










BOULDER SENIOR CENTER NOVEMBER, 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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4	5 SPAGHETTI w/MEAT SAUCE CARROT COINS TOSSED SALAD w/BEANS PINEAPPLE	6 HAMBURGER HOT DISH GREEN BEANS TOSSED SALAD BAKED APPLES	7 CHICKEN NOODLE SOUP EGG SALAD SANDWICH VEGGIE RELISH SWEET PEACHES	8 
11 	12 BEEF STEW FRESH BAKED BISCUIT CRISP COLESLAW BLUSHING PEARS	13 <u>HAPPY THANKSGIVING DINNER</u> ROAST TURKEY BREAD STUFFING MASHED POTATOES w/GRAVY GARDEN PEAS CRANBERRIES HOLIDAY DESSERT	14 TOMATO SOUP GRILLED CHEESE SANDWICH FOUR BEAN SALAD VEGGIE RELISH MIXED FRUIT	15
18	19 BEEF STROGANOFF OVER NOODLES GOLDEN CORN TOSSED SALAD FRESH ORANGES	20 HOT DOG ON A BUN BAKED BEANS COLESLAW SPICED APPLES	21 TURKEY TETRAZZINI GARDEN PEAS TOSSED SALAD w/BEANS FRUIT SALAD	22
25 	26 BBQ CHICKEN WILD RICE BROCCOLI SPEARS GARDEN SALAD JUICY PEARS	27 HAM & BEANS FRESH BAKED BISCUIT DICED BEETS COUNTRY COLESLAW SWEET PEACHES	28 <u>CLOSED - THANKSGIVING</u> 	29 

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.