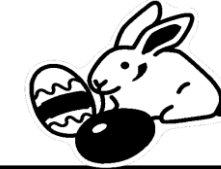


SCCOG SENIOR SERVICES MENU PLAN

APRIL 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Split Pea Soup WW Crackers Egg Salad Sandw on WW Sliced Tomato on Lettuce Banana
4 Honey BBQ Chicken Penne Pasta w/ Herbs Harvard Beets Green Apple WW Bread	5 Polish Sausage/ Bun Crisscross Fries/Catsup Sauerkraut Fruit Cocktail	6 Sloppy Joe / WW Bun Tater Tots / Catsup Tossed Salad/Dressing Pears	7 Spicy Beef Rice Casserole Broccoli w/ Cheese Muffin Plums	8 Cheese Quesadillas Salsa Refried Beans Peach Gelatin
11 Enchilada Casserole Tossed Salad/Dressing Orange	12 Potato Soup WW Crackers Tuna Salad Sand on WW Baked Apples	13 Pork Roast / Pork Gravy Seasoned Potato Quarters Corn Peaches WW Bread	14 Chicken Noodle Soup WW Crackers Spinach/Romaine Salad w/ Dressing Pears	15 Breaded Cod Potato Fries /Catsup California Vegetables Pineapple /Mandarin Oranges WW Bread
18 Turkey/Provolone Sub Lett/Tom/Mayo Chips Pasta Veg Salad Tropical Fruit	19 - Easter Dinner Ham Sweet Potatoes Green Bean Casserole Pineapple Upside Down Cake WW Dinner Roll	20 Cheeseburger/ WW Bun Baked Beans Coleslaw Apricots	21 Meatloaf Scalloped Potatoes Peas / Carrots Red Apple WW Bread	22 Good Friday SCCOG CLOSED
25 Sweet & Sour Chicken Seasoned Spaghetti Noodles Oriental Vegetables Pineapple WW Bread	26 Frito Pie Tossed Salad / Dressing Spanish Rice Mixed Fruit	27 Chicken Fried Steak / Gravy Mashed Potatoes / Gravy 4-Way Vegetable Peach / Pear Cup WW Dinner Roll	28 Soft Beef Tacos w/ Cheese / Salsa Tossed Salad / Dressing Refried Beans Tropical Fruit	29 Beef Tips w/ Mushrooms Mashed Potatoes / Gravy Cauliflower / Cheese Sauce Mand. Oranges WW Dinner Roll

****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