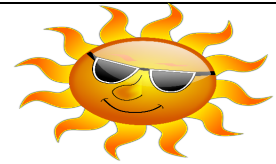




# SRDA MEALS ON WHEELS MENU June. 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Jun	4-Jun	5-Jun	6-Jun	7-Jun
Chicken Rice Casserole (18) Winter Mix Vegetables (4) Peas & Carrots (7) Chicken Noodle Soup (6) /Crackers (4) Banana (25) Milk (12) Calories: 686 Protein: 53g Carbs: 79g Fat: 19g Fiber: 10g Sodium: 678mg	Potato Crusted Fish (13) Baked Sweet Potato (33) Broccoli & Cheese (7) Grape-Fruit Cup (18) Confetti Cottage Cheese (4) Milk (12) /Dinner Roll w/Margarine (12) Calories: 897 Protein: 50g Carbs: 112g Fat: 30g Fiber: 10.5g Sodium: 944mg	Roast Pork Loin w/Apple Chutney (7) Mashed Potatoes (16) Scandinavian Mixed Vegetables (10) Carrot & Sweet Potato Soup (15) /Crackers Apple Crisp (28) Milk (12) Calories: 805 Protein: 55g Carbs: 89g Fat: 25g Fiber: 8.4g Sodium: 379mg	Italian Chicken Orzo (11) Seasoned Asparagus (1) Italian Mixed Vegetables Chicken Barley Soup (10) /Breadstick (39) Blueberry-Fruit Cup (12) Milk (12) /Margarine Calories: 631 Protein: 51g Carbs: 64g Fat: 20g Fiber: 8.6g Sodium: 574mg	Pork Cacciatore (6) Penne Pasta (21) Caribbean Vegetables (5) Garden Vegetable Soup (8) /Crackers (4) Banana Chocolate Bar (37) Milk (12) Calories: 685 Protein: 37g Carbs: 95g Fat: 18g Fiber: 10.6g Sodium: 729mg
10-Jun	11-Jun	12-Jun	13-Jun	14-Jun
Chicken Alfredo (18) Roasted Brussel Sprouts (7) Zucchini & Tomatoes (4) Lentil Soup (18) /Crackers (4) Fruit Cocktail (13) Milk (12) Calories: 677 Protein: 53g Carbs: 79g Fat: 19g Fiber: 11.3g Sodium: 533mg	Roasted Turkey /Turkey Gravy Roasted Rosemary Potatoes (15) California Normandy Vegetables (3) Creamy Tomato Soup (6) /Crackers (4) Peach Crisp (29) /Fresh Orange (15) Milk (12) Calories: 856 Protein: 57g Carbs: 104g Fat: 23g Fiber: 9.7g Sodium: 297mg	Meatloaf w/Brown Gravy (9) Cheesy Mashed Potatoes Scandinavian Mixed Vegetables (10) Beef Barley Soup (10) Ambrosia (26) Milk (12) /Dinner Roll w/Margarine (12) Calories: 830 Protein: 42g Carbs: 94g Fat: 34g Fiber: 10.5g Sodium: 641mg	Green Pepper Steak (3) Parslled Potatoes Honey Glazed Carrots (17) Beef Vegetable Soup (8) /Crackers (4) Vegetable Pasta Salad (12) Milk (12) /Chilled Apricots (12) Calories: 902 Protein: 38g Carbs: 86g Fat: 44g Fiber: 9.7g Sodium: 566mg	Corn Tamale Pie (32) Seasoned Black Beans (17) Capri Mixed Vegetables (4) Southwest Macaroni Salad (13) Grape-Fruit Cup (18) Milk (12) Calories: 829 Protein: 40g Carbs: 97g Fat: 30g Fiber: 11.6g Sodium: 1,036mg
17-Jun	18-Jun	19-Jun	20-Jun	21-Jun
Chili Con Carne Steamed Brown Rice (18) Cape Cod Mixed Vegetable Crackers (4) Fresh Bananas (25) Milk (12) Calories: 824 Protein: 54g Carbs: 107g Fat: 22g Fiber: 11.5g Sodium: 807mg	Pulled Pork Sandwich (7) Rancho Fiesta Vegetables (10) Claremont Salad (3) 4 oz Yogurt w/Granola (20) Apple-Fruit Cup (14) /Hamburger Bun (26) Milk (12) Calories: 694 Protein: 49g Carbs: 89g Fat: 16g Fiber: 9.4g Sodium: 547mg	Spaghetti & Meat Sauce (23) Italian Mixed Vegetables (6) Seasoned Yellow Squash (3) Minestrone Soup (9) /Cracker Strawberries & Peaches (15) /Breadstick (39) Milk (12) Calories: 719 Protein: 37g Carbs: 100g Fat: 27g Fiber: 8.7g Sodium: 853mg	Beef Soft Taco (2) Spanish Rice (23) Creamed Spinach (6) Black Bean Soup (23) /Crackers Lettuce Garnish (1) /Tortilla (15) Mandarin Orange (22) /Milk (12) Calories: 844 Protein: 41g Carbs: 110g Fat: 32g Fiber: 17.4g Sodium: 1,038mg	BBQ Chicken w/BBQ Sauce (8) Ranch Beans (18) Carrots (6) Tomato Cucumber Salad Vanilla Pudding (26) /Orange (15) Milk (12) Calories: 642 Protein: 45g Carbs: 96g Fat: 9.7g Fiber: 12.4g Sodium: 815mg
24-Jun	25-Jun	26-Jun	27-Jun	28-Jun
Pueblo Beef Stew (16) Mashed Potatoes (25) Seasoned Mixed Vegetables (10) Zucchini & Tomatoes (4) Fresh Apples (21) Milk (12) /Chocolate Ice Cream (18) Calories: 774 Protein: 42g Carbs: 107g Fat: 22g Fiber: 12.6g Sodium: 510mg	Dijon Chicken (9) Sweet & Red Potatoes (26) Italian Mixed Vegetables (6) Garden Vegetable Soup (12) /Crackers (4) Peach Crisp (29) /Raisin Nut Cup (21) Milk (12) Calories: 911 Protein: 42g Carbs: 117g Fat: 32g Fiber: 9.8g Sodium: 508mg	Cheese Tortellini W/Sauce (23) Sugar Snap Peas (4) Lima Beans & Carrots (11) Turkey Rice Soup (9) / Breadstick (39) Fresh Orange Milk (12) Calories: 609 Protein: 31g Carbs: 111g Fat: 13g Fiber: 10.3g Sodium: 1,078mg	Pork Diablo (6) Scalloped Potatoes (13) Broccoli & Cheese (7) Lentil Soup (18) Waldorf Salad (10) /Tortilla (15) Milk (12) Calories: 717 Protein: 46g Carbs: 83g Fat: 23g Fiber: 9.5g Sodium: 736mg	Beef Lasagna (41) Corn O'Brien (11) Creole Green Beans (6) Beef Barley Mushroom Soup (10) Strawberries & Pineapple (13) Milk (12) /Crackers (4) Calories: 872 Protein: 50g Carbs: 101g Fat: 30g Fiber: 10.3g Sodium: 810mg
1-Jul	2-Jul	3-Jul	4-Jul	5-Jul
Shepard's Pie (11) Cape Cod Mixed Vegetables (7) Harvard Beets (12) Beef Noodle Soup (8) /Crackers (4) Fresh Bananas (25) Milk (12)	Slopper w/Green Chili (11) Ranch Beans (18) Peas & Mushrooms (9) Sweet & Sour Coleslaw (9) Fruit Cocktail (15) /Lettuce Garnish Milk (12) /Hamburger Bun (26)	Chicken Sukiyaki Carribean Vegetables Seasoned Asparagus Creamy Tomato Soup /Cracker Carrot Raisin Salad Fresh Apple /Milk (12)	Beef Tips w/Mushroom Gravy (8) Penne Pasta (21) Succotash in Garlic Butter (9) Beef Vegetable Soup (8) /Breadstick (39) Mandarin Oranges Milk (12)	Ham & Cheese Quiche (22) Brussel Sprouts (6) Minestrone Soup (9) /Crackers (4) Italian Vegetable Toss (9) Cranberry Apple Crumble (29) Milk (12)

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

**MENUS ARE** Please remember SRDA **DON'T FORGET TO CALL AND CANCEL YOUR MEAL WHEN YOU WON'T BE HOME!!!!**  
 in your planned giving. **719-543-0100**

**MEALS ARE  
SUBJECT TO  
CHANGE**

Your legacy lives on, our  
mission continues at  
Meals on Wheels.

**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!!!**

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.