CENTRAL COLORADO AREA AGENCY ON AGING

Central Colorado Area Agency on Aging Nutrition Program

November 2026 **Golden Age Center**

Monday	Tuesday	Wednesday	Thursday	Friday
2 #6 Baked Potato Broccoli w/Cheese Sauce Salad w/Lite French Plum Fruit Cocktail Drop Biscuit w/Butter	3 #85 Spinach Cheese Squares Tossed Salad w/Pear Whipped Hubbard Squash Citrus Cup WW Bread w/Butter	4 #12 Beef & Sweet Peppers Steamed Brown Rice Orange Spiced Carrots Grapefruit Half WW Bread w/Butter	5 #18 Bratwurst on a Bun w/ Onions & Cabbage Oven Browned Potatoes Peas & Carrots Orange	6 #31 White Bean Chicken Chili Spinach Salad w/ Lite Italian Dressing Cornbread Orange Juice
9 #54 Italian Sausage Marina Sauce Spaghetti Broccoli Tossed Salad Pears WW Bread w/Butter	10 #40 Cream of Potato Soup Shredded Lettuce & Tomato Slices Creamy Coleslaw Cubed Cantaloupe	11 Closed Veteran's Day Observance	12 #96 Tahitian Chicken Seasoned Green Beans Brown Rice Salad w/ Lite Italian Apple WW Bread w/Butter	13 #17 Black Bean & Tortilla Casserole Steamed Brown Rice Whipped Sweet Potatoes Mixed Fruit
16 #93 Swiss Broccoli Pasta 5-Way Vegetables Tossed Salad w/Lite Ranch Banana Mitzie's WW Rolls	17 #37 Combination Burrito w Salsa Lettuce and Tomato Cilantro Lime Rice Refried Beans Citrus Cup	18 #74 Roast Pork w/ Gravy Oven Browned Potatoes Spinach Mandarin Orange Salad Parsliced Carrots Apple WW Roll	19 #81 Sloppy Joe on a Bun Scalloped Potatoes Broccoli & Carrots Apple	20 #25 Chicken Cordon Bleu Wild Rice Pilaf Seasoned Asparagus Chilled Apricots WW Bread w/Butter
23 #26 Chicken Fajita Savory Black Beans w/Cilantro Tortilla Whole Wheat Cheddar Cheese Mexicali Corn Orange	24 #83 Spaghetti & Meat Sauce Tossed Salad w/Lite Italian Seasoned Green Beans Orange WW Bread w/Butter	25 #77 Roast Turkey w/ Gravy Cornbread Stuffing Cauliflower/Broccoli Mix Cranberry Mold Pumpkin Bar Trail Mix & WW Roll	26 CLOSED Thanksgiving	27 CLOSED Thanksgiving

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

30 #68 Pueblo Beef Stew Sour Cream WW Crackers Seasoned Brussel's Sprouts Tossed Vegetable Salad Fresh Banana	Must have an assessment form for our meal program on file with Central Colorado Area Agency. Eligibility 60+.	*A $5.00 suggested donation per meal is appreciated but not required*		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.
2 Calories 759 Carbs grams 105 Fat grams 31 Sodium mg 969 Fiber grams 10	3 Calories 785 Carbs grams 85 Fat grams 37 Sodium mg 847 Fiber grams 13	4 Calories 788 Carbs grams 81 Fat grams 31 Sodium mg 813 Fiber grams 13	5 Calories 798 Carbs grams 96 Fat grams 35 Sodium mg 1141 Fiber grams 14	6 Calories 753 Carbs grams 107 Fat grams 24 Sodium mg 820 Fiber grams 13
9 Calories 732 Carbs grams 89 Fat grams 28 Sodium mg 1002 Fiber grams 14	10 Calories 691 Carbs grams 94 Fat grams 22 Sodium mg 844 Fiber grams 10	11 Closed	12 Calories 839 Carbs grams 91 Fat grams 33 Sodium mg 702 Fiber grams 10	13 Calories 808 Carbs grams 123 Fat grams 24 Sodium mg 993 Fiber grams 17
16 Calories 900 Carbs grams 119 Fat grams 32 Sodium mg 1131 Fiber grams 11	17 Calories 914 Carbs grams 105 Fat grams 37 Sodium mg 775 Fiber grams 16	18 Calories 714 Carbs grams 70 Fat grams 28 Sodium mg 493 Fiber grams 12	19 Calories 768 Carbs grams 102 Fat grams 26 Sodium mg 695 Fiber grams 10	20 Calories 928 Carbs grams 105 Fat grams 29 Sodium mg 1006 Fiber grams 10
23 Calories 804 Carbs grams 105 Fat grams 21 Sodium mg 1178 Fiber grams 14	24 Calories 728 Carbs grams 103 Fat grams 18 Sodium mg 423 Fiber grams 14	25 Calories 902 Carbs grams 110 Fat grams 35 Sodium mg 703 Fiber grams 10	26 Closed	27 Closed
30 Calories 832 Carbs grams 95 Fat grams 34 Sodium mg 645 Fiber grams 16				

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.

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