



SCCOG SENIOR SERVICES MENU PLAN

MARCH 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Scalloped Potato Casserole Peas Pear WW Bread	Chicken Fricasse Oven Browned Potatoes Island Vegetale Blend Peaches WW Bread	Beef & Bean Burrito Salsa Tossed Salad/Dressing Pineapple & Oranges	American Lasagna 1/2 white1/2 WW noodles Green Beans Waldorf Salad Italian Bread	Split Pea Soup WW Crackers Egg Salad Sandw on WW Sliced Tomato on Lettuce Banana
8	9	10	11	12
Hamburger/WW bun Lett/Tom/Onion/Pickle catsup/mustard French Fries/Ketchup 4-Way Vegetable Grapefruit	Pig in a Blanket Chuckwagon Vegetable Potato Chips Grapes	Beef Stew WW Crax Creamy Coleslaw Cornbread Apple	Ranch Dressing Chix Brown Rice 5-Way Vegetable Blend Pear WW Bread	Tuna Salad on WW Lettuce/Tomato 3-Bean Salad Citrus Cup
15	16	17	18	19
Breaded Pork Chop w/Gravy Sweet Potatoes Spinach Mandarin Oranges WW Bread	Sliced Turkey / Gravy Dressing Mashed Potatoes Monte Carlo Vegetables Cranberry/Pineapple Mold	St Patrick's Day! Corned Beef Parsley Potatoes Cabbage & Carrots Raisins & Sherbet WW Bread	Chili Con Carne Fried Potatoes Tossed Salad/ Dressing Frosted Cherry Gelatin	Grilled Cheese Sandwich/WW Peas Italian Salad Fruit Cocktail
22	23	24	25	26
Ham Au Gratin Potatoes Lima Beans Peaches Cornbread	Chicken Dijon Rice Pilaf Chateau Veg Blend Strawberry Applesauce WW Dinner Roll	Spaghetti w/ Meat Sauce Cauliflower Under-the-Sea Salad Pineapple Italian Bread	Pot Roast Mashed Potatoes /Gravy Beet & Onion Salad Banana Biscuit	Oven Fried Fish Potato Quarters, seasoned Peas & Carrots WW Bread w/ Jelly & Pea Butt Mixed Fruit
29	30	31		
Pork Riblet Sliced Potatoes Green Beans Baked Apple	Eggs & Sausage Fajita Blend Veg w/ Diced Potatoes Spice Muffin Grapes	Pizza Tossed Salad/ Dressing Fruited Lemon Gelatin		

Please Make Reservations/Cancellations One Day in Advance

Program is provided through the South Central Council of Governments

Harry R. Sayre Senior Center - 719-845-4515

Walsenburg Senior Center - 719-738-2205

Meals Served with 1% milk and 1 margarine