



Central Colorado Area Agency on Aging Nutrition Program

August 2026

Golden Age Center

Monday	Tuesday	Wednesday	Thursday	Friday
3 #84 Spicy Beef Casserole Broccoli Sliced Yellow Squash Pineapple Tidbits WW Bread w/Butter	4 #9 BBQ Chicken Potato Salad Spinach Salad w/Mandarin Oranges Apple WW Roll w/Butter	5 #31 White Bean Chicken Chili Spinach Salad w/Lite Italian Apple Cornbread w/Butter Orange juice	6 #36 Roast Beef Sandwich on Wheat Chunky Vegetable Soup Oven Browned Potatoes Confetti Salad Apple	7 #19 Bratwurst on a Bun w/ Onion Coleslaw Banana Sliced Peaches
10 #35 Chili Relleno Bake Corn & Zucchini Mexicana Tortilla WW & Salsa Tossed Salad w/Lemon Wedge Plums	11 #17 Black Bean & Tortilla Casserole Steamed Brown Rice Whipped Sweet Potatoes Mixed Fruit	12 #51 Hot Turkey Sandwich Whipped Potatoes Asparagus Amandine Pineapple Mandarin Compote Banana	13 #83 Spaghetti and Meat Sauce Salad w/Lite Italian Green Beans Orange WW Bread w/Butter	14 #102 Tuna Noodle Casserole Mixed Veggies Sliced Zucchini Peaches Whole Wheat Bread
17 #91 Sweet & Sour Chicken Brown Rice Chinese Vegetables Mandarin Oranges Fortune Cookie WW Bread	18 #42 Enchilada Pie Refried Beans Tortilla Chips w/Salsa Clementine	19 #23 Chicken a la King Smashed Red Potatoes Seasoned Asparagus Salad w/Lite Ranch Apple WW Bread w/Butter	20 #90 Swedish Meatball Whipped Potatoes w/Beef Gravy Chopped Spinach Orange Bran Muffin	21 #59 Macaroni & Cheese Vegetable Salad Asparagus Banana WW Bread w/Butter
24 #5 Smothered Pork Chop w/Gravy Mashed Red Potatoes Cooked Collard Greens Apple Bran Muffin	25 #41 Dijon Chicken Brown Rice Broccoli Florets Tossed Vegetable Salad Strawberries Raisin Nut Cup WW Bread w/Butter	26 #97 Teriyaki Beef Brown Rice Asian Vegetables Cabbage Salad Orange Fortune Cookie	27 #105 Vegetable Soup WW Crackers Tuna Salad on Lettuce w/Tomato Slice Baked Acorn Squash Pear Halves	28 #112 Turkey Tetrazzini Italian Green Beans Strawberry Applesauce Choc. Chip Cookie WW Bread w/Butter
31 #40 Cream of Potato Soup Tuna Salad Wrap w/Romaine & Tomato Creamy Coleslaw Cantaloupe	The following major food allergens are used as ingredients: <u>Milk, Egg, Fish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame.</u> Please notify staff for more information about these ingredients.	<u>Must have assessment form for our meal program on file with UAAACOG. Eligibility 60+</u>	<u>A \$5.00 suggested donation per meal is appreciated, but not required.</u>	

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

3 Calories 831 Carbs grams 98 Fat grams 30 Sodium mg 394 Fiber grams 10	4 Calories 955 Carbs grams 80 Fat grams 51 Sodium mg 862 Fiber grams 11	5 Calories 753 Carbs grams 107 Fat grams 24 Sodium mg 820 Fiber grams 13	6 Calories 823 Carbs grams 109 Fat grams 23 Sodium mg 754 Fiber grams 16	7 Calories 738 Carbs grams 90 Fat grams 31 Sodium mg 1196 Fiber grams 11
10 Calories 789 Carbs grams 96 Fat grams 27 Sodium mg 1028 Fiber grams 12	11 Calories 808 Carbs grams 123 Fat grams 24 Sodium mg 993 Fiber grams 17	12 Calories 667 Carbs grams 93 Fat grams 18 Sodium mg 390 Fiber grams 10	13 Calories 728 Carbs grams 103 Fat grams 18 Sodium mg 423 Fiber grams 14	14 Calories 727 Carbs grams 85 Fat grams 26 Sodium mg 694 Fiber grams 11
17 Calories 974 Carbs grams 112 Fat grams 30 Sodium mg 917 Fiber grams 10	18 Calories 780 Carbs grams 86 Fat grams 31 Sodium mg 723 Fiber grams 10	19 Calories 834 Carbs grams 86 Fat grams 38 Sodium mg 852 Fiber grams 11	20 Calories 749 Carbs grams 108 Fat grams 19 Sodium mg 902 Fiber grams 11	21 Calories 671 Carbs grams 85 Fat grams 24 Sodium mg 1080 Fiber grams 10
24 Calories 776 Carbs grams 92 Fat grams 30 Sodium mg 1107 Fiber grams 10	25 Calories 1246 Carbs grams 95 Fat grams 51 Sodium mg 832 Fiber grams 10	26 Calories 985 Carbs grams 98 Fat grams 46 Sodium mg 527 Fiber grams 11	27 Calories 560 Carbs grams 80 Fat grams 18 Sodium mg 788 Fiber grams 11	28 Calories 1043 Carbs grams 95 Fat grams 48 Sodium mg 771 Fiber grams 10.
31 Calories 691 Carbs grams 94 Fat grams 22 Sodium mg 844 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 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.