




SOUTH-CENTRAL COLORADO SENIORS

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>All meals are served with 2% milk</i> No Trans Fat and No Salt BUTTER <i>Butter is served with Bread Products</i></p>	 Suggested Donation \$3.00 Guest Rate \$9.00	<p>RESERVATIONS ARE REQUIRED</p> 	 <i>The menu is subject to change without prior notice.</i>	<p>1 Tuna Salad Sandwich Whole Wheat Bread Lentil Soup Lettuce/ Tomato Tossed Salad Fresh Orange</p>
<p>4 Pork Chop w Butter Apples Roasted Sweet Potatoes Seasoned Greens Beans Tropical Fruit Whole Wheat Crackers</p>	<p>5 Chicken Pot Pie Broccoli Florets Salad/ French Dressing Chilled Pineapple Whole Wheat Crackers Raisin Nut Cup</p>	<p>6 Tostada Beef/Beans Cheese/Lettuce/Tomatoes Spanish Rice Tropical Mixed Fruit Salsa</p>	<p>7 Chicken a la King Mashed Red Potatoes Salad w Ranch Dressing Orange Raisin Nut Cup Whole Wheat Roll</p>	<p>8 Salmon Filet Peas Wild Rice Pilav Mandarin Oranges Peanut Butter Cookie Whole Wheat Roll</p>
<p>11 Arros con Pollo (Chicken and Rice) Salad / IT Dressing Cauliflower/Broccoli Mexican Combread Cinnamon Apples</p>	<p>12 Barbeque Pulled Pork Ranch Style Beans Roasted Sweet Potatoes Creamy Coleslaw Brownie</p>	<p>13 Chicken Cordon Bleu Brown Rice Herbed Green Beans Mandarin Oranges Whole Wheat Crackers</p>	<p>14 Soft Taco Pinto Beans/ Salsa Tomato/Lettuce/ Cheese Zucchini/Diced Tomatoes Spanish Rice Tropical Mixed Fruit</p>	<p>15 Baked Potato w Broccoli & cheese Sauce Caeser Salad Yogurt Vanilla Wafers</p>
<p>18 Corned Beef Dinner Parsley Butter Red Potatoes Cabbage and Carrots Raisin Nut Cup Whole Wheat Roll Fruit Cocktail</p>	<p>19 Pueblo Beef Stew Tossed Salad Zucchini /Tomatoes Combread Banana Pudding Raisin Nut Cup</p>	<p>20 Chicken Fried Chicken Country Gravy Mashed Potatoes Cauliflower & Broccoli Whole Wheat Roll Peaches</p>	<p>21 Sloppy Joe on Whole Wheat Bun Brussel Sprouts Tropical Fruit Cup Sun Chips</p>	<p>22 Crunchy Fish Cheesy Potatoes Broccoli/Cauliflower Sliced Peaches Whole Wheat Roll</p>
<p>25 Macaroni and Cheese Broccoli Parsley Carrots Mandarin Oranges Whole Wheat Bread</p>	<p>26 Oven Fried Chicken Mashed Red Potatoes Brussel Sprouts Chilled Apricots Whole Wheat Roll</p>	<p>27 Chile Beans Corn Cheese Stick Whole Wheat Tortillas Pineapple Raisin Nut Cup</p>	<p>28 Meat Loaf w/Brown Gravy Mashed Potatoes Mixed Vegetables Strawberry Applesauce Whole Wheat Roll</p>	<p>29 Egg Salad Sandwich Whole Wheat Bread Sliced Tomato & Lettuce Pea Salad Apricots</p>

QUESTIONS CALL 719-589-4511



WEBSITE: slvaaa.org

STATE UNIT ON AGING 303-966-2651

March 2024

SOUTH-CENTRAL COLORADO SENIORS

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Monday	Tuesday	Wednesday	Thursday	Friday
				<p>Tuna Sandwich/Lentil 1 Calories (kcal) - 630.88 Protein (g) - 37.31 Carbohydrates (g) - 81.63 Dietary Fiber (g) - 10.21 Fat (g) - 18.64 Sodium (mg) - 1058.55</p>
<p>Baked Pork Chops 4 Calories (kcal) - 602.3 Protein (g) - 24.64 Carbohydrates (g) - 86.99 Dietary Fiber (g) - 10.63 Fat (g) - 18.7 Sodium (mg) - 680.6</p>	<p>Chicken Pot Pie 5 Calories (kcal) - 727.82 Protein (g) - 42.8 Carbohydrates (g) - 93.1 Dietary Fiber (g) - 10.5 Fat (g) - 23.34 Sodium (mg) - 648.18</p>	<p>Chicken a la King 6 Calories (kcal) - 881.83 Protein (g) - 35.15 Carbohydrates (g) - 95.54 Dietary Fiber (g) - 10.99 Fat (g) - 42.09 Sodium (mg) - 1128.24</p>	<p>Tostada 7 Calories (kcal) - 796.12 Protein (g) - 43.12 Carbohydrates (g) - 85.24 Dietary Fiber (g) - 10.99 Fat (g) - 31.37 Sodium (mg) - 1180.57</p>	<p>Salmon Filet 8 Calories (kcal) - 934.04 Protein (g) - 43.7 Carbohydrates (g) - 120.18 Dietary Fiber (g) - 9.86 Fat (g) - 31.94 Sodium (mg) - 575.24</p>
<p>Arros con Pollo 11 Calories (kcal) - 813.53 Protein (g) - 30.64 Carbohydrates (g) - 97.52 Dietary Fiber (g) - 10.26 Fat (g) - 36.68 Sodium (mg) - 933.49</p>	<p>Barbeque Pulled Pork 12 Calories (kcal) - 930.12 Protein (g) - 34.82 Carbohydrates (g) - 112.4 Dietary Fiber (g) - 14.1 Fat (g) - 40.6 Sodium (mg) - 873.94</p>	<p>Chicken Cordon Bleu 13 Calories (kcal) - 834.29 Protein (g) - 52.88 Carbohydrates (g) - 89.39 Dietary Fiber (g) - 9.72 Fat (g) - 27.92 Sodium (mg) - 1011.09</p>	<p>Soft Tacos 14 Calories (kcal) - 749.88 Protein (g) - 35.91 Carbohydrates (g) - 112.34 Dietary Fiber (g) - 12.81 Fat (g) - 18.79 Sodium (mg) - 1006.08</p>	<p>Baked Potato 15 Calories (kcal) - 966.51 Protein (g) - 34.79 Carbohydrates (g) - 147.9 Dietary Fiber (g) - 11.56 Fat (g) - 27.4 Sodium (mg) - 874.73</p>
<p>Corned Beef 18 Calories (kcal) - 838.42 Protein (g) - 38.27 Carbohydrates (g) - 88.12 Dietary Fiber (g) - 10.29 Fat (g) - 37.23 Sodium (mg) - 1124.46</p>	<p>Pueblo Beef Stew 19 Calories (kcal) - 1066.68 Protein (g) - 51.63 Carbohydrates (g) - 132.99 Dietary Fiber (g) - 11.09 Fat (g) - 39.54 Sodium (mg) - 986.89</p>	<p>Chicken Fried Chicken 20 Calories (kcal) - 822.39 Protein (g) - 48.71 Carbohydrates (g) - 90.61 Dietary Fiber (g) - 9.82 Fat (g) - 30.81 Sodium (mg) - 981.06</p>	<p>Sloppy Joe 21 Calories (kcal) - 686.59 Protein (g) - 34.5 Carbohydrates (g) - 88.53 Dietary Fiber (g) - 10 Fat (g) - 21.85 Sodium (mg) - 721.94</p>	<p>Crunchy Fish 22 Calories (kcal) - 821.54 Protein (g) - 32.12 Carbohydrates (g) - 102.01 Dietary Fiber (g) - 9.58 Fat (g) - 32.52 Sodium (mg) - 929.97</p>
<p>Mac / Cheese 25 Calories (kcal) - 1014.23 Protein (g) - 39.73 Carbohydrates (g) - 103.42 Dietary Fiber (g) - 12.24 Fat (g) - 52.2 Sodium (mg) - 1038.25</p>	<p>Oven Baked Chicken 26 Calories (kcal) - 895.33 Protein (g) - 53.38 Carbohydrates (g) - 99.68 Dietary Fiber (g) - 12.34 Fat (g) - 34.59 Sodium (mg) - 641.85</p>	<p>Chili Beans 27 Calories (kcal) - 943.01 Protein (g) - 38.81 Carbohydrates (g) - 121.69 Dietary Fiber (g) - 17.95 Fat (g) - 38.87 Sodium (mg) - 838.08</p>	<p>Meat Loaf 28 Calories (kcal) - 895.88 Protein (g) - 40.45 Carbohydrates (g) - 94.78 Dietary Fiber (g) - 12.31 Fat (g) - 40.62 Sodium (mg) - 757.22</p>	<p>Egg Salad Sandwich 29 Calories (kcal) - 651.28 Protein (g) - 35.28 Carbohydrates (g) - 77.26 Dietary Fiber (g) - 12.26 Fat (g) - 23.47 Sodium (mg) - 1068.09</p>