



## SCCOG SENIOR SERVICES MENU PLAN May 2010 "Older Americans Month"



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

**\*\*Please Make Reservations/Cancellations One Day in Advance\*\***

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