

Upper Arkansas Area Agency on Aging Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>A \$3.00 suggested donation per meal is appreciated, but not required.</u></p>	<p><u>Must have assessment form for our meal program on file with UAAACOG. Eligibility 60+</u></p>			<p>1 <u>#86 Spinach Lasagna</u> Seasoned Green Beans Salad w/Lite Italian Banana WW Bread w/Butter</p>
<p>4 <u>#12 Beef & Sweet Peppers</u> Steamed Brown Rie Orange Spiced Carrots Grapefruit Half WW Bread w/Butter</p>	<p>5 <u>#74 Roast Pork</u> Oven Browned Potatoes w/Gravy Spinach Mandarin Orange Salad Parslied Carrots Apple WW Roll w/Butter</p>	<p>6 <u>#99 Tuna Pasta Salad</u> Creamy Cucumber Salad Peach Orange Juice SF Gelatin w/Banana Raisin Nut Cup Mitzie’s WW Roll</p>	<p>7 <u>#26 Chicken Fajita</u> Savory Black Beans w/Cilantro Tortilla Whole Wheat Cheddar Cheese Mexicali Corn Orange</p>	<p>8 <u>#49 Hamburger on a Bun</u> Catsup, Mustard, & Onion Split Pea Soup Creamy Coleslaw Banana</p>
<p>11 <u>#16 Beef Stroganoff</u> Orange Spiced Carrots Pickled Beet & Onion Salad Orange WW Bread w/Butter</p>	<p>12 <u>#22 Chicken a la King</u> Green Peas Salad w/Lite Ranch Raisin Nut Cup Orange</p>	<p>13 <u>#65 Pork Chow Mein</u> Steamed Brown Rice Cabbage w/Red Pepper Banana Fortune Cookie WW Bread w/Butter</p>	<p>14 <u>#51 Hot Turkey Sandwich</u> Whipped Potatoes Asparagus Amandine Pineapple Mandarin Compote Banana</p>	<p>15 <u>#56 Lemon Baked Fish w/Tarter Sauce</u> Rice Pilaf Creamy Coleslaw Green Beans w/Mushrooms Apple WW Bread w/Butter</p>
<p>18 <u>#103 Tuna Noodle Casserole</u> Mixed Vegetables Tossed Vegetable Salad Orange WW Roll w/Butter</p>	<p>19 <u>#73 Roast Chicken</u> Mushroom Sauce Steamed Brown Rice Cauliflower Broccoli Mix Apple Pear Salad w/Almonds WW Bread w/Butter</p>	<p>20 <u>#6 Baked Potato</u> Broccoli w/Cheese Sauce Salad w/Lite French Plum Fruit Cocktail Drop Biscuit w/Butter</p>	<p>21 <u>#95 Taco Salad</u> Salsa, Tomato, and Lettuce Garnish Strawberry Applesauce Flan Custard Cornbread</p>	<p>22 <u>#8 BBQ Beef w/Chicken Rice</u> BBQ Beef Brisket WW Hamburger Bun Chicken Rice Soup Creamy Coleslaw WW Crackers Banana</p>
<p>25 <u>#80 Salmon Patties</u> Cream Sauce Steamed Brown Rice w/Parsley Mixed Vegetables Tangerine Raisin Nut Cup WW Bread w/Butter</p>	<p>26 <u>#42 Enchilada Pie</u> Refried Beans Tortilla Chips w/Salsa Clementine</p>	<p>27 <u>#63 Pasta Primavera</u> Spinach Salad w/Egg and Lite Italian Dressing Apple Pear Salad w/Almonds Plum Garlic Bread</p>	<p>28 <u>#67 Pueblo Beef Stew w/ Brown Rice</u> Cornbread Coleslaw Raisin Nut Cup Orange</p>	<p>29 <u>#25 Chicken Cordon Bleu</u> Wild Rice Pilaf Seasoned Asparagus Chilled Apricots WW Bread w/Butter</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.

				1 Calories 815 Carbs grams 106 Fat grams 27 Sodium mg 1116 Fiber grams 12
4 Calories 788 Carbs grams 81 Fat grams 31 Sodium mg 813 Fiber grams 13	5 Calories 715 Carbs grams 70 Fat grams 28 Sodium mg 493 Fiber grams 12	6 Calories 949 Carbs grams 115 Fat grams 35 Sodium mg 898 Fiber grams 11	7 Calories 804 Carbs grams 105 Fat grams 21 Sodium mg 1178 Fiber grams 14	8 Calories 732 Carbs grams 99 Fat grams 16 Sodium mg 993 Fiber grams 15
11 Calories 854 Carbs grams 108 Fat grams 28 Sodium mg 1044 Fiber grams 14	12 Calories 888 Carbs grams 89 Fat grams 41 Sodium mg 555 Fiber grams 11	13 Calories 693 Carbs grams 99 Fat grams 17 Sodium mg 782 Fiber grams 11	14 Calories 667 Carbs grams 93 Fat grams 18 Sodium mg 390 Fiber grams 10	15 Calories 722 Carbs grams 85 Fat grams 26 Sodium mg 675 Fiber grams 11
18 Calories 677 Carbs grams 88 Fat grams 20 Sodium mg 622 Fiber grams 10	19 Calories 738 Carbs grams 89 Fat grams 23 Sodium mg 574 Fiber grams 11	20 Calories 759 Carbs grams 105 Fat grams 31 Sodium mg 969 Fiber grams 10	21 Calories 955 Carbs grams 135 Fat grams 30 Sodium mg 1047 Fiber grams 10	22 Calories 686 Carbs grams 94 Fat grams 19 Sodium mg 1026 Fiber grams 10
25 Calories 880 Carbs grams 112 Fat grams 29 Sodium mg 873 Fiber grams 12	26 Calories 780 Carbs grams 86 Fat grams 31 Sodium mg 807 Fiber grams 15	27 Calories 630 Carbs grams 90 Fat grams 25 Sodium mg 502 Fiber grams 10	28 Calories 916 Carbs grams 106 Fat grams 35 Sodium mg 813 Fiber grams 11	29 Calories 928 Carbs grams 105 Fat grams 29 Sodium mg 1006 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.