

SOUTH-CENTRAL COLORADO SENIORS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The menu is subject to change without prior notice. RESERVATIONS ARE REQUIRED Suggested Donation \$ 3.00 Guest Rate \$ 9.00</p>	<p>All meals are served with 2% milk No Trans Fat and No Salt BUTTER Butter is served with Bread Products</p>		<p>Chili Beans Cheese Stick Corn Whole Wheat Tortilla Pineapple Raisin Nut Cup</p>	<p>Chicken Wrap Whole Wheat Tortilla Cheese/ Lettuce/ Tomato Ranch Dressing Mixed Vegetables 1/2 Orange/ Gram Crackers</p>
<p>Crunchy Fish Parsley Butter Carrots Cheese Potatoes Pineapple Mandarin Oranges Banana Chips Whole Wheat Roll</p>	<p>Pueblo Beef Stew Salad Yellow Squash w Tomatoes Diced Pears Cornbread</p>	<p>Chicken Cordon Bleu Brown Rice Green Bean Mandarin Oranges Whole Wheat Crackers</p>	<p>Macaroni & Cheese Salad/It Dressing Broccoli Florets Orange Whole Wheat Roll Raisin Nut Cup</p>	<p>Meatloaf W/Brown Gravy Mashed Potatoes Mixed Vegetables Strawberry Applesauce Whole Wheat Roll</p>
<p>12 Grilled Chicken Whole Wheat Bun Cheese/Lettuce/Tomato 3 Bean Salad Fresh Orange</p>	<p>13 Sloppy Joe / Whole Wheat Bun Brussel Sprouts Sun Chips Mixed Fruit Cup</p>	<p>14 Baked Potatoes with Broccoli & Cheese Caesar Salad Fruit Yogurt Vanilla Wafers</p>	<p>15 Posole/Pork/ Green Chili Squash and Tomatoes Sweet Rice Orange Whole Wheat Tortilla</p>	<p>16 Chicken a la King Mashed Potatoes Salad/Ranch Dressing 1 Oranges Raisin Nut Cup Whole Wheat Roll</p>
<p>19 Baked Fish Cheese Potatoes Brussel Sprouts Dried Prunes Whole Wheat Roll</p>	<p>20 BBQ Pulled Pork Whole Wheat Bun Ranch Style Beans Creamy Coleslaw 1 Oranges</p>	<p>21 Swiss Steak Parsley Potatoes Green Beans Tropical Fruit Strawberry Shortcake Whole Wheat Roll</p>	<p>22 Tostada Beef/Beans Cheese/Lettuce/Tomato Salsa Spanish Rice Mixed Fruit</p>	<p>23 Turkey/Swiss on Bun Lettuce/Tomato Broccoli/Cheese Soup Crushed Pineapple Raisin Nut Cup</p>
<p>26 Ham Beans Carrot Raisin Salad Pineapple/Mandarin Orange Compote Cornbread</p>	<p>27 Frito Pie Lettuce, Tomato, Cheese Carrots Fruit Cocktail Whole Wheat Crackers</p>	<p>28 Egg Salad Sandwich Whole Wheat Bread Sliced Tomato & Lettuce Pea Salad Apricots</p>	<p>29 Chicken Fried Steak Country Gravy/M. Potatoes Cauliflower Broccoli Mix Whole Wheat Roll Plum Halves</p>	<p>30 Beef & Broccoli Stir Fry Steamed Brown Rice Peas Pears Whole Wheat Bread</p>
<p>QUESTIONS CALL 719-589-4511</p>		<p>WEBSITE: slvaaa.org</p>	<p>STATE UNIT ON AGING</p>	<p>303-866-2651</p>
<p>MEALS MAY CONTAIN ALLERGENS AS INGREDIENTS WHEAT-SOY-GLUTEN-TREE NUTS-PEANUTS-MILK-EGGS- FISH-SHELLFISH-SESAME</p>				

Monday	Tuesday	Wednesday	Thursday	Friday
			Chili Beans 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	Chicken Wrap 2 Calories (kcal) - 906.85 Protein (g) - 47.46 Carbohydrates (g) - 90.05 Dietary Fiber (g) - 9.75 Fat (g) - 39.12 Sodium (mg) - 1192.2
Crunchy Fish 5 Calories (kcal) - 839.5 Protein (g) - 29.07 Carbohydrates (g) - 97.08 Dietary Fiber (g) - 9.8 Fat (g) - 38.36 Sodium (mg) - 899.21	Pueblo Beef Stew 6 Calories (kcal) - 683.24 Protein (g) - 39.26 Carbohydrates (g) - 91.42 Dietary Fiber (g) - 10.85 Fat (g) - 18.74 Sodium (mg) - 493.78	Chicken Cordon Bleu 7 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	Mac & Cheese 8 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	Meatloaf 9 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
Grilled Chicken 12 Calories (kcal) - 631.53 Protein (g) - 53.25 Carbohydrates (g) - 73.44 Dietary Fiber (g) - 11.19 Fat (g) - 14.73 Sodium (mg) - 681.3	Sloppy Joe 12 Calories (kcal) - 706.11 Protein (g) - 34.33 Carbohydrates (g) - 88.06 Dietary Fiber (g) - 10 Fat (g) - 24.31 Sodium (mg) - 729.26	Baked Potato 14 Calories (kcal) - 966.5 Protein (g) - 34.79 Carbohydrates (g) - 147.9 Dietary Fiber (g) - 11.56 Fat (g) - 27.4 Sodium (mg) - 874.7	Pork Posole 15 Calories (kcal) - 619.32 Protein (g) - 40.5 Carbohydrates (g) - 84.22 Dietary Fiber (g) - 12.11 Fat (g) - 15.2 Sodium (mg) - 1063.71	Chicken a la King 16 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
Baked Fish 19 Calories (kcal) - 747.34 Protein (g) - 42.63 Carbohydrates (g) - 92.64 Dietary Fiber (g) - 10.5 Fat (g) - 25.81 Sodium (mg) - 655.5	BBQ Pork 20 Calories (kcal) - 608.68 Protein (g) - 32.38 Carbohydrates (g) - 81.91 Dietary Fiber (g) - 14.08 Fat (g) - 18.45 Sodium (mg) -	Swiss Steak 21 Calories (kcal) - 981.1 Protein (g) - 72.73 Carbohydrates (g) - 97.38 Dietary Fiber (g) - 9.7 Fat (g) - 33.5 Sodium (mg) - 625.6	Tostada 22 Calories (kcal) - 796.12 Protein (g) - 43.12 Carbohydrates (g) - 85.24 Dietary Fiber (g) - 10.99 Fat (g) - 31.37 Sodium (mg) - 1006.1	Turkey/ Swiss 23 Calories (kcal) - 761.1 Protein (g) - 37.62 Carbohydrates (g) - 88.21 Dietary Fiber (g) - 9.63 Fat (g) - 31.83 Sodium (mg) - 1284
Ham & Beans 26 Calories (kcal) - 722.85 Protein (g) - 32.63 Carbohydrates (g) - 132.94 Dietary Fiber (g) - 27.92 Fat (g) - 9.87 Sodium (mg) - 720.96	Frito Pie 27 Calories (kcal) - 761.16 Protein (g) - 27.07 Carbohydrates (g) - 110.42 Dietary Fiber (g) - 13.03 Fat (g) - 26.19 Sodium (mg) - 872.16	Egg Salad Sandwich 28 Calories (kcal) - 648.92 Protein (g) - 34.91 Carbohydrates (g) - 77.41 Dietary Fiber (g) - 11.11 Fat (g) - 20.73 Sodium (mg) - 559.78	Chicken Fried Steak 29 Calories (kcal) - 1112 Protein (g) - 82.31 Carbohydrates (g) - 128.96 Dietary Fiber (g) - 14.5 Fat (g) - 30.77 Sodium (mg) - 994.43	Beef/Broccoli Stir Fry 30 Calories (kcal) - 702.06 Protein (g) - 42.75 Carbohydrates (g) - 71.78 Dietary Fiber (g) - 9.87 Fat (g) - 28.77 Sodium (mg) - 709.22

IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE ADMINISTRATION OFFICE AT 719-589-4511