



Central Colorado Area Agency on Aging Nutrition Program

May 2026

Golden Age Center

<p>Monday</p> <p><u>A \$5.00 suggested donation per meal is appreciated but not required</u></p>	<p>Tuesday</p> <p><u>Must have an assessment form for our meal program on file with Central Colorado Area Agency on Aging. Eligibility 60+.</u></p>	<p>Wednesday</p>	<p>Thursday</p> <p><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></p>	<p>Friday</p>
<p>4</p> <p><u># 65 Pork Chow Mein</u> Steamed Brown Rice Cabbage w/Red Pepper Banana Fortune Cookie WW Bread w/Butter</p>	<p>5</p> <p><u>#94 Swiss Steak</u> Mushroom Sauce Smashed Red Potatoes Seasoned Greens Salad w/Lite Ranch Orange WW Bread</p>	<p>6</p> <p><u>#31 White Bean Chicken Chili</u> Spinach Salad w/Lite Italian Cornbread w/Butter Apple Orange Juice</p>	<p>7</p> <p><u>#110 Turkey Sandwich on WW Bread</u> Provolone Cheese, Mustard, Sliced Tomato Waldorf Salad Orange</p>	<p>8</p> <p><u>#93 Swiss Broccoli Pasta</u> 5-Way Vegetables Salad w/Lite Ranch Banana Mitzie's WW Rolls w/Butter</p>
<p>11</p> <p><u>#14 Beef Stew</u> Green Beans Salad w/Lite Italian Banana WW Bread w/Butter</p>	<p>12</p> <p><u>#62 Oriental Pepper Chicken</u> Brown Rice Steamed Broccoli Spears Apple Fortune Cookie WW Bread w/Butter</p>	<p>13</p> <p><u>#84 Spicy Beef Casserole</u> Cut Broccoli Sliced Yellow Squash Pineapple Tidbits WW Bread w/Butter</p>	<p>14</p> <p><u>#19 Bratwurst on a Bun w/Coleslaw</u> WW Hot Dog Bun Creamy Coleslaw Banana Sliced Peaches</p>	<p>15</p> <p><u>CLOSED FOR ANNUAL STAFF MEETING</u></p>
<p>18</p> <p><u>#46 Scalloped Potatoes w/Ham</u> Spinach Salad w/Mandarin Oranges Hard Boiled Egg Mixed Vegetables Sliced Peaches WW Roll</p>	<p>19</p> <p><u>#88 Stuffed Peppers</u> Chopped Spinach w/Malt Vinegar Applesauce Cake WW Bread w/Butter</p>	<p>20</p> <p><u>#53 Hungarian Goulash</u> California Vegetable Medley Green Peas Pineapple Tidbits WW Bread w/Butter</p>	<p>21</p> <p><u>#43 French Dip Sandwich w/Au Jus</u> Oven Browned Potatoes Mixed Vegetables Strawberries</p>	<p>22</p> <p><u>#99 Tuna Pasta Salad</u> Cucumber Salad Fresh Peach Orange Juice SF Gelatin w/Banana Raisin Nut Cup Mitzie's WW Rolls</p>

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

25 CLOSED MEMORIAL DAY	26 #91 Sweet and Sour Chicken Brown Rice Asian Vegetable Blend Mandarin Oranges Fortune Cookie WW Bread w/Butter	27 #80 Salmon Patties Cream Sauce Steamed Brown Rice w/Parsley Mixed Vegetables Tangerine Raisin Nut Cup WW Bread w/Butter	28 #13 Beef Barley Soup WW Crackers Sesame Broccoli Apricot Pineapple Compote WW Bread w/Butter Apple	29 #37 Combination Burrito Salsa, Lettuce, Tomato Cilantro Lime Rice Refried Beans Citrus Cup
				1 Calories 1246 Carbs grams 95 Fat grams 51 Sodium mg 832 Fiber grams 10
4 Calories 694 Carbs grams 99 Fat grams 17 Sodium mg 782 Fiber grams 11	5 Calories 1237 Carbs grams 76 Fat grams 82 Sodium mg 1086 Fiber grams 11	6 Calories 753 Carbs grams 107 Fat grams 24 Sodium mg 820 Fiber grams 13	7 Calories 764 Carbs grams 84 Fat grams 28 Sodium mg 782 Fiber grams 11	8 Calories 900 Carbs grams 119 Fat grams 32 Sodium mg 1131 Fiber grams 11
11 Calories 1017 Carbs grams 88 Fat grams 19 Sodium mg 861 Fiber grams 10	12 Calories 893 Carbs grams 118 Fat grams 26 Sodium mg 822 Fiber grams 12	13 Calories 831 Carbs grams 98 Fat grams 30 Sodium mg 394 Fiber grams 10	14 Calories 738 Carbs grams 90 Fat grams 31 Sodium mg 1196 Fiber grams 11	15 CLOSED
18 Calories 828 Carbs grams 97 Fat grams 34 Sodium mg 1003 Fiber grams 12	19 Calories 706 Carbs grams 95 Fat grams 22 Sodium mg 781 Fiber grams 12	20 Calories 727 Carbs grams 89 Fat grams 22 Sodium mg 887 Fiber grams 11	21 Calories 731 Carbs grams 91 Fat grams 22 Sodium mg 558 Fiber grams 14	22 Calories 949 Carbs grams 115 Fat grams 35 Sodium mg 899 Fiber grams 11
25 CLOSED MEMORIAL DAY	26 Calories 974 Carbs grams 112 Fat grams 30 Sodium mg 917 Fiber grams 10	27 Calories 880 Carbs grams 112 Fat grams 29 Sodium mg 873 Fiber grams 12	28 Calories 661 Carbs grams 95 Fat grams 16 Sodium mg 886 Fiber grams 15	29 Calories 914 Carbs grams 105 Fat grams 37 Sodium mg 775 Fiber grams 16

CLIENT GRIEVANCE: If an individual believes he/she has a grievance with the service they have received from either Central Colorado Area Agency on Aging (CCAAA) or a service provider contracted through the CCAAA, 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, 6266 Cleora Rd., 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 Central Colorado Area Agency on Aging, 6266 Cleora Rd., Salida, CO 81201. Tel: 719-539-3341



Central Colorado Area Agency on Aging Nutrition Program

May 2026

Golden Age Center

Appeals Process: Any person who feels he/she has been denied service by Central Colorado Area Agency on Aging or a contractor of CCAAA 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 CCAAA (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.

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