




SCCOG SENIOR SERVICES MENU PLAN JULY 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals subject to change due to food availability			<p style="text-align: center;">1 Pork Egg Rolls Rice/Low Salt Soy Sauce Oriental Vegetables Apple Crisp</p>	<p style="text-align: center;">2 Lasagna Italian Vegetables Italian Bread Pineapple</p>
<p style="text-align: center;">5 CLOSED Observance of Independence Day</p>	<p style="text-align: center;">6 Chuck Wagon Steak Tater Tots Carrots Bun Pear</p>	<p style="text-align: center;">7 Chicken Cacciatore Au Gratin Potatoes 5-Way Vegetables Whole Wheat Bread Peaches</p>	<p style="text-align: center;">8 Multi-Bean Soup Cheese Sticks Whole Grain Crackers Spinach Salad/Vinaigrette Watermelon</p>	<p style="text-align: center;">9 Soft Beef Taco w/ Salsa Tossed Salad/Dressing Spanish Rice Apple</p>
<p style="text-align: center;">12 Country Fried Steak Baked Potato/Sour Cream Pepper Gravy Broccoli Whole Wheat Bread Fruit Cocktail</p>	<p style="text-align: center;">13 Chicken Alfredo w/ Mushrooms Tossed Salad/Dressing Bread Sticks Fruited Gelatin</p>	<p style="text-align: center;">14 Beefy Cheese Enchilada Salsa/Sour Cream Refried Beans Garden Salad/Dressing Apricot</p>	<p style="text-align: center;">15 Vegetable Ham Omelet Hash brown Pattie Whole Wheat Tortilla Honeydew</p>	<p style="text-align: center;">16 Breaded Pork Chop Mashed Potatoes/Gravy Creamy Coleslaw Whole Wheat Bread Strawberries</p>
<p style="text-align: center;">19 Tuna Salad Sand on WW Lettuce/Tomato 3-Bean Salad Sliced Pineapple</p>	<p style="text-align: center;">20 Baked Ham Sweet Potatoes Cauliflower Whole Wheat Roll Mixed Fruit</p>	<p style="text-align: center;">21 Liver/Onions or Salisbury Stk Scalloped Potatoes Peas Whole Wheat Bread Mandarin Oranges</p>	<p style="text-align: center;">22 PICNIC Hamburger on a Bun Lett/Tom/Onion/Ket/Must Macaroni Salad Pork & Beans Watermelon</p>	<p style="text-align: center;">23 Chicken Chow Mein Brown Rice/Lite Soy Sauce Stir-Fry Vegetables Chow Mein Noodles Tropical Fruit</p>
<p style="text-align: center;">26 Chili Con Carne Whole Grain Crackers Creamy Coleslaw Cornbread/Honey Grapes</p>	<p style="text-align: center;">27 Turkey Provolone Sub Lett/Tom garnish/mayo Chips Penne Pasta Orange</p>	<p style="text-align: center;">28 Ground Beef w/ Potato Seasoned Cabbage Whole Wheat Bread Raspberry Gelatin w/Banana</p>	<p style="text-align: center;">29 Chef Salad w/ Ham Egg /Cheese/Dressing Croutons Cracker Assortment Peaches</p>	<p style="text-align: center;">30 Meatloaf Mashed Potatoes/Gravy Chateau Vegetables Whole Wheat Bread Cantaloupe</p>

****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.
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