

BOULDER SENIOR NUTRITION MENU - JULY 2021

FOR RESERVATIONS CALL - 225-3656

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Low-Fat Milk Is Served Daily</p>		<p>1 MONTANA PASTIES GOLDEN CORN PICKLED BEETS FRUIT SALAD</p>	<p>2 </p>
<p>5 </p>	<p>6 CHICKEN SOUP HAM & CHEESE SANDWICH GREEN BEANS DICED BEETS MANDARIN ORANGES</p>	<p>7 PORK ROAST OVEN POTATOES BRUSSELS SPROUTS WHOLE GRAIN ROLL APPLESAUCE</p>	<p>8 BAKED CHICKEN BROWN RICE MIXED VEGETABLES DINNER SALAD w/BEANS PINEAPPLE DESSERT</p>	<p>9</p>
<p>12</p>	<p>13 SALISBURY STEAK MASHED POTATOES MIXED VEGETABLES FOUR BEAN MEDLEY WHOLE GRAIN BREAD SWEET PEARS</p>	<p>14 POLISH DOG ON A BUN SAUERKRAUT SWEET CORN CARROT RAISIN SALAD BAKED APPLES</p>	<p>15 PARMESAN CHICKEN BREAST OVER NOODLES GREEN BEANS CARROT COINS PLUMP PEACHES DESSERT</p>	<p>16 </p>
<p>19 </p>	<p>20 SWEDISH MEATBALLS RICE PILAF GREEN PEAS PURPLE BEETS FRUIT SALAD</p>	<p>21 BBQ PORK BAKED BEANS COLESLAW WHOLE GRAIN ROLL APPLESAUCE</p>	<p>22 TURKEY IN GRAVY MASHED POTATOES MIXED VEGETABLES WHOLE GRAIN BREAD CRANBERRIES DESSERT</p>	<p>23</p>
<p>26</p>	<p>27 BAKED COD WILD RICE STEAMED CARROTS BROCCOLI SPEARS SWEET PEACHES</p>	<p>28 HAM & SCALLOPED POTATOES GREEN PEAS DICED BEETS MIXED FRUIT DESSERT</p>	<p>29 SPAGHETTI w/MEAT SAUCE GARLIC BREAD GOLDEN CORN SALAD w/GARBANZOS APRICOT HALVES</p>	<p>30 </p>

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS

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 a Registered Dietitian, CASSANDRA DRYNAN, RDN, Cassandra Drynan, RDN

Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.

