

BOULDER SENIOR CENTER OCTOBER, 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 PORK ROAST BROWN RICE PILAF GOLDEN CORN PICKLED BEETS APPLESAUCE	2 TURKEY NOODLE CASSEROLE GARDEN PEAS MIXED SALAD MIXED FRUIT	3 BEEF TACOS REFRIED BEANS LETTUCE, TOMATO, CHEESE BAKED APPLES	4
7	8 CHILI CON CARNE CORNBREAD CARROT COINS COLESLAW SWEET PEACHES	9 POLISH DOG W/BUN OVEN POTATOES BAKED BEANS TOSSED SALAD BLUSHING PEARS	10 HAMBURGER HOT DISH GREEN BEANS BROCCOLI SALAD FRESH ORANGES	11 
14 	15 OVEN CHICKEN MASHED POTATOES SWEET CORN GREEN SALAD CRANBERRIES	16 BEEF STEW FRESH BAKED BISCUIT COLESLAW BAKED APPLES	17 TOMATO SOUP GRILLED CHEESE SANDWICH VEGGIE RELISH FOUR BEAN SALAD JUICY PEACHES	18
21	22 TURKEY ALA KING FRESH BAKED BISCUIT MIXED VEGGIES COLESLAW CRANBERRY SALAD	23 BAKED PORK CHOP BROWN RICE PILAF PETITE PEAS BROCCOLI SALAD APPLESAUCE	24 ITALIAN LASAGNA FRENCH BREAD GREEN BEANS TOSSED SALAD W/BEANS GOLDEN PEARS	25
28 	29 CHICKEN ENCHILADAS GOLDEN CORN MIXED GREENS & BEANS FRUIT SALAD	30 SLOPPY JOES ON A BUN OVEN POTATOES COLESLAW FRESH ORANGES	31 <u>HAPPY HALLOWEEN</u> PUTRID PIZZA VAMPIRE VEGGIES SLOBBERY SALAD ROTTED APPLES	

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.