








BOULDER SENIOR CENTER APRIL, 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-1-	-2- SWEET & SOUR PORK RICE PILAF BROCCOLI SPEARS SWEET CORN MIXED FRUIT	-3- CHILI CON CARNE CORN BREAD DICED BEETS COLESLAW GOLDEN PEARS	-4- CHEESY BROCCOLI SOUP BLT SANDWICH CARROT RAISIN SALAD APRICOTS	-5- 
-8- 	-9- OVEN BAKED CHICKEN WILD RICE SWEET CORN GARDEN SALAD APPLE SLICES	-10- TOMATO SOUP GRILLED CHEESE SANDWICH GARDEN PEAS FOUR BEAN SALAD PLUMP PEACHES	-11- SPAGHETTI w/MEAT SAUCE FRENCH BREAD GREEN BEANS TOSSED SALAD ZESTY PINEAPPLE	-12-
-15-	-16- SHEPHERD'S PIE BEAN MEDLEY TOSSED SALAD WHOLE GRAIN ROLL BLUSHING PEARS *HEARING AIDE*	-17- ROAST TURKEY MASHED POTATOES w/GRAVY STEAMED BROCCOLI WHOLE GRAIN ROLL APPLE SLICES	-18- MONTANA PASTIES w/GRAVY CARROT COINS CRISPY COLESLAW SWEET PEACHES	-19- 
-22- 	-23- MEXICAN TACOS LETTUCE, TOMATOES & CHEESE REFRIED BEANS APRICOT HALVES	-24- HAM 'N BEAN SOUP FRESH BAKED BISCUITS GREEN PEAS TOSSED SALAD PINEAPPLE	-25- ITALIAN LASAGNA FRENCH BREAD GREEN BEANS GARDEN SALAD APPLESAUCE	-26-
-29-	-30- POLISH DOGS OVEN POTATOES BAKED BEANS CARROT RAISIN SALAD FRESH FRUIT			

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.