










# BOULDER SENIOR CENTER FEBRUARY, 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> 
<p>4</p>	<p>5</p> <p>CHEESE SANDWICH TOMATO SOUP TOSSED SALAD w/BEANS JUICY PEARS</p>	<p>6</p> <p>MEXICAN TACOS LETTUCE/TOMATO/CHEESE REFRIED BEANS SWEET PEACHES</p>	<p>7</p> <p>HOT DOG ON A BUN OVEN POTATOES CARROT RAISIN SALAD ZESTY PINEAPPLE</p>	<p>8</p>
<p>11</p> 	<p>12</p> <p>BEEF STEW FRESH BAKED BISCUIT CRISPY COLESLAW APPLESAUCE</p>	<p>13</p> <p>TURKEY ROAST MASHED POTATOES GREEN PEAS GARDEN SALAD CRANBERRIES</p>	<p>14</p> <p>HAMBURGER GOULASH SWEET CORN TOSSED SALAD w/BEANS BAKED APPLES</p>	<p>15</p> 
<p>18</p> 	<p>19</p> <p>FISH PATTY MACARONI &amp; CHEESE GREEN BEANS CRISP COLESLAW FRESH ORANGES</p>	<p>20</p> <p>TACO SOUP BEEF &amp; BEANS CORN CHIPS TOSSED SALAD GOLDEN PEARS</p>	<p>21</p> <p>LEMON PEPPER CHICKEN RICE PILAF BROCCOLI SPEARS PICKLED BEETS SWEET PEACHES</p>	<p>22</p> 
<p>25</p> 	<p>26</p> <p>PORK IN GRAVY BROWN RICE STEAMED CARROTS DICED BEETS BAKED APPLES</p>	<p>27</p> <p>SLOPPY JOE ON A BUN OVEN POTATOES BAKED BEANS APPLESAUCE</p>	<p>28</p> <p>CHICKEN ENCHILADAS GOLDEN CORN TOSSED SALAD PINEAPPLE</p>	

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

Meals are served with Low Fat Milk & Coffee.