



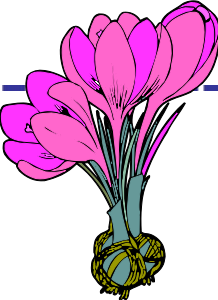




# BOULDER SENIOR CENTER APRIL 2010

FOR RESERVATIONS CALL 225-3656 BY 9:30 A.M.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	All rolls and any home made breads made with ½ regular flour and ½ wheat flour		-1- MEAT & CHEESE PIZZA GREEN SALAD BROCCOLI PINEAPPLE MONKEY BREAD	-2- 	
-5-	-6- SPAGHETTI W/MEAT SAUCE GREEN BEANS GARDEN SALAD FRENCH BREAD MIXED FRUIT	-7-	-8- BEEF TACOS LETTUCE, TOMATOES, CHEESE REFRIED BEANS PEARS	-9-	
-12-	-13- MEAT LOAF BAKED POTATO BROCCOLI APRICOTS	-14-	-15- BEAN AND VEGETABLE SOUP TURKEY SALAD SANDWICH VEGETABLE RELISHES PEACHES	-16-	
-19-	-20- HAMBURGER WITH A BUN LETTUCE, TOMATOES, ONIONS BAKED BEANS POTATO SALAD		-22- OVEN BAKED CHICKEN MASHED POTATOES WITH GRAVY GARDEN PEAS CRANBERRIES	-23-	
-26-		-27- ROAST PORK RICE PILAF GREEN BEANS APPLESAUCE CARROT-RAISIN SALAD RICE PUDDING	-28- 	-29- PASTIES PARSLEY CARROTS COLESLAW APPLES COOK'S CHOICE CAKE	-30-
					

USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture, Washington D.C.

20250 This menu has been reviewed and approved by Registered Dietitian Lin Pasch, RD. Lin Pasch, R.D.

Low fat milk and bread or roll served at every meal

MENU SUBJECT TO CHANGE. TAKE OUTS MAY VARY