



SCCOG SENIOR SERVICES MENU PLAN FEBRUARY 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pork Riblet Sliced Potatoes Green Beans Baked Apple Whole Wheat	2 Baked Ham Sweet Potatoes Cauliflower Whole Wheat Bread Peaches	3 Chef Salad with Turkey, Egg, & Cheese Croutons/Salad Dressing Bread Sticks Watermelon	4 Soft Beef Tacos Lettuce/Tomato/Cheese Pinto Beans Banana
7 Rigatoni w/ Meat Sauce Tossed Salad/Dressing Whole Wheat Bread Pears	8 Meatloaf Mashed Potatoes Spinach Whole Wheat Bread Pineapple	9 Cream of Potato Soup Whole Grain Crackers Egg Salad Sand/WW Cheddar Cheese Stick Grapes	10 Chicken Patty/WW Bun Mixed Veggies Onion Rings Plums	11 Macaroni & Cheese w/ Ham Green Peas Whole Wheat Dinner Roll Fresh Apple
14 Valentine's Day Sloppy Joe w/ Bun French Fries/Ketchup Cucumber Salad Mixed Fruit 	15 Turkey/Cheese Sandwich Tossed Salad/Dressing Sugar-Free Fruit Jello w/ Topping	16 Pork Roast/Gravy Seasoned Potato California Veg Blend White Bread Strawberry Shortcake	17 Breaded Fish Fillet Scalloped Potatoes Baby Carrots/Dip Tropical Fruit	18 Baked Chicken Stuffing / Gravy Brussel Sprouts Whole Wheat Bread Cantaloupe
21 SCCOG CLOSED! 	22 Beef Stew Coleslaw Cornbread Mandarin Oranges	23 Smothered Bean Burrito Lettuce/Tomato Cheese Honeydew	24 Hamburger Pizza Spring Mix Salad/Dressing Tropical Fruit in sugar-free Lime Jello	25 Tuna Salad Sandwich on WW Creamy Tomatoes/Cukes Vegetable Soup Whole Grain Crackers Grapes
28 Spaghetti w/ Meat Sauce Tossed Salad/Dressing Breadsticks Banana/Mand Or/Pineapple				 "American Heart Month"

****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