


BOULDER SENIOR NUTRITION MENU - NOVEMBER, 2021

FOR RESERVATIONS CALL: 225-3656

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 SHEPARD'S PIE SWEET CORN CARROT RAISIN SALAD WHOLE GRAIN BREAD GOLDEN PEARS	3 BAKED HAM SWEET YAMS BRUSSELS SPROUTS WHOLE GRAIN ROLL PINEAPPLE DESSERT	4 CHILI CON CARNE CORN BREAD MIXED VEGGIES PURPLE BEETS FRUIT SALAD	5
8	9 CHICKEN & VEGGIE STIR FRY BROWN RICE DINNER SALAD PLUMP PEACHES DESSERT	10 TATER TOT CASSEROLE GREEN PEAS STEAMED CARROTS WHOLE GRAIN BREAD MIXED FRUIT	11 CLOSED 	12 
15 	16 TURKEY ALA KING OVER BISCUITS GREEN BEANS STEAMED CARROTS APRICOTS	17 HEARTY MEATLOAF MASHED POTATOES FOUR BEAN MEDLEY GARDEN SALAD WHOLE GRAIN BREAD CRANBERRIES	18 TUNA NOODLE CASSEROLE GREEN PEAS MIXED VEGETABLES BAKED APPLES DESSERT	19
22	23 <u>THANKSGIVING DINNER</u> TURKEY IN GRAVY MASHED POTATOES GREEN BEANS WHOLE GRAIN ROLL CRANBERRIES HOLIDAY DESSERT	24 SAUSAGE & EGG CASSEROLE POTATO TRIANGLES MIXED VEGETABLES WHOLE GRAIN BREAD BLUSHING PEARS	25 <u>CLOSED</u> 	26
29 	30 ROAST PORK SWEET POTATOES BRUSSELS SPROUTS CARROT RAISIN SALAD WHOLE GRAIN ROLL BAKED APPLES		LOW-FAT MILK IS SERVED DAILY	

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.