





SCCOG SENIOR SERVICES MENU PLAN MAY 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chef Salad w/ Turkey, Egg, Cheese Dressing Apple Bread Sticks	3 Baked Chicken Mashed Potatoes/Gravy Monaco Vegetables Whole Wheat Roll Fruit Cocktail	4 Ham & Cheese Sub Lettuce/Tomato/Pickle Dressing Macaroni Salad Pear	5 Swiss Steak w/ Tomato Mashed Potatoes Whole Wheat Roll Mandarin Oranges	6 Chili con Carne Whole Grain Crackers Marinated Cucumbers Cornbread w/ Honey Pineapples
9 Vegetable Beef Soup Assorted Crackers Grilled Cheese Sand on WW Citrus Fruit Mix	10 Pasta Primavera Spinach Salad w/ Egg & Dressing Garlic Toast Peaches	11 - Mother's Day Lunch Beef Roast w/ au jus Mashed Potatoes 4-Way Vegetables Whole Wheat Bread Fruit Salad	12 Breaded Pork Chop/Gravy Scalloped Potatoes Seasoned California Blend Whole Wheat Bread Strawberries w/ Topping	13 Hamburger on Wheat Bun Lettuce/ Tomato/Onion Ketchup/Mustard/Pickle Ruby Beet Salad American Potato Salad Banana
16 Breaded Cod Parsley Potatoes Mixed Vegetables Pineapple & Mandarin Orange Whole Wheat Bread	17 Breaded Chicken Patty Herbed Penne Pasta Chuck wagon Whole Wheat Bread Applesauce	18 Combination Burrito on Whole Wheat Tortilla Salsa/Lett/Tom Spanish Rice Pears	19 Eggs & Ham Hash browns/ Ketchup Whole Wheat Tortilla Fruit Cocktail	20 Beef Hot Dog / Bun Ketchup/Mustard/Onion Chili Fries Creamy Slaw Grapes
23 Turkey Tetrazzini Italian Vegetables Peaches Whole Wheat Bread	24 Diced Potatoes w/ Ground Beef Peas and Carrots Whole Wheat Bread Strawberries	25 -Older American's Lunch Pork Chow Mein w/ Oriental Vegetables White Rice Low salt Soy Sauce Chow Mein Noodles Pineapple Slices	26 Tuna Macaroni Salad Broccoli Cheddar Drop Biscuit Gelatin w/Banana	27 Tahitian Chicken Brown Rice Seasoned Green Beans Tropical Fruit Whole Wheat Bread
30  SCCOG CLOSED	31 Pizza Tossed Salad/ Dressing Fruited Lemon Gelatin	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>OAM 2011</p>  <p>Older Americans: connecting the community</p> </div> <div style="text-align: center;"> <p>MAY 2011 "Older American's Month" Connecting the Community</p> </div> </div>		

****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