



# SCCOG SENIOR SERVICES MENU PLAN SEPTEMBER 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Meatloaf/Gravy Oven Browned Potatoes 4-Way Vegetables Whole Wheat Bread Plums	<b>2</b> Chili con Carne Whole Grain Crackers Marinated Cucumbers Cornbread w/ Honey Orange
<b>5</b> CLOSED 	<b>6</b> Pasta Primavera Spinach Salad w/ Egg & Dressing Garlic Toast Peaches	<b>7</b> Swiss Steak w/ Tomato Seasoned Green Beans Mashed Potatoes Whole Wheat Roll Mandarin Oranges	<b>8</b> Baked Ham Scalloped Potatoes Seasoned California Blend Whole Wheat Bread Strawberries w/ Topping	<b>9</b> Taco Salad Mexicorn Salsa Cantaloupe
<b>12</b> Spicy Beef Rice Casserole Broccoli Cheese Banana Raisin Muffin Mixed Fruit	<b>13</b> Chef Salad w/ Turkey, Egg, Cheese Dressing Bread Sticks Apple	<b>14</b> Smothered Burrito on Whole Wheat Tortilla Lett/Tom Pinto Beans Pears	<b>15</b> Polish Dog on Bun Onion & Green Pepper Sauerkraut Fries/Ketchup Banana	<b>16</b> Breaded Chicken Patty Herbed Penne Pasta Chuck wagon Whole Wheat Bread Cinnamon Red Hot Applesauce
<b>19</b> Turkey Tetrazzini Italian Vegetables Whole Wheat Bread Peaches	<b>20</b> Ham & Navy Beans Beet Salad Peas and Carrots Cornbread Apricot	<b>21</b> Pork Chow Mein Oriental Vegetables White Rice Low salt Soy Sauce Chow Mein Noodles Pineapple Slices	<b>22</b> Tuna Macaroni Salad Peas Gelatin w/banana Cheddar Drop Biscuit Orange Halves	<b>23</b> Grilled Cheese Sand on WW Vegetable Beef Soup Assorted Crackers Fruit Salad
<b>26</b> Lasagna Garden Salad / Dressing w/ Olives & Mushrooms Garlic Toast Apple	<b>27</b> Broccoli Cheese Soup Egg Salad Sandwich on WW Wheat Crackers Tropical Fruit	<b>28</b> Baked Chicken Parsley Potatoes Mixed Vegetables Whole Wheat Bread Pineapple & Mandarin Oranges	<b>29</b> Cheeseburger on WW Lettuce/Tomato/Pickle/Onion French Fries /Ketchup/Mustard Ranch Style Beans Banana	<b>30</b> Turkey Sub Lettuce/Tomato/Pickle Dressing Macaroni Salad Pears

**\*\*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