

Monday	Tuesday	Wednesday	Thursday	Friday
1 <u>#104 Tuna Salad on Romaine</u> Tomato Slice Pasta Salad Orange Raisin Nut Cup	2 <u>#83 Spaghetti & Meat Sauce</u> Salad w/Lite Italian Seasoned Green Beans Orange WW Bread w/Butter	3 <u>#13 Beef Barley Soup</u> WW Crackers Sesame Broccoli Apricot Pineapple Compote WW Bread Apple	4 <u>#49 Hamburger on a Bun</u> Catsup, Mustard, Onion Split Pea Soup Creamy Cole Slaw Banana	5 <u>#93 Swiss Broccoli Pasta</u> 5-Way Vegetables Tossed Salad w/Lite Ranch Banana Mitzie's WW Rolls
8 <u>#59 Macaroni & Cheese</u> Vegetable Salad Asparagus Banana WW Bread w/Butter	9 <u>#9 BBQ Chicken</u> Potato Salad Spinach Salad w/Mandarin Oranges Apple WW Roll w/Butter	10 <u>#44 Ham and Beans</u> Collard Greens Cornbread Orange Juice	11 <u>#112 Turkey Tetrazzini</u> Italian Green Beans Strawberry Applesauce Chocolate Chip Cookie WW Bread w/Butter	12 <u>#57 Lemon Baked Fish</u> Scalloped Potatoes Spinach Salad w/Mandarin Oranges Banana WW Bread w/Butter
15 <u>#15 Beef Stew</u> Sweet Corn Cauliflower Broccoli Salad Plums WW Crackers	16 <u>#42 Enchilada Pie</u> Refried Beans Tortilla Chips w/Salsa Clementine	17 <u>#87 Stewed Chicken w/Olives</u> Greek Spinach Rice Salata Parslied Carrots Orange Raisin Nut Cup	18 <u>#102 Tuna Noodle Casserole</u> Mixed Vegetables Sliced Zucchini Squash Sliced Peaches WW Bread w/Butter	19 <u>#65 Pork Chow Mein</u> Steamed Brown Rice Cabbage w/Red Pepper Banana Fortune Cookie WW Bread w/Butter
22 <u>#35 Chili Relleno Bake</u> Corn & Zucchini Mexicana Tortilla WW & Salsa Tossed Salad w/Lemon Wedge Plums	23 <u>#76 Roast Turkey w/Gravy</u> Smashed Red Potatoes Butternut Squash Cream of Spinach Soup Mitzie's WW Rolls Orange	24 <u>CLOSED CHRISTMAS EVE</u>	25 CLOSED CHRISTMAS 	26 <u>#88 Stuffed Peppers</u> Chopped Spinach w/Malt Vinegar Applesauce Cake WW Bread w/Butter
29 <u>#34 Chili con Carne</u> Cornbread Spinach Salad w/Mandarin Orange Apricot Pineapple Compote	30 <u>#38 Corned Beef Sandwich on Rye w/Swiss Cheese</u> Creamy Coleslaw Banana Roasted Unsalted Peanuts	31 <u>CLOSED</u>	A \$5.00 suggested donation per meal is appreciated but not required.	Must have an assessment form for our meal program on file with Central Colorado Area Agency. Eligibility 60+.

Please call (719) 345-3064 before 9:30 a.m. for reservations. Congregate meals served Monday – Friday at noon. All menus subject to change.

1 Calories 754 Carbs grams 91 Fat grams 28 Sodium mg 723 Fiber grams 10	2 Calories 728 Carbs grams 103 Fat grams 18 Sodium mg 423 Fiber grams 14	3 Calories 661 Carbs grams 95 Fat grams 16 Sodium mg 886 Fiber grams 15	4 Calories 732 Carbs grams 99 Fat grams 16 Sodium mg 993 Fiber grams 16	5 Calories 900 Carbs grams 119 Fat grams 32 Sodium mg 1131 Fiber grams 11
8 Calories 671 Carbs grams 85 Fat grams 24 Sodium mg 1080 Fiber grams 10	9 Calories 995 Carbs grams 80 Fat grams 51 Sodium mg 862 Fiber grams 11	10 Calories 756 Carbs grams 98 Fat grams 20 Sodium mg 1069 Fiber grams 13	11 Calories 1043 Carbs grams 95 Fat grams 48 Sodium mg 771 Fiber grams 10	12 Calories 820 Carbs grams 97 Fat grams 31 Sodium mg 541 Fiber grams 10
15 Calories 934 Carbs grams 104 Fat grams 43 Sodium mg 477 Fiber grams 11	16 Calories 780 Carbs grams 86 Fat grams 31 Sodium mg 723 Fiber grams 10	17 Calories 1192 Carbs grams 82 Fat grams 53 Sodium mg 1114 Fiber grams 11	18 Calories 727 Carbs grams 85 Fat grams 26 Sodium mg 694 Fiber grams 11	19 Calories 694 Carbs grams 99 Fat grams 17 Sodium mg 782 Fiber grams 11
22 Calories 789 Carbs grams 96 Fat grams 27 Sodium mg 1028 Fiber grams 12	23 Calories 840 Carbs grams 95 Fat grams 26 Sodium mg 1100 Fiber grams 10	24 CLOSED	25 CLOSED	26 Calories 706 Carbs grams 95 Fat grams 22 Sodium mg 781 Fiber grams 12
29 Calories 880 Carbs grams 110 Fat grams 32 Sodium mg 1145 Fiber grams 12	30 Calories 748 Carbs grams 94 Fat grams 28 Sodium mg 282 Fiber grams 14	31 CLOSED	<u>The following major food allergens are used as ingredients: Milk, Egg, Fish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame. Please notify staff for more information about these ingredients.</u>	

CLIENT GRIEVANCE: If an individual believes he/she has a grievance with the service they have received from either the Upper Arkansas Area Agency on Aging (UAAAA) or a service provider contracted through the UAAAA, he/she may file a complaint through direct contact, by phone, electronic contact or in writing to the local Area Agency on Aging Tel: 1-877-610-3341, 139 E 3rd St., Salida, CO 81201 or the State Unit on Aging Tel: 303-866-2800, fax 303-866-2696, 1575 Sherman St., 10th Floor, Denver, CO 80203 explaining the nature of the grievance. Please submit to Area Agency on Aging, 139 East 3rd St., Salida, CO 81201. Tel: 719-539-3341

Appeals Process: Any person, who feels he/she has been denied service by the Upper Area Agency on Aging or a contractor of the UAAAA for any reason, has the right to appeal the decision. A copy of the Appeals Process is available upon request.

Contributions: Any individual receiving services funded through the UAAAA (Title III Older Americans Act) shall have the opportunity to contribute to all or part of the cost of the service(s) provided. Each individual recipient shall determine for him/herself if and what he/she is able to contribute toward the cost of the service. No individual shall be denied a service because of not contributing to the cost of the service.