

Monday	Tuesday	Wednesday	Thursday	Friday
<u>A \$5.00 suggested donation per meal is appreciated but not required.</u>	<u>Must have an assessment form for our meal program on file with Central Colorado Area Agency. Eligibility 60+.</u>		<u>1</u> <u>#82 Smothered Chicken</u> Cornbread Stuffing Peas and Carrots Cauliflower & Broccoli Applesauce Waldorf Salad & WW Bread	<u>2</u> <u>#61 Meatloaf w/Sweet Potatoes</u> Brown Gravy Brussels Sprouts Tossed Vegetable Salad Pineapple Tidbits WW Bread
<u>5</u> <u>#85 Spinach Cheese Squares</u> Tossed Salad w/Pear Whipped Hubbard Squash Citrus Cup WW Bread w/Butter	<u>6</u> <u>#44 Ham and Beans</u> Collard Greens Cornbread Orange Juice	<u>7</u> <u>#83 Spaghetti & Meat Sauce</u> Salad w/Lite Italian Seasoned Green Beans Orange WW Bread w/Butter	<u>8</u> <u>#21 Chicken & Noodles</u> Seasoned Green Beans Baked Acorn Squash Apricot Pineapple Compote WW Bread w/Butter	<u>9</u> <u>#6 Baked Potato</u> Broccoli w/Cheese Sauce Tossed Salad w/French Dressing Peaches Fruit Cocktail Drop Biscuit w/Butter
<u>12</u> <u>CLOSED</u> <u>Indigenous Peoples' Day</u>	<u>13</u> <u>#94 Swiss Steak w/Mushroom Sauce</u> Smashed Red Potatoes Seasoned Greens Tossed Vegetable Salad w/Lite Ranch Orange and WW Bread	<u>14</u> <u>#75 Roast Pork Loin</u> Brown Gravy Smashed Red Potatoes Orange Spiced Carrots Orange Mitzie's WW Dinner Roll	<u>15</u> <u>#40 Cream of Potato Soup</u> Tuna Salad Wrap Shredded Lettuce and Tomato Sliced Creamy Coleslaw Cubed Cantaloupe	<u>16</u> <u>#81 Sloppy Joe</u> Scalloped Potatoes Broccoli & Carrots Apple
<u>19</u> <u>#92 Sweet & Sour Pork</u> Brown Rice California Mixed Vegetables Orange WW Dinner Roll	<u>20</u> <u>#39 Corned Beef Dinner</u> Parsley Buttered New Potatoes Cabbage and Carrots Spinach Salad w/Mandarin Oranges Apple	<u>21</u> <u>#57 Lemon Baked Fish</u> Scalloped Potatoes Spinach Salad w/Mandarin Oranges Malt Vinegar Banana WW Bread w/Butter	<u>22</u> <u>#23 Chicken a la King</u> Smashed Red Potatoes Seasoned Asparagus Tossed Vegetable Salad w/Lite Ranch Apple WW Bread w/Butter	<u>23</u> <u>#37 Combination Burrito w/Salsa</u> Lettuce, Tomato Cilantro Lime Rice Refried Beans Citrus Cup

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

26 #67 Pueblo Beef Stew w/Brown Rice Cornbread Coleslaw Raisin Nut Cup Orange	27 #24 Chicken Cacciatore Green Beans Smashed Red Potatoes Banana WW Bread w/Butter	28 #16 Beef Stroganoff Orange Spiced Carrots Pickled Beet & Onion Salad Orange WW Bread w/Butter	29 #42 Enchilada Pie Refried Beans Tortilla Chips Fresh Clementine	30 #15 Beef Stew Sweet Corn Cauliflower/Broccoli Salad Apple-Pear Salad w/Almonds, WW Crackers
<u>The following major food allergens are used as ingredients: Milk, Egg, Fish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame.</u> Please notify staff for more information about these ingredients.			1 Calories 955 Carbs grams 112 Fat grams 35 Sodium mg 889 Fiber grams 10	2 Calories 917 Carbs grams 98 Fat grams 41 Sodium mg 785 Fiber grams 12
5 Calories 785 Carbs grams 85 Fat grams 37 Sodium mg 847 Fiber grams 13	6 Calories 756 Carbs grams 98 Fat grams 20 Sodium mg 1069 Fiber grams 13	7 Calories 728 Carbs grams 103 Fat grams 18 Sodium mg 423 Fiber grams 14	8 Calories 728 Carbs grams 101 Fat grams 20 Sodium mg 376 Fiber grams 11	9 Calories 759 Carbs grams 105 Fat grams 31 Sodium mg 969 Fiber grams 10
12 CLOSED	13 Calories 1237 Carbs grams 76 Fat grams 82 Sodium mg 1086 Fiber grams 11	14 Calories 862 Carbs grams 91 Fat grams 32 Sodium mg 622 Fiber grams 10	15 Calories 691 Carbs grams 94 Fat grams 22 Sodium mg 844 Fiber grams 10	16 Calories 768 Carbs grams 102 Fat grams 26 Sodium mg 695 Fiber grams 10
19 Calories 885 Carbs grams 101 Fat grams 35 Sodium mg 632 Fiber grams 10	20 Calories 696 Carbs grams 71 Fat grams 35 Sodium mg 1057 Fiber grams 12	21 Calories 820 Carbs grams 97 Fat grams 31 Sodium mg 541 Fiber grams 10	22 Calories 834 Carbs grams 86 Fat grams 38 Sodium mg 852 Fiber grams 11	23 Calories 914 Carbs grams 105 Fat grams 37 Sodium mg 775 Fiber grams 16
26 Calories 916 Carbs grams 106 Fat grams 35 Sodium mg 813 Fiber grams 11	27 Calories 1247 Carbs grams 92 Fat grams 52 Sodium mg 1098 Fiber grams 13	28 Calories 854 Carbs grams 108 Fat grams 28 Sodium mg 1044 Fiber grams 141	29 Calories 780 Carbs grams 86 Fat grams 31 Sodium mg 723 Fiber grams 10	30 Calories 934 Carbs grams 104 Fat grams 43 Sodium mg 477 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



Central Colorado Area Agency on Aging Nutrition Program

October 2026

Golden Age Center

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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