



SCCOG SENIOR SERVICES MENU PLAN AUGUST 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sweet and Sour Pork Brown Rice / Soy Sauce Chow Mein Noodles Oriental Vegetables WW Bread Pineapples	3 Chicken Fricasse Mashed Potatoes Island Vegetable Blend WW Bread Peaches	4 Combo Burrito Salsa Tossed Salad / Dressing Orange	5 Rigatoni Green Beans Italian Bread Waldorf Salad (no nuts)	6 Egg Salad Sandwich Sliced Tomato on Lettuce Cheese Stick Dressing Banana
9 Sloppy Joe / WW bun Lett / Tom / Onion / Pickle ketchup / mustard French Fries 4-Way Vegetable Tropical Fruit	10 Pig in a Blanket Bowl of Green Chili Cucumber Salad Potato Chips Grapes	11 Beef Stew WW Crackers Creamy Coleslaw Cornbread Watermelon	12 Grilled Cheese Sandwich/WW Italian Salad / Dressing Fruit Cocktail	13 BBQ Pork Riblet Sliced Potatoes Green Beans Apple
16 Pork Chop w/Gravy Sweet Potatoes Spinach WW Bread Mandarin Oranges	17 Sliced Turkey / Gravy Dressing Mashed Potatoes Monte Carlo Vegetables Cranberry/Pineapple Mold	18 Swiss Steak w/ Mushroom Gravy Egg Noodles Carrots WW Bread Pears	19 Frito Pie Spanish Rice Tossed Salad / Dressing Frosted Cherry Gelatin	20 Pot Roast Mashed Potatoes / Gravy Beet and Onion Salad Biscuit Fruit Cocktail ***PICNIC - WALSENBURG***
23 Ham Au Gratin Potatoes Corn Cornbread Peaches	24 Chicken Dijon Rice Pilaf Chateau Veg Blend WW Dinner Roll Strawberries & Whipping	25 Spaghetti w/ Meat Sauce Cauliflower Under-the-Sea Salad Italian Bread Pineapples	26 Pot Roast Mashed Potatoes / Gravy Beet and Onion Salad Biscuit Fruit Cocktail ***PICNIC - TRINIDAD***	27 Oven Fried Fish Potato Quarters, seasoned Peas & Carrots WW Bread w/ Jelly & Pnt Butt Honeydew Melon
30 Eggs and Sausage Fajita Blend Veg Diced Potatoes Spice Muffin Grapes	31 Pizza Tossed Salad / Dressing Mixed Fruit Lemon Gelatin	Meals subject to change due to food availability		*** Picnic Menus *** Bratwurst / Bun Pork & Beans Chips Potato Salad Watermelon

****Please Make Reservations/Cancellations One Day in Advance****

Harry R. Sayre Senior Center 719-846-4515

Walsenburg Senior Center 719-738-2205

All Meals Served with 1% milk and 1 pkt margarine

Program is provided through:
South Central Council of Governments (SCCOG)
Area Agency on Aging
300 Bonaventure Ave.
Trinidad, CO 81082
719-845-1133