



SCCOG SENIOR SERVICES MENU PLAN JUNE 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Baked Ham Sweet Potatoes Cauliflower Whole Wheat Bread Peaches	2 Chef Salad with Turkey, Egg, & Cheese Croutons/Salad Dressing Bread Sticks Watermelon	3 Soft Beef Tacos Lettuce/Tomato/Cheese Pinto Beans Banana
6 Pork Egg Rolls Rice/Low Salt Soy Sauce Oriental Vegetables Apple Crisp	7 Meatloaf Mashed Potatoes Spinach Whole Wheat Bread Pineapple	8 Cream of Potato Soup Whole Grain Crackers Egg Salad Sand/WW Cheddar Cheese Stick Grapes	9 Chicken Patty/WW Bun Mixed Veggies Onion Rings Plums	10 Macaroni & Cheese w/ Ham Green Peas Whole Wheat Dinner Roll Fresh Apple
13 Sloppy Joe w/ Bun French Fries/Ketchup Cucumber Salad Mixed Fruit	14 Turkey/Cheese Sandwich Tossed Salad/Dressing Sugar-Free Fruit Jello w/ Topping	15 - Father's Day Lunch Baked Chicken Stuffing / Gravy Brussel Sprouts Whole Wheat Bread Cantaloupe	16 Breaded Fish Fillet Scalloped Potatoes Baby Carrots/Dip Tropical Fruit	17 Pork Riblet Sliced Potatoes Green Beans Baked Apple Whole Wheat
20 Beef Stew Coleslaw Cornbread Mandarin Oranges	21 Smothered Bean Burrito Lettuce/Tomato Cheese Honeydew	22 Hamburger Pizza Spring Mix Salad/Dressing Tropical Fruit in sugar-free Lime Jello	23 Hot Dog /Bun Mustard/Ketchup/Relish Baked Beans Pasta Vegetable Salad Cantaloupe	24 Spaghetti w/ Meat Sauce Tossed Salad/Dressing Breadsticks Banana/Mand Or/Pineapple
27 Cheeseburger on Bun Potato Salad Chilled Beets/Onions/Vinegar Watermelon	28 Italian Chicken Egg Noodles Spinach Salad/Dressing Biscuit Orange	29 Tuna Salad Sandwich on WW Creamy Tomatoes/Cukes Vegetable Soup Whole Grain Crackers Grapes	30 Rigatoni w/ Meat Sauce Tossed Salad/Dressing Whole Wheat Bread Pears	

****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