



Central Colorado Area Agency on Aging Nutrition Program

April 2026

Golden Age Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>A \$5.00 suggested donation per meal is appreciated but not required</u></p>		<p>1 <u>#72 Roast Chicken w/Broth</u> Scalloped Potatoes Seasoned Brussels Sprouts Apple WW Bread w/Butter</p>	<p>2 <u>#17 Black Bean & Tortilla Casserole</u> Steamed Brown Rice Whipped Sweet Potatoes Mixed Fruit</p>	<p>3 <u>#4 Baked Ham w/Raisin Sauce</u> Sweet Potatoes Green Bean Amandine Cranberry Mold Pecan Pie WW Dinner Roll</p>
<p>6 <u>#22 Chicken a la King</u> Green Peas Salad w/Lite Ranch Raisin Nut Cup Orange</p>	<p>7 <u>#97 Teriyaki Beef</u> Brown Rice Chinese Vegetables Asian Cabbage Salad Orange Fortune Cookie WW Bread w/Butter</p>	<p>8 <u>#50 Honey BBQ Chicken</u> Oven Brownd Potatoes Broccoli & Carrots Diced Pears Carrifruit Salad WW Bread w/Butter</p>	<p>9 <u>#85 Spinach Cheese Squares</u> Tossed Salad w/Pear Whipped Hubbard Squash Citrus Cup WW Bread w/Butter</p>	<p>10 <u>#89 Submarine Turkey Sandwich</u> Chunky Vegetable Soup Potato Salad Orange Oatmeal Raisin</p>
<p>13 <u>#42 Enchilada Pie</u> Refried Beans Tortilla Chips w/Salsa Clementine</p>	<p>14 <u>#59 Macaroni & Cheese</u> Salad w/Lite Italian Asparagus Banana WW Bread w/Butter</p>	<p>15 <u>#58 Lentil Soup</u> Egg Salad Sandwich Shredded Lettuce Three tomato slices Banana</p>	<p>16 <u>#60 Meatloaf</u> Brown Gravy Roasted Sweet Potatoes Salad w/Lite Ranch Pineapple Tidbits in Juice WW Bread w/Butter</p>	<p>17 <u>#3 Arroz Con Pollo</u> Corn & Zucchini Mexicana Tossed Salad w/Lite Ranch Apricot WW Bread w/Butter</p>
<p>20 <u>#44 Ham and Beans</u> Collard Greens Cornbread Orange Juice</p>	<p>21 <u>#16 Beef Stroganoff</u> Orange Spiced Carrots Pickled Beet & Onion Salad Orange WW Bread w/Butter</p>	<p>22 <u>#27 Chicken Fried Steak</u> Cream Gravy Smashed Red Potatoes California Mixed Veggies Apple WW Dinner Roll</p>	<p>23 <u>#40 Cream of Potato Soup</u> Tuna Salad Wrap Lettuce & Tomato Slices Creamy Coleslaw Peaches</p>	<p>24 <u>#109 Turkey Pot Pie</u> Peas and Carrots Salad w/Lite Ranch Orange Oatmeal Cookie WW Dinner Roll</p>
<p>27 <u>#32 Chili con Carne</u> Steamed Broccoli Cornbread Trail Mix w/Nuts & Raisins Apple</p>	<p>28 <u>#90 Swedish Meatball</u> Whipped Potatoes w/Beef Gravy Chopped Spinach Orange Bran Muffin</p>	<p>29 <u>#81 Sloppy Joe on a Bun</u> Scalloped Potatoes Broccoli & Carrots Apple</p>	<p>30 <u>#20 California Veggie Bake</u> Spinach Salad w/Egg and Lite Italian Pear and a Citrus Cup Oatmeal Raisin Cookie WW Bread w/Butter</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>

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

<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>1 Calories 794 Carbs gram 80 Fat grams 32 Sodium mg 607 Fiber grams 11</p>	<p>2 Calories 808 Carbs grams 123 Fat grams 24 Sodium mg 993 Fiber grams 17</p>	<p>3 Calories 1007 Carbs grams 145 Fat grams 35 Sodium mg 1157 Fiber grams 10</p>
<p>6 Calories 888 Carbs grams 89 Fat grams 41 Sodium mg 555 Fiber grams 11</p>	<p>7 Calories 985 Carbs grams 98 Fat grams 46 Sodium mg 527 Fiber grams 11</p>	<p>8 Calories 1176 Carbs grams 95 Fat grams 47 Sodium mg 887 Fiber grams 10</p>	<p>9 Calories 785 Carbs grams 85 Fat grams 37 Sodium mg 847 Fiber grams 13</p>	<p>10 Calories 787 Carbs grams 95 Fat grams 29 Sodium mg 992 Fiber grams 12</p>
<p>13 Calories 780 Carbs grams 86 Fat grams 31 Sodium mg 723 Fiber grams 10</p>	<p>14 Calories 671 Carbs grams 85 Fat grams 24 Sodium mg 1080 Fiber grams 10</p>	<p>15 Calories 656 Carbs grams 94 Fat grams 19 Sodium mg 759 Fiber grams 12</p>	<p>16 Calories 855 Carbs grams 95 Fat grams 36 Sodium mg 773 Fiber grams 12</p>	<p>17 Calories 729 Carbs grams 98 Fat grams 20 Sodium mg 540 Fiber grams 13</p>
<p>20 Calories 756 Carbs grams 98 Fat grams 20 Sodium mg 1069 Fiber grams 13</p>	<p>21 Calories 854 Carbs grams 108 Fat grams 28 Sodium mg 1044 Fiber grams 14</p>	<p>22 Calories 993 Carbs grams 98 Fat grams 40 Sodium mg 908 Fiber grams 10</p>	<p>23 Calories 691 Carbs grams 94 Fat grams 22 Sodium mg 844 Fiber grams 10</p>	<p>24 Calories 709 Carbs grams 82 Fat grams 26 Sodium mg 1147 Fiber grams 12</p>
<p>27 Calories 851 Carbs grams 100 Fat grams 32 Sodium mg 1118 Fiber grams 13</p>	<p>28 Calories 749 Carbs grams 108 Fat grams 19 Sodium mg 902 Fiber grams 11</p>	<p>29 Calories 768 Carbs grams 102 Fat grams 26 Sodium mg 695 Fiber grams 10</p>	<p>30 Calories 692 Carbs grams 103 Fat grams 25 Sodium mg 533 Fiber grams 13</p>	

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

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.