



# SCCOG SENIOR SERVICES MENU PLAN

## NOVEMBER 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Spaghetti w/ Meat Sauce Tossed Salad Breadsticks Banana	<b>2</b> Herb Baked Chicken Scalloped Potatoes Scandinavian Vegetables Grapes Roll	<b>3</b> Hamburger on Bun Baked Beans Mixed Fruit	<b>4</b> Breaded Pork Chop w/ Gravy Sweet Potatoes Mandarin Oranges Spinach
<b>7</b> Vegetable Beef Soup Egg Salad Sandwich Pickled Beets Citrus Fruit Mix	<b>8</b> Breaded Fish Parslied Potatoes Island Vegetables WW Bread Mandarin Oranges	<b>9</b> Macaroni & Cheese w/ Ham Tossed Salad Cornbread Banana	<b>10</b> Enchilada Casserole Zucchini Peaches Spanish Rice	<b>11</b> CLOSED 
<b>14</b> Sloppy Joe on WW Bun French Fries Cucumber Salad Pears	<b>15</b> Grilled Cheese Sandwich Italian Salad Fruit Cocktail	<b>16</b> <b>THANKSGIVING LUNCH</b> Roast Turkey w/ Gravy Mashed Potatoes Stuffing, Cranberry Sauce Green Beans, Pumpkin Pie Dinner Roll	<b>17</b> Pizza Salad Tropical Fruit	<b>18</b> Eqq & Sausage Fajita Veg Blend Pancakes, Syrup Strawberry Applesauce
<b>21</b> Baked Ham Oven Browned Potatoes Broccoli Melan Veg Blend Ambrosia	<b>22</b> Beef Tips Brown Rice Oriental Veg Blend Roll Peaches	<b>23</b> Chicken Noodle Soup Whole Grain Crackers Tossed Salad w/Hard Boiled Egg Pears	<b>24</b> CLOSED	<b>25</b> CLOSED 
<b>28</b> Swiss Steak Mashed Potatoes, Gravy Corn WW Bread Pineapple	<b>29</b> Fish Patty on a Bun Tartar Sauce Peas & Carrots Tater Tots Orange Circles	<b>30</b> Meatloaf Green Beans Oven Browned Potatoes Applesauce		

**\*\*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