (12) Cream of Broccoli Soup (7) Milk (13) Calories: 612 Protein: 25g Carbs: 89g Fat: 19g Fiber: 9.51g Sodium: 607mg
<b>18-Apr</b> Italian Chicken Orzo (23) Cheesy Cauliflower (3) Scandinavian Mixed Vegetables (6) Bananas (25) Chicken Gumbo Soup (16) Milk (13) Calories: 773 Protein: 49g Carbs: 89g Fat: 23g Fiber: 11.15g Sodium: 1,021mg	<b>19-Apr</b> Chicken Fajita/Tortilla (21) Quinoa Chickpea Salad (28) Stewed Tomatoes (10) Mandarin Oranges (19) Carrot & Sweet Potato Soup (14) Grape Fruit Cup (20)/Milk (13) Calories: 855 Protein: 43g Carbs: 108g Fat: 28g Fiber: 11.63g Sodium: 859mg	<b>20-Apr</b> Country Style Steak/Gravy (34) Parslied Potatoes (24) Peas & Carrots (8) Creamy Coleslaw (8) Pumpkin Muffin (25) Grape Fruit Cup (20)/Milk (13) Calories: 935 Protein: 37g Carbs: 135g Fat: 30g Fiber: 11.46g Sodium: 731mg	<b>21-Apr</b> Baked Glazed Ham (7) Scalloped Potatoes (21) Meadow Blend Vegetables (4) Heavenly Hash (28) Split Pea Soup (20) Milk (13) Calories: 705 Protein: 37g Carbs: 102g Fat: 22g Fiber: 11.18g Sodium: 878mg	<b>22-Apr</b> 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: 10.43g Sodium: 517mg
<b>25-Apr</b> Beef Chop Suey (7) Steamed Brown Rice (3) Scandinavian Mixed Vegetables (6) Bananas (25) Chicken Gumbo Soup (16) Calories: 645 Protein: 45g Carbs: 86g Fat: 14g Fiber: 12.39g Sodium: 911mg	<b>26-Apr</b> Macaroni & Cheese (23) Sugar Snap Peas (4) Winter Mix Vegetable (3) Spiced Plum (13) Navy Bean Soup (22) Calories: 677 Protein: 36g Carbs: 81g Fat: 24g Fiber: 12.04g Sodium: 585mg	<b>27-Apr</b> Pinto Beans & Ham (28) Swt. & Red Potatoes (21) Seasoned Green Beans (4) Applesauce (12) Crm. Of Mushroom Soup (6) Calories: 561 Protein: 32g Carbs: 86g Fat: 13g Fiber: 13.63g Sodium: 624mg	<b>28-Apr</b> Open Faced Turkey/Bread/Gravy (13) Meadow Blend Vegetables (4) Peas & Onions (12) Vegetable Pasta Salad (13) Strawberries & Peaches (12) Calories: 648 Protein: 38g Carbs: 70g Fat: 24g Fiber: 11.00g Sodium: 394mg	<b>29-Apr</b> Chinese Lemon Chicken (10) Rosemary Potatoes (22) Capri Mixed Vegetables (11) Vanilla Pudding (17) Minestrone Soup (18) Calories: 762 Protein: 54g Carbs: 94g Fat: 18g Fiber: 10.21g Sodium: 665mg

**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>	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> <b>719-543-0100</b> <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.