




# SCCOG SENIOR SERVICES MENU PLAN JANUARY 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>Chef Salad w/ Turkey, Egg, Cheese Dressing Apple Bread Sticks</b>	4 <b>Baked Chicken Mashed Potatoes/Gravy Monaco Vegetables Whole Wheat Roll Fruit Salad</b>	5 <b>Ham &amp; Cheese Sub Lettuce/Tomato/Pickle Dressing Macaroni Salad Pear</b>	6 <b>Beef Roast w/ au jus Oven Browned Potatoes 4-Way Vegetables Whole Wheat Bread Fruit Cocktail</b>	7 <b>Chili con Carne Whole Grain Crackers Marinated Cucumbers Cornbread w/ Honey Orange</b>
10 <b>Tahitian Chicken Brown Rice Seasoned Green Beans Tropical Fruit Whole Wheat Bread</b>	11 <b>Pasta Primavera Spinach Salad w/ Egg &amp; Dressing Garlic Toast Peaches</b>	12 <b>Swiss Steak w/ Tomato Mashed Potatoes Whole Wheat Roll Mandarin Oranges</b>	13 <b>Breaded Pork Chop/Gravy Scalloped Potatoes Seasoned California Blend Whole Wheat Bread Strawberries w/ Topping</b>	14 <b>Hamburger on Wheat Bun Lettuce/ Tomato/Onion Ketchup/Mustard/Pickle Ruby Beet Salad American Potato Salad Banana</b>
17 - <b>CLOSED</b> <i>I Have A Dream</i>  <i>Martin Luther King, Jr. Day</i>	18 <b>Breaded Chicken Patty Herbed Penne Pasta Chuck wagon Whole Wheat Bread Mango Applesauce</b>	19 <b>Combination Burrito on Whole Wheat Tortilla Salsa/Lett/Tom Spanish Rice Pears</b>	20 <b>Eggs &amp; Ham Hash browns/ Ketchup Whole Wheat Tortilla Fruit Cocktail</b>	21 <b>Beef Hot Dog / Bun Ketchup/Mustard/Onion Chili Fries Creamy Slaw Grapes</b>
24 <b>Turkey Tetrazzini Italian Vegetables Peaches Whole Wheat Bread</b>	25 <b>Diced Potatoes w/ Ground Beef Peas and Carrots Whole Wheat Bread Strawberries</b>	26 <b>Pork Chow Mein w/ Oriental Vegetables White Rice Low salt Soy Sauce Chow Mein Noodles Pineapple Slices</b>	27 <b>Tuna Macaroni Salad Broccoli Gelatin w/banana Cheddar Drop Biscuit Orange Halves</b>	28 <b>Vegetable Beef Soup Assorted Crackers Grilled Cheese Sand on WW Citrus Fruit Mix</b>
31 <b>Breaded Cod Parsley Potatoes Mixed Vegetables Pineapple &amp; Mandarin Orange Whole Wheat Bread</b>	<b>**Please Make Reservations/Cancellations One Day in Advance**</b>			

Harry R. Sayre Senior Center 719-846-4515

Walsenburg Senior Center 719-738-2205

Meals Served with 1% milk and 1 pkt margarine

Program is provided through:

South Central Council of Governments (SCCOG)  
300 Bonaventure Ave.  
Trinidad, CO 81082  
719-845-1133