




SCCOG SENIOR SERVICES MENU PLAN MARCH 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chuck Wagon Steak Tater Tots Carrots Pears Hearty Bun	2 Multi-Bean Soup Whole Grain Crackers Cheese Sticks Spinach Salad/Dressing Grapefruit WW Bread	3 Chicken Cacciatore Au Gratin Potatoes 5-Way Veg Blend Peaches WW Bread	4 Pork Egg Rolls Rice/soy sauce Oriental Vegetable Blend Apple Cobbler WW Bread
7 Lasagna Italian Veg Blend Pineapple Italian Bread	8 Turkey Ham Sweet Potatoes Carrot-Raisin Salad Mixed Fruit WW Bread	9 - ASH WEDNESDAY Potato Soup Tuna Melt on WW Whole Grain Crackers Relishes: celery/cuke/olive Gelatined Apricots	10 Soft Beef Taco with Lett/Tom/Cheese/Salsa Tossed Salad/Dressing Refried Beans Apple	11 Grilled Cheese Sandwich/WW Peas Italian Salad Fruit Cocktail
14 Beef Chow Mein Brown Rice/soy sauce Stir Fry Veg Blend Tropical Fruit WW Bread	15 Salisbury Steak Mashed Potatoes/Gravy Citrus Blend WW Dinner Roll	16 Corn Chowder Whole Grain Crackers Turkey-Cheese Sandwich Pears in Strawberry Gelatin	17 - St. Patrick's Day Crunchy Chicken Hot Dish WW Noodles Romanoff Monte Carlo Veg Lime Jello w/ whip cream Biscuit	18 Vegetable Omelet Hashbrown Pattie Tortilla Bananas over Sherbet
21 County Fried Steak Baked Potato Pepper Gravy Scandinavian Veg Blend Fruit Cocktail WW Bread	22 Ham & Navy Beans Jellied Beet Salad Pineapple Tidbits Cornbread	23 Pork Chop Patty Pork Gravy Oven Brownd Potatoes Creamy Coleslaw Tropical Fruit WW Bread	24 Beefy Cheese Enchilada Salsa / sour cream Refried Beans Tossed Salad/Dressing Peaches drizzled w/ Flavored Yogurt	25 Pasta drenched in Alfredo Sauce & Mushrooms California Veg Blend Mand Orange Gelatin Mold WW Bread
28 Combination Burrito on Whole Wheat Tortilla Salsa/Lett/Tom Spanish Rice Pears	29 Ham & Cheese Sub Lettuce/Tomato/Pickle Dressing Macaroni Salad Pear	30 Chef Salad w/ Turkey, Egg, Cheese Dressing Bread Sticks Apple	31 Chili con Carne Whole Grain Crackers Marinated Cucumbers Cornbread w/ Honey Orange	

****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