



Central Colorado Area Agency on Aging Nutrition Program

September 2026

Golden Age Center

Monday	Tuesday	Wednesday	Thursday	Friday
A \$5.00 DONATION PER MEAL IS SUGGESTED BUT NOT REQUIRED.	1 <u>#15 Beef Stew</u> Sweet Corn Cauliflower Broccoli Salad Plums WW Crackers	2 <u>#93 Swiss Broccoli Pasta</u> 5-Way Vegetables Tossed Salad Fresh Banana Mitzie's WW Dinner Rolls w/Butter	3 <u>#79 Salisbury Steak</u> Brown Gravy Smashed Red Potatoes California Mixed Vegetables Nectarine WW Bread w/Butter	4 <u>#6 Baked Potato</u> Broccoli w/Cheese Sauce Salad w/Lite French Plum Fruit Cocktail Drop Biscuit w/Butter
7 Closed Labor Day	8 <u>#73 Roast Chicken</u> Mushroom Sauce Steamed Brown Rice Cauliflower Broccoli Mix Apple Pear Salad w/Almonds WW Bread w/Butter	9 <u>#58 Lentil Soup</u> Egg Salad Sandwich Shredded Lettuce & Tomato Slices Banana	10 <u>#88 Stuffed Peppers</u> Chopped Spinach w/Malt Vinegar Applesauce Cake WW Bread w/Butter	11 <u>#9 BBQ Chicken</u> Potato Salad Spinach Salad w/Mandarin Oranges Apple WW Roll w/Butter
14 <u>#12 Beef & Sweet Peppers</u> Steamed Brown Rice Orange Spiced Carrots Grapefruit Half WW Bread w/Butter	15 <u>#32 Chili con Carne</u> Steamed Broccoli Cornbread Trail Mix w/Nuts & Raisins Apple	16 <u>#109 Turkey Pot Pie</u> Peas & Carrots Salad w/Lite Ranch WW Roll w/Butter Orange Oatmeal Cookie	17 <u>#80 Salmon Patties</u> Cream Sauce Steamed Brown Rice Mixed Vegetables Tangerine Raisin Nut Cup, WW Bread w/Butter	18 <u>#29 Chicken Noodle Soup</u> Chicken Caesar Salad WW Saltine Crackers Mitzie's WW Rolls Apple Orange Juice Raisin Nut Cup
21 <u>#53 Hungarian Goulash</u> California Vegetable Medley Green Peas Pineapple Tidbits WW Bread w/Butter	22 <u>#18 Bratwurst on a Bun</u> Onions & Cabbage Oven Browned Potatoes Peas & Carrots Orange	23 <u>#16 Beef Stroganoff</u> Orange Spiced Carrots Pickled Beet & Onion Salad Orange WW Bread w/Butter	24 <u>#47 Scalloped Potatoes w/Ham</u> Spinach Salad w/Mandarin Oranges Hard Boiled Egg Sliced Peaches WW Dinner Roll	25 <u>#86 Spinach Lasagna</u> Seasoned Green Beans Salad w/Lite Italian Banana WW Bread w/Butter

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

28 <u>#82 Smothered Chicken</u> Cornbread Stuffing Peas and Carrots Cauliflower & Broccoli Applesauce Waldorf Salad	29 <u>#99 Tuna Pasta Salad</u> Creamy Cucumber Salad Peach Orange Juice SF Gelatin w/Banana Raisin Nut Cup WW Rolls w/Butter	30 <u>#101 Tuna Noodle Casserole</u> Italian Green Beans Spinach Salad with Mandarin Oranges Pineapple Tidbits WW Roll w/Butter	<u>Must have an assessment form for our meal program on file with Central Colorado Area Agency on Aging. Eligibility 60+</u>	<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>
	1 Calories 934 Carbs grams 104 Fat grams 43 Sodium mg 477 Fiber grams 11	2 Calories 900 Carbs grams 119 Fat grams 33 Sodium mg 1131 Fiber grams 11	3 Calories 898 Carbs grams 82 Fat grams 41 Sodium mg 675 Fiber grams 10	4 Calories 759 Carbs grams 105 Fat grams 31 Sodium mg 969 Fiber grams 10
7 CLOSED FOR LABOR DAY	8 Calories 738 Carbs grams 89 Fat grams 23 Sodium mg 574 Fiber grams 11	9 Calories 656 Carbs grams 94 Fat grams 44 Sodium mg 760 Fiber grams 12	10 Calories 706 Carbs grams 95 Fat grams 22 Sodium mg 781 Fiber grams 12	11 Calories 955 Carbs grams 80 Fat grams 51 Sodium mg 862 Fiber grams 11
14 Calories 788 Carbs grams 81 Fat grams 31 Sodium mg 813 Fiber grams 13	15 Calories 851 Carbs grams 100 Fat grams 32 Sodium mg 1188 Fiber grams 13	16 Calories 709 Carbs grams 82 Fat grams 26 Sodium mg 1147 Fiber grams 12	17 Calories 880 Carbs grams 113 Fat grams 30 Sodium mg 873 Fiber grams 13	18 Calories 827 Carbs grams 111 Fat grams 23 Sodium mg 920 Fiber grams 10
21 Calories 727 Carbs grams 89 Fat grams 22 Sodium mg 887 Fiber grams 11	22 Calories 798 Carbs grams 96 Fat grams 35 Sodium mg 1141 Fiber grams 14	23 Calories 854 Carbs grams 108 Fat grams 28 Sodium mg 1044 Fiber grams 14	24 Calories 796 Carbs grams 90 Fat grams 34 Sodium mg 956 Fiber grams 10	25 Calories 870 Carbs grams 106 Fat grams 27 Sodium mg 1116 Fiber grams 12
28 Calories 955 Carbs grams 112 Fat grams 35 Sodium mg 889 Fiber grams 10	29 Calories 949 Carbs grams 115 Fat grams 35 Sodium mg 898 Fiber grams 11	30 Calories 766 Carbs grams 92 Fat grams 27 Sodium mg 671 Fiber grams 10		

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



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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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