










# BOULDER SENIOR NUTRITION MENU – MAY 2022



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
| 2  | 3<br><u>GRAND REOPENING</u><br>CHICKEN FRIED STEAK<br>MASHED POTATOES w/GRAVY<br>PURPLE BEETS<br>DINNER ROLL<br>GOLDEN PEARS<br>CAKE | 4<br>BAKED TURKEY<br>BREAD STUFFING<br>CARROTS COINS<br>DINNER SALAD<br>CRANBERRIES          | 5<br>SLOPPY JOES<br>BAKED BEANS<br>COLESLAW<br>MIXED FRUIT   | 6   |
| 9<br>                           | 10<br>CHICKEN NOODLE CASSEROLE<br>GREEN PEAS<br>STEAMED CARROTS<br>APRICOT HALVES<br>DESSERT   | 11<br>FISH PATTY<br>WILD RICE<br>STEAMED BROCCOLI<br>SALAD W/BEANS<br>SWEET PEACHES          | 12<br>MONTANA PASTIES<br>GOLDEN CORN<br>PICKLED BEETS<br>FRUIT SALAD   | 13<br>               |
| 16   | 17<br>HUNGARIAN GOULASH<br>GREEN BEANS<br>DICED BEETS<br>MANDARIN ORANGES<br>DESSERT   | 18<br>CHICKEN ENCHILADAS<br>MEXICAN CORN & BEANS<br>MIXED VEGETABLES<br>PINEAPPLE            | 19<br>BAKED PORK CHOP<br>OVEN POTATOES<br>BRUSSELS SPROUTS<br>DINNER SALAD<br>WHOLE GRAIN ROLL<br>APPLESAUCE | 20  |
| 23<br>                         | 24<br>SALISBURY STEAK<br>MASHED POTATOES<br>MIXED VEGETABLES<br>FOUR BEAN MEDLEY<br>WHOLE GRAIN BREAD<br>SWEET PEARS                 | 25<br>POLISH DOG ON A BUN<br>SAUERKRAUT<br>SWEET CORN<br>CARROT RAISIN SALAD<br>BAKED APPLES | 26<br>PARMESAN CHICKEN BREAST<br>BROWN RICE<br>GREEN BEANS<br>CARROT COINS<br>PLUMP PEACHES<br>DESSERT       | 27<br>             |
| 30<br><u>MEMORIAL DAY</u><br> | 31<br>SWEDISH MEATBALLS<br>RICE PILAF<br>GREEN PEAS<br>PURPLE BEETS<br>FRUIT SALAD   |         |                         | Low fat milk is delivered daily to Home Delivered Meal customers<br>And served daily in the dinner club |

WE DEPEND ON YOUR MEAL PAYMENT FOR HALF OUR 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.