



SCCOG SENIOR SERVICES MENU PLAN

SEPTEMBER 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Turkey Sub Lettuce/Tomato/Pickle Dressing Macaroni Salad Pear	2 Meatloaf/Gravy Oven Browned Potatoes 4-Way Vegetables Whole Wheat Bread Plums	3 Chili con Carne Whole Grain Crackers Marinated Cucumbers Cornbread w/ Honey Orange
6 CLOSED 	7 Pasta Primavera Spinach Salad w/ Egg & Dressing Garlic Toast Peaches	8 Swiss Steak w/ Tomato Seasoned Green Beans Mashed Potatoes Whole Wheat Roll Mandarin Oranges	9 Baked Ham Scalloped Potatoes Seasoned California Blend Whole Wheat Bread Strawberries w/ Topping	10 Taco Salad Mexicorn Salsa Cantaloupe
13 Spicy Beef Rice Casserole Broccoli Cheese Banana Raisin Muffin Mixed Fruit	14 Breaded Chicken Patty Herbed Penne Pasta Chuck wagon Whole Wheat Bread Cinnamon Red Hot Applesauce	15 Smothered Burrito on Whole Wheat Tortilla Lett/Tom Pinto Beans Pears	16 Polish Dog on Bun Onion & Green Pepper Sauerkraut Fries/Ketchup Banana	17 Chef Salad w/ Turkey, Egg, Cheese Dressing Bread Sticks Apple
20 Turkey Tetrazzini Italian Vegetables Whole Wheat Bread Peaches	21 Ham & Navy Beans Beet Salad Peas and Carrots Cornbread Strawberries	22 Pork Chow Mein Oriental Vegetables White Rice Low salt Soy Sauce Chow Mein Noodles Pineapple Slices	23 Tuna Macaroni Salad Peas Gelatin w/banana Cheddar Drop Biscuit Orange Halves	24 Grilled Cheese Sand on WW Vegetable Beef Soup Assorted Crackers Honeydew Melon
27 Lasagna Garden Salad / Dressing w/ Olives & Mushrooms Garlic Toast Fresh apple	28 Cheeseburger on WW Lettuce/Tomato/Pickle/Onion French Fries /Ketchup/Mustard Ranch Style Beans Orange Juice	29 Baked Chicken Parsley Potatoes Mixed Vegetables Whole Wheat Bread Pineapple & Mandarin Orange	30 Broccoli Cheese Soup Egg Salad Sandwich on WW Wheat Crackers Tropical Fruit	

****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