

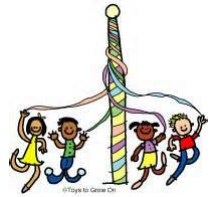

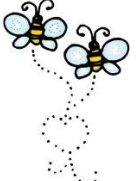




BOULDER SENIOR CENTER MAY 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>-1- TURKEY TETRAZZINI GREEN PEAS TOSSED SALAD JUICY PEARS</p>	<p>-2- SHEILA'S MEATLOAF BAKED POTATO SWEET CORN COLESLAW SWEET PEACHES</p>	<p>-3- </p>
<p>-6-</p>	<p>-7- OVEN CHICKEN MASHED POTATOES PETITE PEAS CARROT COINS CRANBERRY SALAD</p>	<p>-8- BAKED PORK CHOP RICE PILAF BROCCOLI SPEARS GREEN SALAD W/BEANS APPLESAUCE</p>	<p>-9- CHICKEN-N-VEGGIE NOODLE SOUP EGG SALAD SANDWICH VEGGIE RELISH FRUIT SALAD</p>	<p>-10-</p>
<p>-13- </p>	<p>-14- MEXICAN TACOS REFRIED BEANS TOMATO, LETTUCE & CHEESE FRUIT SALAD</p>	<p>-15- TURKEY ALA KING FRESH BAKED BISCUIT GREEN PEAS GARDEN SALAD FRESH FRUIT</p>	<p>-16- TOMATO SOUP GRILLED HAM & CHEESE VEGGIE RELISH GOLDEN PEARS</p>	<p>-17- </p>
<p>-20-</p>	<p>-21- MONTANA PASTY CARROT COINS COLESLAW CINNAMON APPLES</p>	<p>-22- PORK IN GRAVY BROWN RICE STEAMED BROCCOLI FOUR BEAN SALAD CRANBERRIES</p>	<p>-23- SPAGHETTI CASSEROLE GARLIC BREAD GREEN BEANS TOSSED SALAD FRESH ORANGES</p>	<p>-24-</p>
<p>-27- MEMORIAL DAY </p>	<p>-28- BEEF VEGETABLE STEW FRESH BAKED BISCUIT CRISPY COLESLAW JUICY PEACHES</p>	<p>-29- FISH PATTY ON A BUN MACARONI & CHEESE GREEN BEANS TOSSED SALAD BAKED APPLES</p>	<p>-30- CHICKEN ENCHILADAS GOLDEN CORN SALAD W/BEANS ZESTY PINEAPPLE</p>	<p>-31- </p>

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, R. D. N. Cassandra Drynan, R.D.N.

Meals are served with Low Fat Milk & Coffee.