SCCOG SENIOR SERVICES MENU PLAN
APRIL 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals subject to change due to food availability	Each meal is served with 8 oz of 1 % milk and 1 margarine		1 Polish Sausage/ Bun Crisscross Fries/Catsup Sauerkraut Fruit Cocktail	2 Good Friday CLOSED
5 Honey BBQ Chicken Penne Pasta w/ Herbs Harvard Beets Green Apple WW Bread	6 Sloppy Joe / WW Bun Tater Tots / Catsup Tossed Salad/Dressing Pears	Easter Dinner @ Trinidad 7 Ham Sweet Potatoes Green Bean Casserole Pineapple Upside Down Cake Pineapples WW Dinner Roll	8 Cheese Quesadillas Salsa Refried Beans Peach Gelatin	9 Spicy Beef Rice Casserole Broccoli w/ Cheese Muffin Plums
12 Enchilada Casserole Tossed Salad/Dressing Orange	13 Potato Soup WW Crackers Tuna Salad Sand on WW Baked Apples	14 Pork Roast / Pork Gravy Seasoned Potato Quarters Corn Grapefruit WW Bread	15 Chicken Noodle Soup WW Crackers Spinach/Romaine Salad w/ Dressing Pears	16 Breaded Cod Potato Fries /Catsup California Vegetables Pineapple /Mandarin Oranges WW Bread
19 Turkey/Provolone Sub Lett/Tom/Mayo Chips Pasta Veg Salad Tropical Fruit	20 Pork Chop /Pork Gravy Mashed Potatoes /Gravy Island Veg Blend Rosy Applesauce WW Bread	21 Cheeseburger/ WW Bun Baked Beans Coleslaw Apricots	22 Eggs & Sausage Pancakes / Syrup Carrot / Raisin Salad Orange Juice	23 Meatloaf Scalloped Potatoes Peas / Carrots Red Apple WW Bread
26 Sweet & Sour Chicken Seasoned Spaghetti Noodles Oriental Vegetables Pineapple WW Bread	27 Frito Pie Tossed Salad / Dressing Spanish Rice Mixed Fruit	28 Chicken Fried Steak / Gravy Mashed Potatoes / Gravy 4-Way Vegetable Peach / Pear Cup Biscuit	29 Soft Beef Tacos w/ Cheese / Salsa Tossed Salad / Dressing Refried Beans Tropical Fruit	30 Beef Tips /Mushrooms / Gravy Mashed Potatoes / Gravy Cauliflower / Cheese Sauce Mand Oran/Grapefrt Compote WW Dinner Roll

Trinidad Sayre Senior Center: 719-846-4515 **Walsenburg Senior Center: 719-738-2205**

Please make reservations and cancellations one day in advance ! Thank you!

This program is provided through the South Central Council of Governments