

JULY MEALS

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<i>A \$5 suggested donation per meal is appreciated but not required</i>		NO LUNCHES WILL BE SERVED		CLOSED 4 th of July 
6 CLOSED 4 th of July 	7 #30 Chicken Salad Sandwich Lettuce & Tomato Confetti Salad Beef Barley Soup Orange Juice	8 #60 Meatloaf Brown Gravy Roasted Sweet Potatoes Brussels Sprouts Tossed Salad w/Ranch Pineapple Tidbits WW Bread	9 #58 Lentil Soup Egg Salad Sandwich Lettuce & Tomato Slices Banana	10 #81 Sloppy Joe on a Bun Scalloped Potatoes Broccoli & Carrots Apple
13 #45 Scalloped Potatoes w/Ham Buttered Spinach Hard Boiled Egg Apple WW Dinner Roll	14 #66 Pot Roast Brown Gravy Baby Carrots & New Potatoes Seasoned Green Beans Cantaloupe Raisin Nut Cup WW Bread w/Butter	15 #27 Chicken Fried Steak Cream Gravy Smashed Red Potatoes California Mixed Vegetables Apple WW Dinner Roll	16 #24 Chicken Cacciatore Seasoned Green Beans Smashed Red Potatoes Banana WW Bread w/Butter	17 #85 Spinach Cheese Squares Tossed Salad w/Pear Whipped Hubbard Squash Citrus Cup WW Bread w/Butter
20 #40 Cream of Potato Soup Tuna Salad Wrap Shredded Romaine Lettuce & Tomato Slices Creamy Coleslaw Peaches	21 #73 Roast Chicken Mushroom Sauce Steamed Brown Rice Seasoned Cauliflower Broccoli Mix Apple Pear Salad w/Almonds WW Bread w/Butter	22 #3 Arroz Con Pollo Corn & Zucchini Mexicana Tossed Salad w/Lite Ranch Apricot WW Bread w/Butter	23 #88 Stuffed Peppers Chopped Spinach w/Malt Vinegar Applesauce Cake WW Bread w/Butter	24 #55 Kielbasa Parsley Buttered New Potatoes Mixed Vegetables Baked Acorn Squash Pineapple/Mandarin Orange Compote
27 #1 American Lasagna Seasoned Green Beans Tossed Vegetable Salad and a Banana WW Dinner Roll w/Butter	28 #6 Baked Potato Broccoli w/Cheese Sauce Salad w/Lite French Plum Fruit Cocktail Drop Biscuit w/Butter	29 #57 Lemon Baked Fish Scalloped Potatoes Spinach Salad w/Mandarin Oranges Malt Vinegar Banana WW Bread w/Butter	30 #43 French Dip Sandwich w/Au Jus Oven Browned Potatoes Mixed Vegetables Strawberries	31 #86 Spinach Lasagna Green Beans Tossed Vegetable 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.

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NUTRITION INFORMATION

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.				
1 2 3 NO LUNCHES WILL BE SERVED CLOSED 4th of July 				
6 CLOSED 4th of July 	7 Calories 886 Carbs grams 91 Fat grams 29 Sodium mg 1097 Fiber grams 13	8 Calories 855 Carbs grams 95 Fat grams 36 Sodium mg 773 Fiber grams 12	9 Calories 656 Carbs grams 94 Fat grams 19 Sodium mg 759 Fiber grams 12	10 Calories 768 Carbs grams 102 Fat grams 26 Sodium mg 695 Fiber grams 10
13 Calories 713 Carbs grams 83 Fat grams 28 Sodium mg 971 Fiber grams 13	14 Calories 1060 Carbs grams 79 Fat grams 47 Sodium mg 559 Fiber grams 10	15 Calories 993 Carbs grams 98 Fat grams 40 Sodium mg 908 Fiber grams 10	16 Calories 1247 Carbs grams 92 Fat grams 52 Sodium mg 1098 Fiber grams 13	17 Calories 785 Carbs grams 85 Fat grams 37 Sodium mg 847 Fiber grams 13
20 Calories 691 Carbs grams 94 Fat grams 22 Sodium mg 844 Fiber grams 10	21 Calories 738 Carbs grams 89 Fat grams Sodium mg Fiber grams	22 Calories 729 Carbs grams 98 Fat grams 20 Sodium mg 540 Fiber grams 13	23 Calories 706 Carbs grams 95 Fat grams 22 Sodium mg 781 Fiber grams 12	24 Calories 627 Carbs grams 76 Fat grams 27 Sodium mg 1010 Fiber grams 10
27 Calories 701 Carbs grams 89 Fat grams 22 Sodium mg 730 Fiber grams 11	28 Calories 759 Carbs grams 105 Fat grams 31 Sodium mg 969 Fiber grams 10	29 Calories 820 Carbs grams 97 Fat grams 31 Sodium mg 541 Fiber grams 10	30 Calories 731 Carbs grams 91 Fat grams 22 Sodium mg 558 Fiber grams 14	31 Calories 815 Carbs grams 106 Fat grams 27 Sodium mg 1116 Fiber grams 12

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.

