

Beverage selection: Trinidad & Segundo - milk daily; 4 oz. juice Tuesday/Wednesday	SCCOG SENIOR SERVICES MENU TRINIDAD, SEGUNDO, WALSENBURG, AGUILAR, & LA VETA <u>Suggested Donation for Seniors (60+): Congregate \$2 per meal and Homebound \$2.50 per meal; Guest Fee \$10.00</u> AUGUST 2025				Beverage selection: Walsenburg, Aguilar, & La Veta - milk daily; 4 oz. juice Tuesday/Thursday
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Menu Subject to Change Based on Availability					
Your continued donations are greatly appreciated and help sustain our nutrition program.					1 Green Chili Enchilada Casserole Refried Beans Lettuce & Tomato Tropical Fruit
4 Meatball Sub Spinach Salad Apple	5 Chicken & Snow Peas Brown Rice Asian Coleslaw Pears	6 Hamburger on a Bun Lettuce/Tomato/Pickle Pork and Beans Honeydew Melon	7 Meat Lasagna Tossed Salad Breadstick Mixed Berries	8 Spanish Omelet Hashbrown/Avocado Sausage Patty Orange Juice	
11 Chicken & Noodles Broccoli Ambrosia Fruit Salad Biscuit	12 Hot Roast Beef Sandwich Mashed Potatoes & Gravy Green Beans Orange	13 Kielbasa Sausage on a Bun Sauerkraut Green Peppers & Onions Baked Beans Cantaloupe	14 Swedish Meatballs with Mushroom Sauce Mashed Potato Creamed Spinach Cinnamon Apples	15 Shredded Pork Burritos Refried Beans Mexican Rice Lettuce/Tomato/Cheese Tropical Fruit	
18 Turkey & Provolone Sub Lettuce/Tomato/Pickle Potato Chips Orange	19 Baked Ham with Glaze California Blend Veggies Pineapple Upside Down Cake	20 Breaded Chicken Baked Tomato & Zucchini Wild Rice Applesauce WW Bread	21 Beef Mac & Cheese Spinach & Romaine Salad Pineapple WW Bread	22 BBQ Pork Riblet Scalloped Potatoes Broccoli & Carrots Pears WW Bread	
25 Frito Pie (Mexican Casserole) Rice Lettuce/Tomato Mixed Fruit	26 Tuna Casserole with Noodles Peas WW Bread Watermelon	27 Italian Chicken Noodles Dinner Salad Peaches & Cream	28 Grilled Cheese Sandwich Potato Soup WW Crackers Carrot and Celery Sticks Banana	29 Baked Ziti with Four Cheese Tossed Salad Pears WW Bread	
Please Make Reservations/Cancellations 24-hours in Advance					
Nutrition Program is provided through: South Central Council of Governments (SCCOG) Area Agency on Aging 300 Bonaventure Ave. Trinidad, CO 81082 719-845-1133 or 719-738-2205 ext. 225			Trinidad Senior Center Kitchen 1222 San Pedro 719-846-4515		
			Walsenburg Elder Center 211 Elder St 719-679-4345 or 719-738-2205 ext. 103		
			To schedule ride: RIDELINE - 719-845-1127 or www.colorado.gov/sccog/ridethebus		