



SCCOG SENIOR SERVICES MENU PLAN AUGUST 2011



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| 1 Sweet and Sour Pork Brown Rice / Soy Sauce Chow Mein Noodles Oriental Vegetables WW Bread Strawberry Applesauce | 2 Chicken Fricasse Mashed Potatoes Island Vegetable Blend WW Bread Peaches | 3 Bean & Cheese Burrito Smothered w/ Green Chili Tossed Salad / Dressing Orange | 4 Rigatoni Green Beans Italian Bread Waldorf Salad (no nuts) | 5 Egg Salad Sandwich Sliced Tomato on Lettuce Cheese Stick Dressing Banana |
| 8 Sloppy Joe / WW bun Lett / Tom / Onion / Pickle ketchup / mustard French Fries Broccoli Tropical Fruit | 9 Pig in a Blanket Bowl of Green Chili Cucumber Salad Potato Chips Grapes | 10 Beef Stew WW Crackers Creamy Coleslaw Cornbread Watermelon | 11 Grilled Cheese Sandwich/WW Italian Salad / Dressing Fruit Cocktail | 12 BBQ Pork Riblet Sliced Potatoes Corn on the Cob Apple |
| 15 Pork Chop w/Gravy Sweet Potatoes Spinach WW Bread Mandarin Oranges | 16 Sliced Turkey / Gravy Dressing Mashed Potatoes Monte Carlo Vegetables Cranberry/Pineapple Mold | 17 Swiss Steak w/ Mushroom Gravy Egg Noodles Carrots WW Bread Pears | 18 Frito Pie Spanish Rice Tossed Salad / Dressing Frosted Cherry Gelatin | 19 Pot Roast Mashed Potatoes / Gravy Beet and Onion Salad Biscuit Fruit Cocktail |
| 22 Ham Au Gratin Potatoes Green Beans Cornbread Peaches | 23 Chicken Dijon Rice Pilaf Chateau Veg Blend WW Dinner Roll Strawberries & Whipping | 24 Spaghetti w/ Meat Sauce Cauliflower Under-the-Sea Salad Italian Bread Pineapples | 25 Bratwurst / Bun Pork & Beans Chips Potato Salad Watermelon ***Trinidad PICNIC*** | 26 Oven Fried Fish Potato Quarters, seasoned Peas & Carrots WW Bread w/ Jelly & Pnt Butt Honeydew Melon |
| 29 Eggs and Sausage Fajita Blend Veg Diced Potatoes Spice Muffin Grapes | 30 Pizza Tossed Salad / Dressing Mixed Fruit Lemon Gelatin | 31 Hamburger on a Bun Lett/Tom/Onion/Ket/Must Macaroni Salad Pork & Beans Watermelon | | Meals subject to change due to food availability |

****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