




SCCOG SENIOR SERVICES MENU PLAN

June 2010 "Dairy Month"



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 FLAG 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 FATHER'S DAY LUNCH 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 Beef Stew Coleslaw Cornbread Mandarin Oranges	22 Smothered Bean Burrito Lettuce/Tomato Cheese Honeydew	23 Hamburger Pizza Spring Mix Salad/Dressing Tropical Fruit in sugar-free Lime Jello	24 PICNIC Hot Dog /Bun Mustard/Ketchup/Relish Baked Beans Pasta Vegetable Salad Cantaloupe	25 Spaghetti w/ Meat Sauce Tossed Salad/Dressing Breadsticks Banana/Mand Or/Pineapple
28 Cheeseburger on Bun Potato Salad Chilled Beets/Onions/Vinegar Watermelon	29 Italian Chicken Egg Noodles Spinach Salad/Dressing Biscuit Orange	30 Tuna Salad Sandwich on WW Creamy Tomatoes/Cukes Vegetable Soup Whole Grain Crackers Grapes		

****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