



Reserve your meal by 9am

Pagosa Springs Community Cafe

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Senior Center Administrative Hours 8:00 am - 4:00 pm Monday- Friday (970) 264-2167 (Office Closed for Lunch 12:00 pm - 1:00 pm)</p>	<p>Suggested donation \$10.00 per meal Includes Main course, side dish, Salad, fresh fruit & Milk or Juice</p>		<p>1 Baked Cod w/ Broccoli Hollandaise Garden Salad, Fruit, Milk <i>Cal:952, Carb: 85g Fib:12g, Fat 53g</i> <i>Sodium 1186</i></p>	<p>2 Ham Steaks w/ Cherry Sauce Scalloped Potatoes, Garden Salad, Fruit, Roll, Milk, Cinnamon Coffee Cake <i>Cal:1010, Carb: 83g Fib:11g, Fat 60g</i> <i>Sodium 1286</i></p>	3
<p>5 French Dip Sandwich w/ AuJus on a Hoagie Roll Sweet Potato Fries Garden Salad, Fruit, Chocolate Cake, Milk <i>Cal:606, Carb: 44g Fib:4g, Fat 24g</i> <i>Sodium 1100</i></p>	<p>6 Butternut Squash Ravioli Casserole, Wilted Spinach & Red Onion, Garden Salad, Fruit, Banana Bread, Milk <i>Cal:952, Carb: 80g Fib:10g, Fat 51g</i> <i>Sodium 1376</i></p>	<p>7 Green Chili Chicken, Pinto Beans, Cornbread, Garden Salad, Fruit, Milk <i>Cal:1009, Carb: 98g Fib:10g, Fat 40g</i> <i>Sodium 1259</i></p>	<p>8 Cajun Shrimp w/ Cheesy Grits Zucchini & Squash Saute Garden Salad, Fruit, Blueberry Streusel Muffins, Milk <i>Cal:952, Carb: 83g Fib:11g, Fat 53g</i> <i>Sodium 1186</i></p>	<p>9 Ham Tetrazzini, Green Beans, Dinner roll, Garden salad, Fruit, Milk <i>Cal:864, Carb: 87g Fib:9g, Fat 38g</i> <i>Sodium 1437</i></p>	10
<p>12 Seafood Veracruz with Cod & Shrimp, Quinoa, Garden salad, Strawberry Shortcake, Milk <i>Cal:982, Carb: 120g Fib:12g, Fat 27g</i> <i>Sodium 1850</i></p>	<p>13 Vegetable Lasagna w/ White Sauce, Garlic Bread, Garden Salad, Fruit, Milk <i>Cal:952, Carb: 83g Fib:11g, Fat 53g</i> <i>Sodium 1186</i></p>	<p>14 Beef Pot Roast w/ Root Vegetables, Focaccia Bread, Garden salad, Fruit, Cookies, Milk <i>Cal:840, Carb: 83g Fib:12g, Fat 49g</i> <i>Sodium 1106</i></p>	<p>15 New Mexican Chicken Enchilada Casserole, Spanish rice, Garden Salad, Fruit, Flan, Milk <i>Cal:994, Carb: 99g Fib:7g, Fat 53g</i> <i>Sodium 1154</i></p>	<p>16 Barbeque Pulled Pork, Coleslaw, Blueberry Cobbler, Garden Salad, Fruit, Milk <i>Cal:1155, Carb:84g Fib:9g, Fat 66g</i> <i>Sodium 1091</i></p>	17
<p>19 Closed</p>  <p>Happy</p> <p>Freedom Day!</p>	<p>20 Eggplant Parmigiana, Garlic Bread, Cannellini Beans & Greens, Garden Salad, Fruit, Yogurt, Milk <i>Cal:1115, Carb: 136g Fib:15g, Fat 44g</i> <i>Sodium 1451</i></p>	<p>21 Pork Tenderloin with Apricot Glaze, Cous-Cous, Buttered Turnips, Garden Salad, Brownie, Milk <i>Cal:1102, Carb: 65g Fib:10g, Fat 40g</i> <i>Sodium 1430</i></p>	<p>22 Beef Cottage Pie with Mushroom Gravy, Roasted Cauliflower, Garden Salad, Fruit, Milk <i>Cal:1629, Carb:125g Fib:16g, Fat 57g</i> <i>Sodium 1250</i></p>	<p>23 Thai Coconut Mango Chicken w/ Corn Salsa, Quinoa Pilaf, Garden Salad, Fruit, Lime Bars, Milk <i>Cal:1075, Carb:100g Fib:16g, Fat 53g</i> <i>Sodium 1284</i></p>	24
<p>26 Chicken Marsala w/Baked Potatoes, Peas & Pearl Onions, Garden Salad, Fruit, Pecan Bars, Milk <i>Cal:975 Carb:53g Fib:13g, Fat 47g</i> <i>Sodium 1006</i></p>	<p>27 Creamy Tomato Soup w/ Grilled Cheese Sand, Chef salad with Turkey, Ham, Swiss, Avocado, w/ Ranch Dressing, Milk <i>Cal:952, Carb:75g Fib:15g, Fat 42g</i> <i>Sodium 1186</i></p>	<p>28 Beef Spaghetti w/ Garlic Bread, Delicata Squash, Garden salad, Fruit, Banana Brunch cake, Milk <i>Cal:997, Carb:90g Fib:12g, Fat 53g</i> <i>Sodium 1230</i></p>	<p>29 Crispy Cod fish w/ Tartar Sc. Green Beans, Cherry Crisp Garden Salad, Fruit, Milk <i>Cal:890, Carb:75g Fib:16g, Fat 62g</i> <i>Sodium 1100</i></p>	<p>30 New Orleans Sausage & Corn Chowder, Focaccia Bread, Garden Salad, Fruit Cookies <i>Cal:1205, Carb:90g Fib:14g, Fat 60g</i> <i>Sodium 1020</i></p>	<p>Food Shortages may result in Substitutions.</p>