


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
			1 Beef Chimichanga Salsa Spanish Rice Peas Carrot Raisin Salad Apple Milk	2 Chicken Carbonara Broccoli Green Bean Salad Spiced Peaches Oatmeal Raisin Cookie Milk	3 Pork Chow Mein Rice Winter Blend Vegetables Whole Wheat Roll Pear Sugar Cookie Milk	4 Chicken al a King Jasmine Rice Green Beans Carrot Raisin Salad w/ Pineapple Apple Milk
5 Sloppy Joe Carrots Coleslaw Pineapple Sugar Cookie Milk	6 Chicken Fajitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Spanish Rice SW Black Beans Peaches Milk	7 Ham Salad on Croissant Cream of Mushroom Soup Spinach Mandarin Salad Strawberries High Fiber Cookie Milk	8 Pork Pot Roast w/ Onion Celery Carrots Potato Medley Caesar Salad Orange Milk	9 Beef Teriyaki Brown Rice Peas Asian Cabbage Slaw Apple Milk	10 Baked Cod Olympia Potato Medley Italian Vegetables Roll Pear Milk	11 Beef Chimichanga Salsa Spanish Rice Corn Carrot Raisin Salad Apple Milk
12 Chicken Carbonara Broccoli Green Bean Salad Spiced Peaches Oatmeal Raisin Cookie Milk	13 Hamburger w/ Lettuce, Tomato & Onion Carrots Coleslaw Peaches Chocolate Pudding Milk	14 BBQ Turkey Sweet Potato Fries Peas Orange Raisin Nut Cup Milk	15 Beef Burrito/Green Enchilada sauce SW Black Beans Spanish Rice Pineapple Orange Compote Raisin Nut Cup Milk	16 Riblettes Baked Beans Potato Salad Applesauce Whole Wheat Roll Milk	17 Lasagna Roll/ Marinara Green Beans Breadstick Tossed Salad Banana Milk	18 Pork Chow Mein Rice Winter Blend Vegetables Whole Wheat Roll Pear Sugar Cookie Milk
19 Beef Teriyaki Brown Rice Peas Asian Cabbage Slaw Apple Milk	20 Chicken Cordon Bleu Wild & Brown Rice Green Bean Almandine Mandarin Orange Pineapple Compote High Fiber Cookie Milk	21 Turkey Salad Sandwich on Croissant Minestrone Soup Mandarin Spinach Salad Apple Raisin Nut Cup Milk	22 Pico Lime Cod Baby Baker Potatoes Carrots Coconut Crunch Salad High Fiber Cookie Milk	23 Honey Curry Chicken Wild & Brown Rice Green Beans Carrot Raisin Salad Apple Spice Cake Milk	24 Meatball Sub Vegetable Soup Cauliflower Orange Milk	25 BBQ Turkey Sweet Potato Fries Peas Orange Raisin Nut Cup Milk
26 Lasagna Roll/ Marinara Green Beans Breadstick Tossed Salad Banana Milk	27 Riblettes Baked Beans Potato Salad Applesauce Milk	28 Breaded Chicken Sandwich w/ Lettuce & Tomato Spinach Mandarin Salad Orange Peanut Butter Cookie Milk	29 Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream & Salsa Spiced Pinto Beans Applesauce Milk	30 BBQ Chicken Baked Potato Soup Peas & Carrots 3 Bean Salad Apple Milk	31 Baked Ziti w/ Sausage Green Beans Caesar Salad Spiced Peaches Raisin Nut Cup Milk	<p align="center">Meals are partially funded by the Pikes Peak Area Agency on Aging</p>


Menu substitutions may occur without notice. Diners are advised to keep a three-day supply of non-perishable foods and bottled water if inclement weather or other emergency causes a temporary suspension of service

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center;">Silver Key Meals On Wheels May 2019 Nutrition Information</p>			<p>1 Calories: 899 Carb: 125g Protein: 30g Fat: 31g Fiber: 13.6g Sodium: 1139mg</p>	<p>2 Calories: 1138 Carb: 101g Protein: 46g Fat: 61g Fiber: 10.2g Sodium: 1100mg</p>	<p>3 Calories:722 Carb. 100g: Protein 37g: Fat 19g: Fiber 13.1g: Sodium 702mg</p>	<p>4 Calories:854 Carb: 103g Protein: 33 g Fat: 35g Fiber: 11.3g Sodium: 536mg</p>
<p>5 Calories:889 Carb: 103g Protein: 34g Fat: 39g Fiber: 9.6g Sodium: 1147mg</p>	<p>6 Calories:848 Carb. 101g: Protein 46g: Fat 24g: Fiber 9.8g: Sodium 1062mg</p>	<p>7 Calories:1002 Carb.131 g: Protein 28g: Fat 41g: Fiber 13.0g: Sodium 991mg</p>	<p>8 Calories:763 Carb. 78g: Protein 35g: Fat 37g: Fiber 12.4g: Sodium 1150mg</p>	<p>9 Calories:897 Carb: 106g Protein: 35 g Fat: 37g Fiber: 12.2 Sodium: 1122mg</p>	<p>10 Calories: 738 Carb. 93g Protein 52g Fat 18 g Fiber 12.9g Sodium 1031mg</p>	<p>11 Calories: 899 Carb: 125g Protein: 30g Fat: 31g Fiber: 13.6g Sodium: 1139mg</p>
<p>12 Calories: 1138 Carb: 101g Protein: 46g Fat: 61g Fiber: 10.2g Sodium: 1100mg</p>	<p>13 Calories:959 Carb. 105g: Protein 49g: Fat 39g: Fiber 12.8g: Sodium 1108mg</p>	<p>14 Calories:841 Carb. 100g: Protein 46g: Fat 32g: Fiber 14.5g: Sodium 843 mg</p>	<p>15 Calories: 1042 Carb: 128g Protein: 41g Fat: 42g Fiber: 13.2 Sodium: 1188mg</p>	<p>16 Calories: 915 Carb: 108 g Protein: 42g Fat: 35 g Fiber: 14.1 g Sodium: 1138mg</p>	<p>17 Calories: 569 Carb. 85g Protein 26g Fat: 13g Fiber 9.9g Sodium 1035 mg</p>	<p>18 Calories:722 Carb. 100g: Protein 37g: Fat 19g: Fiber 13.1g: Sodium 702mg</p>
<p>19 Calories:897 Carb: 106g Protein: 35 g Fat: 37g Fiber: 12.2 Sodium: 1122mg</p>	<p>20 Calories: 896 Carb. 112g Protein 40g Fat 32g Fiber 11.9g Sodium 1116mg</p>	<p>21 Calories:1093 Carb. 115g: Protein 45g: Fat 54g: Fiber 13.6g: Sodium1024 mg</p>	<p>22 Calories: 895 Carbs: 112 g Protein: 38 g Fat: 34 g Fiber: 12.5 g Sodium: 1045 mg</p>	<p>23 Calories 1036 Carbs: 135 g Protein: 37g Fat: 39 g Fiber: 11.0 g Sodium: 603 mg</p>	<p>24 Calories: 742 Carb: 75g Protein: 42g Fat: 33g Fiber: 10.4g Sodium: 1172mg</p>	<p>25 Calories:763 Carb. 78g: Protein 35g: Fat 37g: Fiber 12.4g: Sodium 1150mg</p>
<p>26 Calories: 569 Carb. 85g Protein 26g Fat: 13g Fiber 9.9g Sodium 1035 mg</p>	<p>27 Calories: 915 Carb: 108 g Protein: 42g Fat: 35 g Fiber: 14.1 g Sodium: 1138mg</p>	<p>28 Calories:763 Carb. 87g: Protein 38g: Fat 31g: Fiber 9.9 g: Sodium 1192mg</p>	<p>29 Calories:847 Carb. 91g: Protein: 40 g: Fat 35g: Fiber 13.1 g: Sodium 1163mg</p>	<p>30 Calories:1074 Carb. 95g: Protein 56g: Fat 52g: Fiber 11.1g: Sodium 997mg</p>	<p>31 Calories:949 Carb. 101g: Protein 40 g: Fat 46g: Fiber 12.4g: Sodium 1143mg</p>	<p>Meals are partially funded by the Pikes Peak Area Agency on Aging</p>

Menu substitutions may occur without notice. Diners are advised to keep a three-day supply of non-perishable foods and bottled water if inclement weather or other emergency causes a temporary suspension of service

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Beef Chimichanga (560) Salsa (94) Brown Spanish Rice (163) Peas (60) Carrot Raisin Salad (110) Apple (2) Milk (150)	2 Chicken Carbonara (599) Broccoli (12) Green Bean Salad (213) Spiced Peaches (6) Oatmeal Raisin Cookie (120) Milk (150)	3 Pork Chow Mein (226) Rice (89) Winter Blend Vegetables (20) Whole Wheat Roll (170) Pear (2) Milk (150) Sugar Cookie (45)	4 Chicken al a King (164) Jasmine Rice (4) Green Beans (118) Carrot Raisin Salad w/ Pineapple (98) Apple (2) Milk (150)
5 Soppo Joe (519) Carrots (62) Coleslaw (311) Pineapple (0) Sugar Cookie (105) Milk (150)	6 Chicken Fajitas w/ Pepper & Onion (45) Cheese (45) Sour Cream (9) Salsa (94) Tortillas (442) Spanish Rice (163) SW Black Beans (108) Peaches (6) Milk (150)	7 Ham Salad (145) Croissant (210) Mushroom Soup (215) Spinach Mandarin Salad (55) Strawberries (3) High Fiber Cookie (213) Milk (150)	8 Pork Pot Roast w/ Onion Celery (70) Carrots (77) Potato Medley (432) Caesar Salad (421) Orange (0) 2% Milk (150)	9 Beef Teriyaki (773) Brown Rice (89) Peas (81) Asian Cabbage Slaw (27) Apple (2) Milk (150)	10 Baked Cod Olympia (245) Potato Medley (432) Italian Vegetables (32) Roll (170) Pear (2) Milk (150)	11 Beef Chimichanga (560) Salsa (94) Brown Spanish Rice (163) Peas (60) Carrot Raisin Salad (110) Apple (2) Milk (150)
12 Chicken Carbonara (599) Broccoli (12) Green Bean Salad (213) Spiced Peaches (6) Oatmeal Raisin Cookie (120) Milk (150)	13 Hamburger (93) Bun (250) Lettuce, Tomato & Onion (5) Carrots (92) Coleslaw (312) Peaches (6) Pudding (200) Milk (150)	14 BBQ Turkey (440) Sweet Potato Fries (189) Peas (60) Orange (0) Raisin Nut Cup (4) Milk (150)	15 Beef Burrito/Green Enchilada sauce (759) SW Black Beans (108) Spanish Rice (163) Pineapple Mandarin Compote (4) Raisin Nut Cup (4) Milk (150)	16 Riblettes (387) Baked Beans (236) Potato Salad (193) Applesauce (2) Roll (170) Milk (150)	17 Lasagna Roll/ Marinara (555) Green Beans (119) Breadstick (180) Tossed Salad (30) Banana (1) Milk (150)	18 Pork Chow Mein (226) Rice (89) Winter Blend Vegetables (20) Whole Wheat Roll (170) Pear (2) Sugar Cookie (45) Milk (150)
19 Beef Teriyaki (773) Brown Rice (89) Peas (81) Asian Cabbage Slaw (27) Apple (2) Milk (150)	20 Chicken Cordon Bleu (590) Wild & Brown Rice (106) Green Bean Almandine (53) Milk (150) Mandarin Orange Pineapple Compote (4) High Fiber Cookie (213)	21 Turkey Salad (363) Croissant (210) Minestrone Soup (176) Mandarin Spinach Salad (119) Apple (2) Raisin Nut Cup (4) Milk (150)	22 Pico Lime Cod (345) Baby Baker Potatoes (227) Carrots (76) Coconut Crunch Salad (34) High Fiber Cookie (213) Milk (150)	23 Honey Curry Chicken (60) Wild & Brown Rice (106) Green Beans (3) Carrot Raisin Salad (110) Apple (2) Spice Cake (172) Milk (150)	24 Meatballs & Marinara (671) Sub Bun (230) Vegetable Soup (94) Cauliflower (27) Orange (0) Milk (150)	25 BBQ Turkey (440) Sweet Potato Fries (189) Peas (60) Orange (0) Raisin Nut Cup (4) Milk (150)
26 Lasagna Roll/ Marinara (555) Green Beans (119) Breadstick (180) Tossed Salad (30) Banana (1) Milk (150)	27 Riblettes (387) Baked Beans (236) Potato Salad (193) Applesauce (2) Milk (150)	28 Breaded Chicken (598) Bun (250) Lettuce & Tomato (4) Spinach Mandarin Salad (55) Orange (0) Milk (150) P. Butter Cookie (135)	29 Beef Tacos w/ Lettuce, Tomato (678) Cheese, (46) Sour Cream (42) Salsa (94) Milk (150) Spiced Pinto Beans (150) Applesauce (3)	30 BBQ Chicken (324) Baked Potato Soup (396) Peas & Carrots (76) 3 Bean Salad (49) Apple (2) Milk (150)	31 Baked Ziti w/ Sausage& Marinara (549) Green Beans (119) Caesar Salad (316) Spiced Peaches (5) Raisin Nut Cup (4) Milk (150)	Meals are partially funded by the Pikes Peak Area Agency on Aging

The number in parentheses next to each meal items lists the milligrams of sodium for that item. You may find this information helpful if you are concerned about your heart or blood pressure. .
 If you would like additional information, please contact Connections Cafe Nutrition and we will assist you with an appointment with our dietitian

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Beef Chimichanga (40) Salsa (1) Brown Spanish Rice (19) Peas (12) Carrot Raisin Salad (19) Apple (20) Milk (14)	2 Chicken Carbonara (44) Broccoli (6) Green Bean Salad (7) Spiced Peaches (12) Oatmeal Raisin Cookie (18) Milk (14)	3 Pork Chow Mein (4) Rice (25) Winter Blend Vegetables (6) Whole Wheat Roll (19) Pear (22) Sugar Cookie (10) Milk (14)	4 Chicken al a King (12) Jasmine Rice (29) Green Beans (8) Carrot Raisin Salad w/ Pineapple (19) Apple (21) Milk (14)
5 Sloppy Joe (36) Carrots (7) Coleslaw (13) Pineapple (16) Sugar Cookie (17) Milk (14)	6 Chicken Fajitas w/ Pepper & Onion (6) Cheese (0) Sour Cream (2) Salsa (1) Tortillas (30) Brown Spanish Rice (18) SW Black Beans (18) Peaches (12) Milk (14)	7 Ham Salad (7) Croissant (27) Crm. of Mushroom Soup (11) Spinach Mandarin Salad (9) Strawberries (20) High Fiber Cookie (43) Milk (14)	8 Pork Pot Roast w/ Onion Celery (3) Carrots (8) Potato Medley (30) Caesar Salad (12) Orange (11) Milk (14)	9 Beef Teriyaki (14) Brown Rice (25) Peas (16) Asian Cabbage Slaw (17) Apple (20) Milk (14)	10 Baked Cod Olympia (2) Potato Medley (30) Italian Vegetables (6) Roll (19) Pear (22) Milk (14)	11 Beef Chimichanga (40) Salsa (1) Brown Spanish Rice (19) Peas (12) Carrot Raisin Salad (19) Apple (20) Milk (14)
12 Chicken Carbonara (44) Broccoli (6) Green Bean Salad (7) Spiced Peaches (12) Oatmeal Raisin Cookie (18) Milk (14)	13 Hamburger w/ Lettuce, Tomato & Onion (3) Bun (26) Carrots (11) Coleslaw (14) Peaches (13) Pudding (24) Milk (14)	14 BBQ Turkey (7) Sweet Potato Fries (32) Peas (12) Orange (11) Raisin Nut Cup (24) Milk (14)	15 Beef Burrito/Green Enchilada sauce (41) SW Beans (18) Spanish Rice (18) Pineapple Mandarin Compote (13) Raisin Nut Cup (24) Milk (14)	16 Riblettes (11) Baked Beans (21) Potato Salad (25) Applesauce (18) Roll (19) Milk (14)	17 Lasagna Roll/ Marinara (23) Green Beans (8) Breadstick (16) Tossed Salad (6) Banana (18) Milk (14)	18 Pork Chow Mein (4) Rice (25) Winter Blend Vegetables (6) Whole Wheat Roll (19) Pear (22) Sugar Cookie (10) Milk (14)
19 Beef Teriyaki (14) Brown Rice (25) Peas (16) Asian Cabbage Slaw (17) Apple (20) Milk (14)	20 Chicken Cordon Bleu (9) Wild & Brown Rice (24) Green Bean Almandine (9) Mandarin Orange Pineapple Compote (13) High Fiber Cookie (43) Milk (14)	21 Turkey Salad (4) Croissant (27) Minestrone Soup (18) Mandarin Spinach Salad (8) Apple (20) Raisin Nut Cup (24) Milk (14)	22 Pico Lime Cod (9) Baby Baker Potatoes (20) Carrots (9) Coconut Crunch Salad (17) High Fiber Cookie (43) Milk (14)	23 Honey Curry Chicken (1) Wild & Brown Rice (23) Green Beans (4) Carrot Raisin Salad (19) Apple (20) Spice Cake (54) Milk (14)	24 M4atballs & Marinara (12) Sub Bun (24) Vegetable Soup (9) Cauliflower (5) Orange (11) Milk (14)	25 BBQ Turkey (7) Sweet Potato Fries (32) Peas (12) Orange (11) Raisin Nut Cup (24) Milk (14)
26 Lasagna Roll/ Marinara (23) Green Beans (8) Breadstick (16) Tossed Salad (6) Banana (18) Milk (14)	27 Riblettes (11) Baked Beans (21) Potato Salad (25) Applesauce (18) Milk (14)	28 Breaded Chicken (7) Bun (26) Lettuce & Tomato (3) Spinach Mandarin Salad (9) Milk (14) Orange (11) Peanut Butter Cookie (17)	29 Beef Tacos w/ Lettuce, Tomato (37) Cheese (0) Sour Cream (2) Salsa (1) Milk (14) Spiced Pinto Beans (19) Applesauce (18)	30 BBQ Chicken (14) Baked Potato Soup (15) Peas & Carrots (11) 3 Bean Salad (21) Apple (20) Milk (14)	31 Baked Ziti w/ Sausage& Marinara (34) Green Beans (8) Caesar Salad (8) Spiced Peaches (13) Raisin Nut Cup (24) Milk (14)	Meals are partially funded by the Pikes Peak Area Agency on Aging

The number in parentheses next to each meal items lists the grams of carbohydrate for that item. You may find this information helpful if you are diabetic or watching carbohydrates. If you would like additional information, please contact Connections Cafe and we will assist you with an appointment with our dietitian.