

BOULDER SENIOR NUTRITION MENU - DECEMBER, 2020

For more information call 225-3656

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SHEPARD'S PIE CARROT RAISIN SALAD WHOLE GRAIN ROLL GOLDEN PEARS DESSERT	2 BBQ CHICKEN MAC-N-CHEESE SWEET CORN COLESLAW MANDARIN ORANGES	3 CHILI CON CARNE CORN BREAD MIXED VEGGIES PURPLE BEETS FRUIT SALAD	4 
7 	8 CHICKEN & VEGGIE STIR FRY BROWN RICE DINNER SALAD PLUMP PEACHES	9 TATER TOT CASSEROLE GREEN PEAS STEAMED CARROTS MIXED FRUIT DESSERT	10 BBQ PORK ON A BUN BAKED BEANS COLESLAW APPLESAUCE	11 
14 	15 TURKEY ALA KING OVER BISCUITS GREEN BEANS STEAMED CARROTS APRICOTS	16 HEARTY MEATLOAF MASHED POTATOES FOUR BEAN MEDLEY GARDEN SALAD CRANBERRIES	17 TUNA NOODLE CASSEROLE GREEN PEAS MIXED VEGETABLES BAKED APPLES DESSERT	18 
21 	22 <u>CHRISTMAS DINNER</u> BAKED HAM SWEET YAMS BRUSSELS SPROUTS WHOLE GRAIN ROLL PINEAPPLE HOLIDAY DESSERT	23 SAUSAGE & EGG CASSEROLE POTATO TRIANGLES MIXED VEGETABLES WHOLE GRAIN BREAD BLUSHING PEARS	24 <u>CLOSED</u> 	25 
28 Low-fat milk is delivered daily	29 ROAST PORK SWEET POTATOES BRUSSELS SPROUTS CARROT RAISIN SALAD BAKED APPLES DESSERT	30 LEMON PEPPER CHICKEN RICE PILAF BROCCOLI SPEARS DICED BEETS FRUIT SALAD	31 SPAGHETTI & MEAT SAUCE GARLIC BREAD GREEN BEANS SALAD w/GARBANZOS PLUMP PEACHES	

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.