




SCCOG SENIOR SERVICES MENU PLAN JULY 2011



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

****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