








BOULDER SENIOR CENTER JUNE 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4	5	6	7	8
	TURKEY ALA KING FRESH BAKED BISCUIT GARDEN PEAS BROCCOLI SALAD BAKED APPLES	SAUSAGE & EGG CASSEROLE MIXED VEGETABLES BEAN SALAD JUICY PEACHES	CHEESY BROCCOLI SOUP BLT SANDWICH BAKED BEANS VEGGIE RELISH GOLDEN PEARS	
11	12	13	14	15
	BBQ CHICKEN BAKED BEANS GREEN SALAD WHOLE GRAIN ROLL MIXED FRUIT	HOT DOG ON A BUN POTATO SALAD BROCCOLI SALAD FRESH FRUIT	SLOPPY JOES ON A BUN OVEN POTATOES PICKLED BEETS FRESH FRUIT	
18	19	20	21	22
Happy Fathers Day 	ITALIAN LASAGNA GREEN BEANS TOSSED SALAD FRENCH BREAD PLUMP PEACHES	PORK ROAST MASHED POTATOES BROCCOLI SPEARS WHOLE GRAIN ROLL APPLESAUCE	CHILI CON CARNE CORNBREAD DICED BEETS COLESLAW CANTALOUPE	
25	26	27	28	29
	TURKEY IN GRAVY BROWN RICE GARDEN PEAS TOSSED SALAD JUICY PEARS	HAM & BEANS FRESH BAKED BISCUIT CARROT COINS COLESLAW SWEET PEACHES	HAMBURGER HOT DISH GREEN BEANS TOSSED SALAD PINEAPPLE	

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, R.D.N. Cassandra Drynan, R.D.N.

Meals are served with Low Fat Milk, Coffee, Juice, Whole Grain Bread and Margarine.